

# E-MOTION



# ADMIPUK

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## GREETINGS FOR CHRISTMAS AND THE NEW YEAR

*“Our real lives are lived in  
rhythm and movement.”*

*Chace, M. 1961*

**A**s an association of dance movement psychotherapists, this statement expresses one of our basic principles as a profession.

This e-zine takes its name from the idea that emotions are energy in motion, ‘E~motion’, again another basic tenet of dance movement psychotherapy.

The E~motion team welcome you to this latest edition of our e-zine, it contains a review of some of the happenings in ADMP over the past year. In order to capture some of the outcomes from various meetings they have been collected here as a review of 2017 and there is a record of some of the hopes and dreams that we carry for ADMP as we embark upon 2018. A looking back, and then facing forward into the future.

For E~motion we have agreed to continue to bring this to you all as an e-zine but just three times a year. The news and notifications will come out in the bulletin,

freeing the space in E~motion as a place to showcase contributions from the ADMP membership and other invited guests. As such I would like to encourage student members and fully fledged practitioners to send in your articles, reflections and other contributions in time for the first deadline for next year.

As dance movement psychotherapists whether in training or with many years of practice etched into our bodily memories, we all bring our unique movement patterns to this dance. Sometimes the dance brings surprising rhythms, and unfamiliar landscapes.

As 2018 beckons I invite you to send in your responses, recollections and possibly revelations of the stories of your dances into the marketplace as a DMP.

Some of you will be readying yourselves for the dance through the dissertation process; some will be embarking on their first dance in the ‘marketplace’ with clients. Others will be facing the challenge of re-choreographing their professional practice, or of re-branding, repackaging etcetera.

In a climate where the skills we bring as a profession carry a breadth and depth of potential for ameliorating many of the ailments that beset our society, it is affirming and empowering to hear from the full spectrum of our practitioners. Listening to your stories of your lived experiences of the marketplace reminds each of us of why we have all invested so much in this profession, they urge us onwards and upwards, they encourage us to ‘keep dancing’!

So, whether in your studies, your practice or in your forthcoming contributions to E~motion, as Lee Ann Womack says:

*“If you get the choice to sit it out  
or dance... I hope you dance!”*

And, I hope your Christmas comes with Shalom.

**Ruth Price**

**On behalf of the E-Motion editorial team.**

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# CHAIR'S UPDATE 2017



**T**he ADMP council and myself would like to wish everyone a wonderful winter break and a peaceful celebration as we take time to reflect on 2017. ADMP has had another successful year and reached out face to face with the members in Bristol, Liverpool and Derby. The AGM will be held in London on 13th October 2018. It is hoped that the Articles of Association will be updated to reflect changes made in the Companies Act 2006 in time for the AGM in October.

The ADMP committees have also been very busy reviewing all the ADMP policies and procedures to ensure all our members are clear about what needs to be in place for them as a professional RDMP.

A new 67 hour, top up training for all RDMPs wishing to further develop their career and apply for full UKCP Dance Movement Psychotherapy registration, will be available from Summer 2018 in London, followed by additional training to be held in 2019.

Following the PATH consultation a number of regional hubs have been developed with many more in the process of being created in 2018. The 5 year plan was developed in consultation with the members and gives an overview of the hopes and dreams ADMP would like to have worked towards by 2022. This will be ADMPs 40th anniversary year and a time to celebrate as an association for all the hard work and contribution from all its members over 4 decades.

The Graphic PATH was presented to members in Derby at the AGM in October 2017 and is included as a reminder of the action plan developed for the next 5 years.

PLEASE get in touch if you are interested in joining the work of the council, sub-committees or working groups. The council would like to hear from all members both qualified practitioners and students.

**Jackie Edwards**  
**ADMP Chair**

# ADMP UK COUNCIL 2017/18 — INTRODUCTIONS

## JACKIE EDWARDS—CHAIR



Jackie has served two years on council. Her first year was from October 2015 up to October 2016 as the treasurer for ADMP. As part of this role Jackie ensured that ADMP remained financially viable. Jackie became chair of the association during her second year as a council member from October 2016 up to October 2017. Jackie was nominated on to council for another two years and also to the role of chair from October 2017.

Jackie has practiced as a DMP since 2009. Her current clinical practice is within an Arts Psychotherapy NHS inpatient mental health service for adults, as well as a weekly community based learning disability group. Jackie won the Body, Movement and Dance Psychotherapy international journal new researcher award in 2014, for her published MA article re autism and DMP. Jackie also won the Royal College of Psychiatry carer contribution award in 2014 and was nominated for the LD Today innovation awards in 2015. Jackie had a chapter published in the DMP LD book “Out of the Shadows” in 2017.

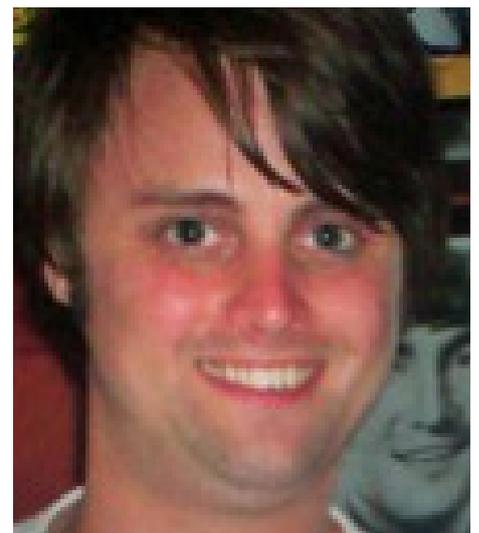
## LUKE STEVENSON—VICE CHAIR

Luke qualified as a Dance Movement Psychotherapist in 2015; during his training he gave up work to invest his whole time to gain experiences within three therapeutic roles. These were within a revolving door mental health service, an NHS adolescent inpatient ward and a primary school therapy service.

Luke is currently working in a new CAMHS mental health initiative in Liverpool. The service provides psychological therapy for primary school children. His position is as a psychological therapist where he manages 19 schools across 2 school consortia. In this role he provides therapy sessions and psycho-education along with sign posting clients to the most relevant service for their needs.

Luke’s previous career resulted in a business and management degree, which has given him experiences of working within committees and managing budgets.

Luke’s academic career has been strongly focused on theatre skills, where he specialised in somatic movement practice. Through this training Luke have worked with some of the world leaders that explore how the body works. These experiences started his interest into how you can create performances that are more than something to watch but give the audience a more sensorial experience. Through this it directed him into his career of using his knowledge to support his practice of Dance Movement Psychotherapy.



## GABRIELLE REILLY—TREASURER

**G**abrielle is a dance movement psychotherapist (DMP), a professional member of ADMP UK and psychodynamic counsellor living in Wiltshire. Her DMP work includes working with individuals and groups in an NHS inpatient setting. She works with functional older adults, older adults with dementia, adults of working age on an acute admissions ward and on a psychiatric intensive care unit. She also offers individual DMP sessions in a specialist independent school for children who exhibit social, emotional and behavioural difficulties. Many are 'looked after' & coping with complex trauma. In another setting she co-facilitates a group of adults with profound multiple learning disabilities and learning disability. She has just begun work on a new project in collaboration with a drama therapist, facilitating a women's group.

Gabrielle has strong links within the community and is good at networking. She has been driven by a curiosity to understand more deeply, how our experiences shape us and how this is embodied. She is creative, resourceful and passionate about making a difference in people's lives.

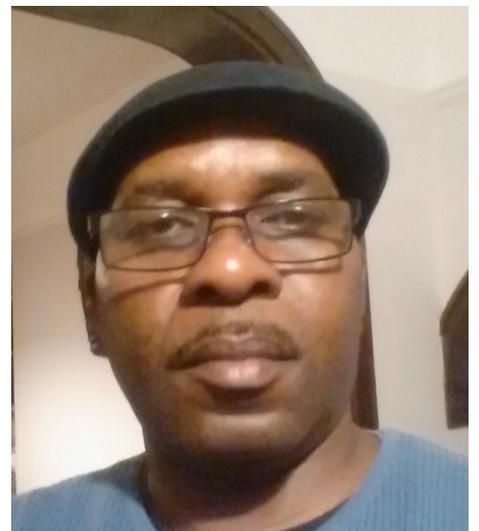


## DR JILL BUNCE

**J**ill brings years of experience as a DMP developing her own private practice and pioneering work with Parkinson's disease. She has assisted with training DMPs and can bring expertise in working with organisations. She has been on council before and will bring skills from education, practice and networking nationally and internationally. She is interested in developing the profession through practice and with other professionals and enjoys collaboration with others. The work of DMP still never fails to surprise and inspire her and she would like to share this for the development of ADMP and the profession's burgeoning relationship with UKCP.

## SAMUEL MBOGO

**S**amuel has been working 3 days a week in a Special Educational Needs (SEN) school for children with a range of learning difficulties and disabilities, including Autism Spectrum Disorder as a Registered Dance Movement Psychotherapist since completion of his PGDip in 2010, when he first obtained his ADMP license to practice. He completed an MA focusing on the use of touch in DMP sessions for children with SEN, graduating in 2014. He also has experience of working as a DMP with adults with a range of mental health issues.





Emma is a relatively new full member of ADMP, graduating from Goldsmiths in 2015. Her particular interest is in forensic psychotherapy and substance misuse. She is currently working at HMP Hindley in an adult and adolescent male population with additional substance misuse needs. Emma works voluntarily on the helpline for the PANDAS Foundation (Pre and Post Natal Depression, advice and support) and is the representative for the exciting new ADMP Manchester hub.

Currently, Emma is a non-practising ADMP member and feels it is important that there is a voice for the many ADMP members who are trying to either find work or get back into work towards a new supportive association that invests in the growth of the profession, both with its members and its partners in the sector.

ADMP UK LTD | Executive Council | October 2017—2018

Executive Council Meetings are held 4 times a year. Everyone is welcome to join these meeting to hear about how the council are working towards the best interests of the association and all the membership.

AGM's are held annually in October each year. Any RDMP's who are full members can be nominated at the AGM.

Terms of office are for 2 years, with a maximum of 4 years if a candidate puts themselves forward.

Please let us know if you are interested...

## GIVING ALL RDMPS A VOICE!

RDMPs are nominated to sit on the various ADMP committees and working groups and are able to feedback via the chair of each sub group at council meetings. Everyone is welcome to join these groups to learn more about what is being discussed and to contribute to the process of developing ADMP UK Ltd as a profession.

Nominated RDMPs sitting on the different committees have an opportunity to meet other professionals and represent ADMP through a variety of forums.

Members were also invited to express their views by taking part in the consultation PATH events in Bristol and Liverpool and via various surveys during 2017.

If you are interested in joining a subcommittee or working group and would like to have an opportunity to become more involved, please let us know on [chair@admp.org.uk](mailto:chair@admp.org.uk).

For membership matters please contact: Abdul | E: [admin@admp.org.uk](mailto:admin@admp.org.uk)

For PR and communications please contact Blanche | E: [info@admp.org.uk](mailto:info@admp.org.uk)

# ADMP UK LTD ORGANISATIONAL STRUCTURES

## **ADMP Council**

Chair: Jackie Edwards  
Vice Chair: Luke Stevenson  
Treasurer: Gabrielle Reilly  
Dr Jill Bunce, Sam Mbogo & Emma Perris.

## **Ethics committee**

Chair: Nina Papadopoulos  
Claire Burrell, Maria Kououta,  
Pam Stirling.

## **Accreditation committee**

Silvana Reynolds, Vikki Smith,  
Vacancies: at least 2 more RDMPs needed.

## **Professional Development Committee**

Chair: Jackie Butler  
Annette Schwalbe, Hannah Murdoch, Paul Ricketts,  
Juliet Diener.

## **Education and Training Committee**

Chair: Jeanette MacDonald  
RDMPs: Meghan Slade, Carly Merchant,  
Prof. Vicky Karkou  
University representative  
Roehampton: Geoffrey Unkovich  
Derby: Sally Reid  
Goldsmiths: Caroline Frizzell  
Canterbury: Linsey Clark  
Independent professional: Vacant.

## **Workshops & Conferences**

Kristina Takashina.

## **E-motion**

Chair: Ruth Price  
Kristina Takashina.

## **Social Media Team**

Rebecca Wilson Green, Diane Parker, Thais Mayne  
Hanvey, Roxanne Bottrill, Eleanora Orlowska, Kelly  
Androna.

## **HCPC working Group**

Prof. Vicky Karkou, Jeanette MacDonald,  
supported by council.

## **NICE working Group**

Jackie Edwards, Prof. Vicky Karkou, Henrieta  
Pribulova, Ailsa Parsons

## **Research Committee**

Prof. Vicky Karkou, Alexia Gaitanou, Alisa Parsons.

## **Regional Hubs**

Bath & Wilts – Kristina Takashina  
Bristol – Sarah Norris  
Birmingham – Kelly Truscott  
Derby – Andrea Haley  
North West – Sally Reid  
Liverpool & N. Wales – Kathryn Mitchell  
Manchester – Emma Perris  
South East – Rachel Rose  
Wales – Karen Woodley.

## **EADMT representative from ADMP**

Dr Richard Coaten; Deputy. Jeanette MacDonald.

## **Welsh Arts Psychotherapy Forum**

(WATAF) Karen Woodley.

## **ADMP UK - ETHICS COMMITTEE (EC)**

I, Nina Papadopoulos, have chaired the Ethics Committee since its inception as a formal committee of ADMP UK. The committee is comprised of four senior professionals, three dance movement psychotherapists who are members of ADMP UK, i.e. Claire Burrell and Maria Kourkouta and myself, and one external (to ADMP UK) professional member who is a consultant clinical psychologist, Pam Stirling.

We meet twice a year formally and during the rest of the year we communicate by email and Skype. We respond to ethical issues addressed directly to us by members of ADMP UK, the public as well as issues that Council refers to us. More to follow in the next issue of Emotion

## **Nina Papadopoulos**

**Chair, Ethics Committee**

## ADMP UK - EDUCATION AND TRAINING COMMITTEE (ETC)

This committee of ADMP was formed to advise Council on matters concerning the education and training of students and members of the association. It is comprised of senior members representing our current masters' courses, practitioners from the field and one external member from the arts or other psychotherapies. We endeavour to meet at least four times per year, if not in person, by SKYPE. We are responsible for overseeing and monitoring the accreditation of new courses and the re-accreditation of those that are currently in a five-year cycle. I hope to have a fuller report from this committee for the next publication.

**Jeannette MacDonald**  
Chair, Education and Training Committee.

## ADMP UK - PROFESSIONAL DEVELOPMENT COMMITTEE (PDC)

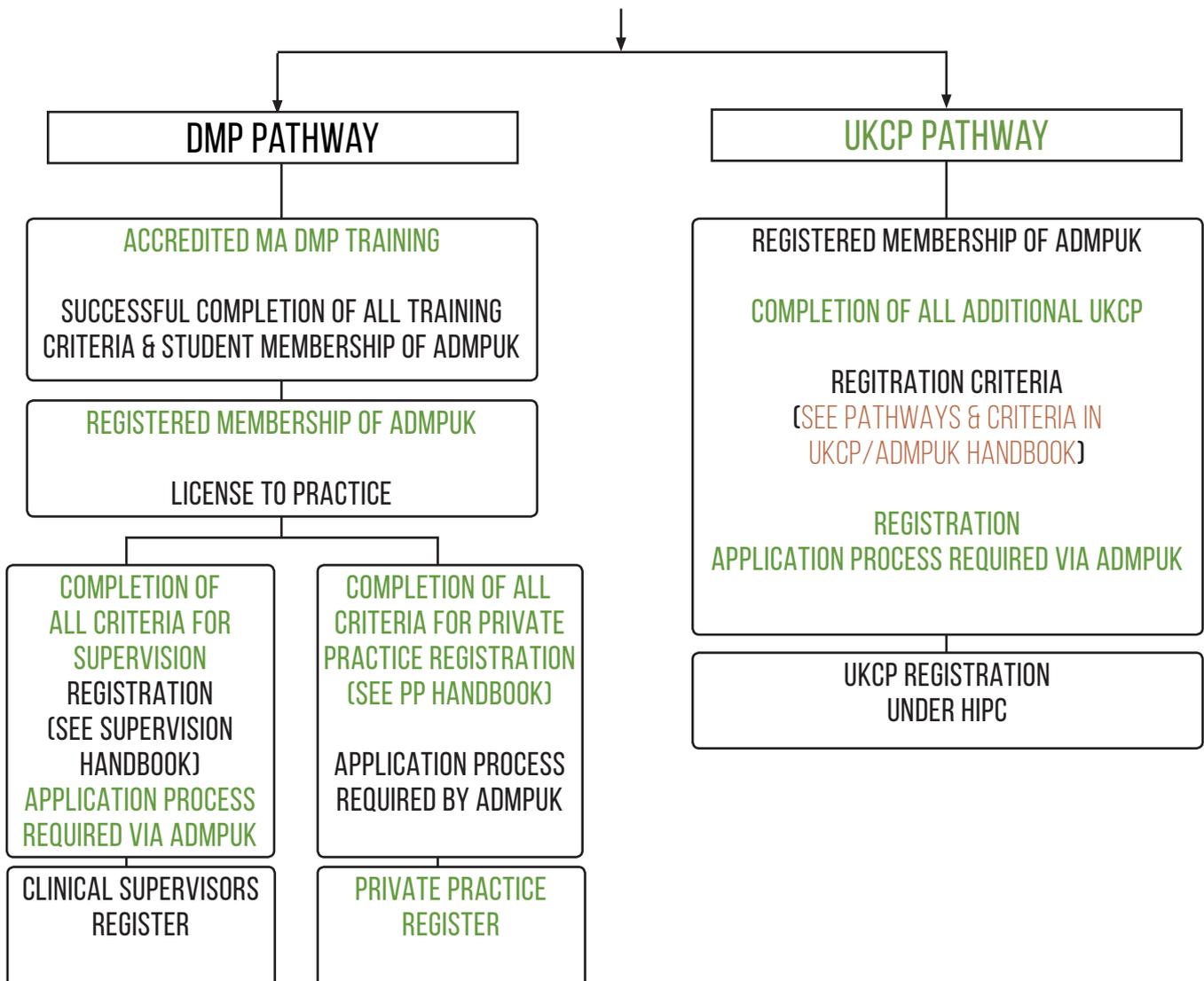
The Professional Development Committee is responsible for advising Council on ADMP registration and CPD policies and procedures plus CPD monitoring. PDC also processes applications for the Private Practice and Clinical Supervisors registers, for those returning to practice and applications from DMTs who have trained overseas..

The Committee meets 4 times each year and currently has 5 members, Jacqueline Butler (Chair), Annette Schwalbe, Juliet Diener, Hannah Murdoch and Paul Ricketts.

I include two registration pathway charts, which show the current requirements for RDMP, Private Practice, Clinical Supervision and UKCP registration.

**Jacqueline Butler**  
Chair, Professional Development Committee.

# REGISTRATION PATHWAYS



# REQUIREMENT PATHWAYS

REQUIREMENTS/ CRITERIA	DMP MA TRAINING	UKCP REGISTRATION	PRIVATE PRACTICE REGISTRATION	CLINICAL SUPERVISION REGISTRATION
<b>Clinical hours/post qualifying experience</b>	Direct Clinical contact 180-250 (Institution specific)	450	300	2 years min/3years recommended
<b>Supervision Ratio</b>	1:6	1:6	1:8	1:8, plus additional su- pervision of supervision hours during supervision training
<b>Training</b>	Tutor led hours 532.40 Self/peer directed learning:300 = 832.40	Tutor Led Hours 600, Self/ Peer directed 300 = 900	NA	Enrolment on and successful completion of ADMPUK accredited supervision course, plus being a registered member of ADMPUK
<b>CPD</b>	Optional	25 Hours/year, Re-regis- tration every 5years. Initial 250 Hours minimum to be evidenced	25 hours/year to be evi- denced with supervisor on application	25 hours/year
<b>Personal Therapy</b>	80 Hours Minimum	4 years continuous from start of training	Recommended	Recommended
<b>Evidence of Knowledge and skills</b>	Dissertation/module essays/assessments	There are additional bits here i.e Mental Health famil- iarisation form.  Essay/Movement response depending on pathway.	Supervisors report	To evidence successful completion of supervi- sion course including taught and practice components
<b>Insurance</b>	NA	Required independently with PP or through organisation	Required independently with PP	Required independen- tly with PP or through organisation.
<b>Registered member of ADMPUK</b>	Required	Required	Required	Required
<b>Payment to apply</b>	With registration		Required	Required

# OPPORTUNITIES

## UKCP DANCE MOVEMENT PSYCHOTHERAPY: 67 HOUR TOP-UP TRAINING

We are currently looking for experienced practitioners from both UKCP and ADMP to facilitate a series of modules as part of the 67-hour top-up training programme, to be available starting in London in May 2018, with further training to take place in 2019.

Please let us know if you are interested in applying for the position of freelance facilitator for one or more of the modules listed below or if you would like to receive more information. Alternatively please let us know which module you are interested in applying for and send a CV giving details of your experience to date, to [workshops@admp.org.uk](mailto:workshops@admp.org.uk) by 15th January 2018.

## MODULE PLAN 2018:

### WEEKEND ONE

**Module 1.** Diversity (subject areas include: cultural, ethnic, gender, sexual, physical and mental ability and socio-economic diversity).

### WEEKEND TWO

**Module 2.** Integrative psychotherapy models: history and theory

**Module 6.** Integrative assessment, diagnosis and treatment planning

### WEEKEND THREE

**Module 4.** Self-harm and suicide

### WEEKEND FOUR

**Module 5.** Death and bereavement

### WEEKEND FIVE

**Module 3.** Contemporary approaches to psychotherapy and DMP (philosophical and psychotherapeutic foundations – context and history)

**Module 7.** Integrative and embodied approaches to working with refugees and migrants.

## ADVERTISING YOUR WORKSHOPS

**W**ith the restructuring of the administration roles at ADMP, we have also been looking at how we send out information about workshops and CPD events through the association.

ADMP receives a high volume of requests for CPD advertisement to be circulated to our members, which of course is a great thing!

However, members have been asking for clarification on what “counts” as CPD for ADMP private practice, supervision and UKCP status. In an attempt to deal with this, we have introduced a form for all workshops to be advertised through us.

Current CPD log and guidance sent to members as part of the membership renewal process categorises CPD into 4 categories, which are detailed on the form.

Historically, all advertisement via E-motion including RDMPs offering their own events were charged and the rate has not been increased since 2005.

We hope that you will see this, rather than an attempt to control CPD events, as an endeavour to support the membership to make an informed choice about what they need and how to gain the knowledge and expertise through affordable and accessible CPD opportunities.

# ADMP ADVERTISEMENT FORM FOR REGIONAL HUB WORKSHOPS



This form is to help ADMP UK Ltd understand the workshop that you wish to have advertised and as such know what level we are advertising it at to our members. For this reason please answer all questions to the best of your ability in a clear and concise manor.

This form has to be filled out electronically as the answer boxes will expand to hold your answers. Once the form is completed please send it to [workshop@admp.org.uk](mailto:workshop@admp.org.uk) with any additional supporting advertisement.

Workshop title							
Workshop teacher(s)							
Start and end date				Total hours			
Advertising for which workshop level (please only choose one category)				A B C D			
A: Research & Publications    B: Academic course;    C: Clinical Skills training;    D: Other							
ADMP & UKCP CPD		ADMP CPD		Professional interest		Other	
Summary of the workshop							
Breakdown of content that will be taught							
Theoretical underpinning							
Experience of the teacher(s) [short bio]							
Costings							
Location							

For office use only:			
X for agreement		Deemed level	Comments
Executive Council			
UKCP			
ETC			
PDC			
Ethics			
Executive Council notes;			

**Please note:**

All applications for advertising an event through ADMP will be reviewed in relation to the following good practice guidance.

1. What counts as ADMP & UKCP validated or accredited status.
2. Confirmation about who can validate an event for circulation
3. Confirmation that there is no conflict of interest identified.
4. Safeguarding procedures to ensure individuals are not validating their own CPD events
5. Duty of care processes to ensure the event is offering value for money in terms of DMP theories/methodologies to further develop clinical practice.
6. Safeguarding procedures to ensure the event is offering value for money in terms of cost under UK fair trading standards.

ADMP UK Ltd is a non-trading organisation. However we may need to request a contribution towards our costs in relation to advertising CPD events through the association as currently listed on the website.

## ADVERTISING WITH ADMP UK LTD

Advertisement space is available with ADMP UK Ltd as an association. However, we would like to respectfully request the following contribution rates towards our costs as follows:-

Advertisement Rate	Sizes (mm)		ADMP UK members	Non-members
	width	height		
Full Page	170	240	£ 80.00	£ 100.00
Half Page	170	120	£ 50.00	£ 60.00
Half Page No.2	85	240	£ 50.00	£ 60.00
Quarter Page	85	120	£ 25.00	£ 35.00
Quarter Page No.2	170	60	£ 25.00	£ 35.00
Eighth Page	170	30	£ 15.00	£ 25.00

10% Discount available for yearly (x4) insertions, price of insertions at above rates. Please indicate how you would like your advertisement to be distributed

1. **Via the Website** | 2. **Via email distribution** | **As an advertisement in E-Motion/Bulletin**

**Please note** these rates apply for all advertisements via the website. Concessionary rates may be available on request. ADMP UK Ltd reserve the right to decline to offer advertising through the association in order to ensure the best interest of the membership and ADMP UK Ltd are maintained at all times. **Please make all cheques payable to ADMP UK Ltd.**

# ADMP REGIONAL HUBS

**A**s you can see in the PATH document created over the past few years which is included in this issue, the creation of regional hubs has been and will continue to form a central part of the development of the presence of DMP in the UK. The vision is to create local centres of support, expertise and information for DMPs throughout the country, from which we can move outward into the professional sphere with confidence that we have something worth sharing!

It can be a lonely job, especially as we start out on our journeys from qualification, or even through the qualification process, and go out to find and create work for ourselves as DMPs. It is also sometimes a baffling process as we try to negotiate our place in a world of HCPCs and PSAs, which is not always open to a form of therapy they have not met before.

One of our aims is to share skills regionally through CPD opportunities customised to the therapists' needs, as well as sharing DMP-based CPD with other Arts and non-Arts therapists within each region. We encourage members to work together to apply for funding opportunities, to do research, to pool skills to promote DMP in whatever ways work, including performances, radio presentations, videos, YouTubes, talks. However, each hub is what you make it, so we are very welcome to each hub taking on whatever role it sees fit and working to its own strengths!

So far we have 8 hubs. There is however much room for growth and there are vast areas of the UK yet to be covered, especially Scotland, which is not represented at all! If you are inspired to form a hub in your own region, please get in touch with any of us and we can lead you through the process – it's very simple and isn't as arduous as it might seem, plus it brings with it a wealth of friends and opportunities, so give it a go!

If your region is covered below, do get in touch – there is a great strength in numbers and the more of us the merrier to welcome in a New Year of DMP for 2018!

## BRISTOL HUB

**Sarah Norris**

[admpbristolhub@gmail.com](mailto:admpbristolhub@gmail.com)

**H**ello everyone! My name is Sarah Norris and I am excited to be the representative for the ADMP Bristol Hub.

I have two passions, movement and working with people. Throughout my education, dance has always been present from GCSE Dance to a BTEC national diploma in college and then a dance degree at Roehampton University in London.

I discovered my passion to work with people at a young age when I found myself following in my mum's footsteps and working in care homes with adults with dementia. It was not until I studied for my dance degree that I realised Dance Movement Psychotherapy existed. This was a wonderful discovery and the fact that I could combine both of my passions seemed too good to be true... but it was not!

A year after my dance degree I began studying at Dance Voice in Bristol and qualified as a DMP in 2015. I currently work in NHS and community settings with adults with dementia and early onset dementia. I am

extremely passionate about using movement as a form of expression and giving the opportunity for an individual's voice to be heard. I am interested in Laban and Bartenieff Movement Analysis and am fascinated with the subtlest layers of movement and interactions.

The hub is there to be a network. I hope the number of members grow so we can connect and share our knowledge and increase local and affordable CPD training.

## BATH AND WILTSHIRE HUB

**Kristina Takashina**

[admp.bathwilts.hub@gmail.com](mailto:admp.bathwilts.hub@gmail.com)

**H**ello! I'm Kristina, running the mysteriously named Bath and Wiltshire Hub. Despite this being a huge area to cover and us being so close to Bristol, it felt far enough away to have our own "thing" going on, and hopefully we can move around and grow within Wiltshire and Bath to take DMP forward as a determined and playful team!

I myself originally did a Modern Languages and Literature degree, various postgraduate qualifications in literature and translation and trained as an opera singer at the RDAMD before turning to movement, beginning through Alexander Technique, Feldenkrais and eventually bumping into (I was pregnant by this time!) DMP in Japan, when someone ran a group as part of their research over there. I immediately was sparked with the joy of thinking through movement and looked for a course, which, when I moved to Bath, jumped out to me in an advert in a local newspaper while waiting for a Chinese take-away! I trained at Dance Voice and am fascinated by lots of different areas of research and work, especially performance, body and voice, neurodiversity, community, joy, and social justice. My work is mostly with teens in secondary school settings, many of whom have Aspergers, autism, depression, anxiety, attachment disorders, a history of neglect or self-harm, or a combination of all of those things and more! I also work in Adult Mental Health.

My vision for the Bath and Wilts Hub is to have people come from within and without the area to share CPD, to support each other with ideas and to make successful applications for funding to build DMP in the area. I really want to work with other Arts Therapists also, to share ideas and expertise, and experience other ways into working with the body. What a wonderful profession we have!

## MANCHESTER HUB

Emma Perris

[admp.manchester@gmail.com](mailto:admp.manchester@gmail.com)

Emma is a relatively new full member of ADMP graduating from Goldsmiths in 2015. Her particular interest is in forensic psychotherapy and substance misuse. She is currently working at HMP Hindley in an adult and adolescent male population with additional substance misuse needs. Emma works voluntarily on the helpline for the PANDAS foundation (Pre and Post Natal Depression advice and support) and is the representative for the exciting new ADMP Manchester hub. Currently Emma is a non-practising ADMP member and feels it is important that there is a voice for the many ADMP members who are trying to either find work or get back into work. That is why this year she put herself forward to be nominated and voted onto council. Emma is keen to see the ADMP thrive and work towards a supportive association that invests in the growth of the profession with greater links nationally between both its members and its partners in the sector.

The Manchester hub was set up this year in the hope that ADMP members in the Greater Manchester region would have a base of peer-to-peer support. My hopes

for the future of the hub are to develop opportunities for local members to meet and move together, for information and research to be shared, some good-quality CPD in North-West and the possibility of increasing provision of supervision. I believe that the more ADMP members work together, the stronger DMP practice becomes. Ultimately, what many members in the regions want is job opportunities and if the hub develops successfully then hopefully we will be able to support members in this endeavour.

Keep a lookout for more info on its way about next year's events in Manchester...!

## LIVERPOOL AND NORTH WALES HUB

Kathryn Mitchell

[admp.liverpoolhub@gmail.com](mailto:admp.liverpoolhub@gmail.com)

Hello everyone, let me introduce myself, I'm Kathryn, current Liverpool and North Wales Hub Leader. I come from a dance and musical theatre background having worked professionally after graduating with my first degree in Dance and Drama and Theatre performance studies in 2005. I used to teach dance to 14-19 year olds in a special needs school. Seeing how much the students loved and valued the dance classes led me to see dance and movement in a whole other light. So in 2007 I started my DMP journey. I studied at Dance Voice which was an incredible and life changing experience for me. I graduated with my PG Dip in DMP in 2009 and got my full MA qualification in Nov 2013. After graduating I ran DMP sessions across East Sussex in the Mental Health and L D sector (private). I did a lot of work with adults who have autism and this work was very special to me. Unfortunately my day job took over (Service Manager for LD Community Services Adult Social Care) a lot of my time and my DMP work fizzled out in 2015. I then had a baby and relocated back home to the Wirral last year.

And here I am now ... I am a stay-at-home mum looking to reconnect back to the DMP world. I've been in talks with the North Wales prison service about starting DMP sessions there but it's proving tricky with very little response.

I hope I get to connect with other DMP's in my local area via the group, and I am hoping we can all support each other, network and share experiences and learn from one another. Being a DMP can be lonely sometimes so these hubs I hope will give us all a chance to stay connected and know we are all in this together. I look forward to the next phase of my journey.

## NORTH WEST HUB

Sally Reid

[ADMPNorthWesthub@gmail.com](mailto:ADMPNorthWesthub@gmail.com)

I qualified as a Dance Movement Psychotherapist at the University of Derby in 2016, where I now teach as an Associate Lecturer. I have experience in working with young people (aged 11-16) with a variety of mental health and learning difficulties, adults receiving palliative day care for terminal illness and elderly clients with dementia. I am currently extending my experience to work with nursery school children and also clients who have experienced sexual abuse. I live on the border between Lancashire, North Yorkshire and Cumbria and have therefore just recently set up the ADMP North West hub to cover a wide area, enabling practicing and student Dance Movement Psychotherapists working in isolation to meet and further develop working practices. Regardless of our experience we are all developing as Dance Movement Psychotherapists and would benefit from sharing our existing skills and knowledge through the hub. We can customise our CPD opportunities and increase awareness of Dance Movement Psychotherapy in our area by inviting guest speakers to deliver CPD. For those who are interested in becoming involved in research opportunities we will aim to provide collaboration and support throughout the process. I believe we need to work together to promote and develop the value of Dance Movement Psychotherapy, particularly within our own area. I certainly hope you are able to join the North West hub and would welcome whatever level of interest and commitment you are able to offer.

## BIRMINGHAM HUB

Kelly Truscott

I am passionate about the benefits of dance movement psychotherapy and especially interested in community outreach with a focus on mental health and well-being. Before attaining my MA in DMP from the University of Derby I gained a BA in Dance and Related Arts from the University of Chichester with an exchange semester at York University, Toronto. Having a background in dance, music and performing arts gives me a wealth of creative tools to enhance my practice. My integrative approach enables me to tailor sessions towards individual and/or group needs.

My aim for the Birmingham hub is to link a community of local practitioners on all stages of their journey from

trainee and beyond. A place where we can discuss interesting articles, webinars and ideas and share CPD events whilst keeping abreast of the needs for Birmingham and the wider practice in the UK.

## DERBY HUB

Andrea Haley

[Admp.derbyhub@gmail.com](mailto:Admp.derbyhub@gmail.com)

Andrea Haley is a Community Dance Artist and trainee Dance Movement Psychotherapist. As a Community Dance Artist Andrea specialises in facilitating dance with older people with limited mobility and/or dementia, and she has delivered dance projects on both a local and national level. As a trainee DMP her interests lay in end of life care and the use of phototherapy within the therapeutic encounter. Andrea is the Lead Dance Artist at Royal Derby Hospital and currently Lead Dance Artist on the national Dance To Health programme using Dance for falls prevention. Andrea has delivered training on using dance with older people for Derbyshire NHS, York NHS, Yorkshire Dance and Nottingham City Arts. She is currently developing an accredited training course in collaboration with The Institute of Mental Health at The University of Nottingham.

The word hub seems to be the new 'in' word: instead of community centres we now have Community Hubs and GP surgeries are now re-branded as a Health Hubs. But what does the word hub really mean? The Oxford English Dictionary defines hub as the central part of something where there is most activity and as the central part of a wheel into which the spokes, bars connecting the central part to the outer edge of the wheel, are fixed.

This image represents my main hope for the new ADMP regional hubs which is connection to one another and coming together as one working unit. I hope the hubs can become a place of knowledge sharing, training opportunities, round table discussions. A place to reflect, connect and take inspiration from, whilst raising the profile of the positive impact of Dance Movement Psychotherapy within the therapeutic encounter.

## SOUTH EAST HUB & WALES HUB

There are currently both South East & Wales Hubs. However, they are still relatively new. So please watch this space for news and information!

3rd June 2017  
Follow up  
Consu Hation

ADMP UK Ltd



8th April 2017  
Consultation

# PATH

PLANNING ALTERNATIVE TOMORROW with HOPE

E. G. M.  
Bristol

Social Care  
Universities  
Education  
NHS  
Work  
Skills  
Knowledge

NOW	ENROL	Strengths	Step 1 AGM 2017	Step 2 AGM 2018
<ul style="list-style-type: none"> <li>UKCP</li> <li>Professional Standards Authority</li> <li>Humanistic and Integrative Psychotherapy College</li> <li>Arts Psychotherapies</li> <li>hpcp</li> <li>bacp</li> <li>British Association for Counselling &amp; Psychotherapy</li> <li>Research</li> <li>Speakers for Workshops &amp; conferences</li> <li>NICE</li> <li>NEW CHAIR for ADMP Sub Group</li> </ul>	<ul style="list-style-type: none"> <li>Council</li> <li>UKCP</li> <li>FIC</li> <li>PDC</li> <li>ethics</li> <li>Working Groups</li> <li>NetWorking</li> <li>ADMP</li> <li>Arts Psychotherapies</li> <li>WAT&amp;P</li> <li>Members</li> <li>Administration</li> </ul>	<ul style="list-style-type: none"> <li>AGM 2025</li> <li>Regional Hubs are starting regular Supervision + CPD opportunities</li> <li>40 Years ADMP Celebrations</li> <li>PR in Place</li> <li>Regional Hubs in Place.</li> <li>Paid ADMINISTRATION For PR + Hubs</li> <li>Legal</li> <li>Articles of Association updated Companies Act 2006</li> </ul>	<ul style="list-style-type: none"> <li>AGM 2020</li> <li>40 Years ADMP Celebrations</li> <li>Review</li> <li>Clear route for RDMPs</li> <li>Method of communicating</li> <li>NICE</li> <li>Free access for RDMPs</li> <li>Library</li> <li>Regular Work opportunities</li> <li>Assured Funding</li> <li>Stronger links between units and ADMP</li> </ul>	<ul style="list-style-type: none"> <li>GOALS</li> <li>Local information for all DMP's including - Mentoring - Peer Support - Clear understanding for professional Development + Route to RDMPT / Private Practice / Supervisor</li> <li>Financially secure</li> <li>Recognised Research</li> <li>Robust</li> </ul>

AGM 2025  
Regional Hubs are starting regular Supervision + CPD opportunities

40 Years ADMP Celebrations

GOALS

- Local information for all DMP's including - Mentoring - Peer Support - Clear understanding for professional Development + Route to RDMPT / Private Practice / Supervisor
- Financially secure
- Recognised Research
- Robust

More Research that's recognised

ADMP Research

no hoops

More Communication

Wider Recognition

Better Supervision

More support

Hospitals School

More Acceptance

USED in Schools and Hospitals

TED UK

TV, Radio + ted talks Presence

MORE Jobs

More Mentors

United as an Association

ADMP

Robust

Assured Funding

Stronger links between units and ADMP

For three years

Jackie Edwards  
Luke Stevenson  
Gabrielle Reilly  
Dr Jill Bunce

8th April 2017 Bristol

Attendees:

Edwards Jackie	Morris Sarah	Slade Meghan	3rd June	Liverpool
Frailo Angeles	Perris Emma	Smith Victoria	Kathryn	Mitchell
Frizzell Caroline	Radv Stef	Somers Amelia	EMMA	Peris
Goulding Samantha	Price Ruth	Stevenson Luke	Henrietta	Pri bulova
Hughes Kevin	Reilly Gabrielle	Takashina Kristina	Vicky	Karkou
Jorge Ana	Rose Rachel	Swalbe Annette	Thorn Virginia	
McMorrow Michelle	Shaw Elizabeth	Williams Sarah	Wilson Green Rebecca	
Murdock Hannah				

8th April 2017 Bristol

Attendees:

Brown Catherine	Bunce Jill	Butter Jacqueline	Campbell Maureen	Clark Linsay	Dickson Emma
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8th April 2017 Bristol

Attendees:

Edwards Jackie	Morris Sarah	Slade Meghan	3rd June	Liverpool
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EGM 8th April Cari Bristol  
ADMP UK Ltd PATH 2017 Edwards  
Follow up 3rd June 2017 Liverpool

# EGM 8TH APRIL

## CONSULTATION PATH DREAMS

### 1. EQUAL RECOGNITION—ROBUST PROFESSION

- Robust professional recognised and respected.
- To be acknowledged and understood by the general public.
- Equal professional recognition with other arts psychotherapies.
- For the association to be more widely recognised.
- Improved link to other arts therapies—or ideally one umbrella organisation for all of us.
- Among arts psychotherapies—job wise, procedures.
- HCPC. | HCPC registration. | HCPC accreditation.
- HCPC / UKCP registration for RDMP inclusion for DMPs as creative therapists.
- Acknowledgment that DMP is the most holistic of creative arts psychotherapies.
- Parity with other creative arts psychotherapies.
- DMP is offered in lots of services—education, health for wellbeing, public funded treatment.
- DMP widely accepted and provided as publicly funded treatment modality.
- International certification route—with ADTA & EADMT, so we can practice abroad.
- Acceptance of our UK trainings for world-wide work.
- More widely known about with better visual promos.
- Better branding and brand consistency.
- More substantial advocacy for jobs within NHS.
- To be able to work within the NHS and other agencies with more ease.
- Broader acceptance of the work.
- Recognition within health profession.
- Wider recognition opening way to more jobs, more research, recognised NHS.
- Appealing for students to enter into DMP.
- A recognised association that is widely recognised and understood—no explanations necessary.

### 2. ADMP PROFESSIONAL STANDARDS

- Support for people with paper qualifications to become registered as a practising professional.
- Look at relevance of private practice (other associations don't have it) surely as new DMPs you should be prepared post training to work anywhere?
- Clear support for trained members to fully qualify & practice as professionals Clear guidance for different membership styles.
- Clearer guidance eg how to get private practice.
- Shorter route to private practice.
- Shorter route to private practice – could there be a “half way house” eg paired/mentored private practice.
- To separate the supervisor path from private practice.
- Fairness & Clarity of procedures, (when and how easy as we go along - private practice, supervision register).
- Clarification.
- Mentoring for professionals.
- More mentoring in place.
- A source of resource: professional advice, CPD.
- ADMP – assisting the development of members.
- A well-developed buddy system were more experienced DMPs mentor less more recently qualified DMPs (and share their work).

### 3. FUNDING

For ADMP roles currently voluntary.  
Resources for those working for / on behalf of ADMP.  
Fundraising as an association to fund free DMP projects (taster sessions)  
Beautiful ADMP HQ in central Britain eg Birmingham or Derby  
Assured funding of minimum of 3 years on any project

### 4. COMMUNICATIONS

ADMP intranet  
Good Website - Visual  
Easy to communicate and help us to achieve professional goals  
Clearer website & resources  
A navigable website – “find a therapist“ should sort more effectively  
A more engaged community of members  
A formalised policy of email etiquette  
An open and collegiate atmosphere throughout the association for the interest of ADMP not individuals  
Procedural clarity  
Transparency  
Visibility in the wider professional area  
Spaces & time for different voices / disagreements  
Truly participatory decision making  
To ensure conflict of interest declared and asked for to make sure everything is done To work together and be united as an association  
Increased communication and organisation from sub committees  
Stronger ties between ADMP and universities (students more involved)

### 5. REGIONAL HUBS

A network of regional meetings for local / geographical areas to get together  
Better regional representation  
Peer support network – in addition to supervision – for ongoing wellbeing.  
A network (via the website) to share accommodation / travel / car-pooling to facilitate at AGMs / EGMs around the country.  
Local representatives working at local council level to get DMP widely recognised and used in schools / hospitals etc.

### 6. PR & MARKETING

Cohesive PR & Marketing strategy (I will do it!).  
I. DMP Awareness week with various activities.  
II. Celebrity patrons / ambassadors from world of dance politics, mental health.  
III. 40th anniversary event 2022.  
IV. Joint PR with other Arts therapies.  
Better & Clear Information on DMP – leaflet & Video.  
Better PR so “Jo Public” is aware of DMP & might seek a practitioner.  
To be acknowledged & understood by the general public – PR & Marketing Better PR to use in the process of setting up work.  
Broadcast & promotion of DMP – TV – radio – TED talks.  
Merchandising – Mugs, pens, T-Shirts, badges, both raise money and raise profile Appointed PR representative budget for PR.  
Really good PR visibility to advertise us and keep us on the map alongside other professions.

### 7. ADMP CONFERENCE

Conference of our own with respected practitioners from other fields wanting to come & speak & participate.

### 8. RESEARCH

Research support by our own research committee and published in our own journal.  
ADMP has its own library that we can all access with articles to continue our professional development.

# GRADUATES 2017

## CONGRATULATIONS TO OUR 2017 GRADUATES DMPS

### Roehampton

Eleonora Carpi  
Emma Craddock  
Helen Crawshaw  
Karen Dudley  
Chloé Gayet  
Emily Hoffman  
Abigail Jackson  
Lucy Kuipers  
Konstantina Lambi  
Sasha Watson  
Chloe Wilkinson  
Yvonne Zuiker

### Goldsmiths

Faith Afriyie  
Carly Brain  
Yashvi Bhatnagar  
Chia-Hua Chien  
Vera Backman  
Chun-fu Chen  
Sofia Droumpali  
Camilla Emson  
Nasya Gay  
Anna Havunta  
Hyeran Jung  
Robina Kelly  
Caterina Laschke  
Eftychia Nikolopoulou  
Akiko Ogawa

Lape Odebode  
Eleni Primikiri  
Gemma Ross  
Ema Nik Thomas  
Maria Troupkou  
Andrea Tziorta

### Derby

Kirsty Allen  
Ezgi Aydogan  
Emily Marie Bollard  
Andria Charalampous  
Emily Louise Marriott  
Natalie Louise Mason  
Heidi McCallion  
Anastasia Panagiotis Moraiti  
Georgia Daisy Morris  
Ailsa Shaw Parsons  
Ioanna Thoma  
Jessica Rachel Urwin

### Dance Voice Graduates

Nuria del Real Iglesias  
Sam Bloomfield  
Vicky Hole  
Stephanie Greene

## EUROPEAN ASSOCIATION OF DANCE THERAPY: EADT

A snippet of news from Jeanette McDonald:

“I have been heavily involved in negotiating with the European Commission and Erasmus to receive a grant to support the development of a protocol for working with women with breast cancer using DMP interventions. The great news is that we have been approved to receive the grant to collaborate with four European countries to create this; work begins in the Netherlands in February 2018, in order to culminate in a research paper after 30 months or more.

Our Chair, Jackie Edwards and I will be visiting Utrecht University to begin negotiations for this exciting project. My hope is that it will also create work for our ADMP UK members.

## AMERICAN DANCE THERAPY ASSOCIATION: ADTA

Here's an example of our fellow professionals in the States continuing to establish boundaries and strengthen the reputation of dance movement psychotherapy.

Follow the link:

The manual *The Dance of Interaction* is now available: <https://danceforconnection.com/article/dance-interaction-embodied-approach-nonverbal-communication-training-caregivers-people-dementia-training-manual-now-available/>

## MOVEMENT AS PATHWAY TO NEURO- RESILIENCE AND SOCIAL CONNECTION: DANCE/ MOVEMENT THERAPY AT THE FOREFRONT

**Reflections: 52nd Annual Conference of the American Dance Therapy Association (ADTA) November 2—5 2017 San Antonio Texas Dr. Richard Coaten (International Panel)**

I was fortunate enough to be able to attend this conference with thanks to my NHS employer support and also from the charitable arm of Octaband LLC based in the USA which made it possible. Texas is a long way to go, however, to represent the UK on an International Panel is an opportunity not to be missed: “Dance/Movement Therapy and the Older Adult Client: Healing Pathways to Resilience and Community”. There were 7 of us all told with representatives from Netherlands, Hong Kong, Canada, New Zealand, India and the USA, all leaders in their field exploring and researching the rich potential of dance and movement as a significant physiological and psychological process for healthy aging. By “...fostering a ‘moving community’ that honours individual abilities, memories and innate creativity, dance movement therapists provide the essentials for resilience and revitalization: physical activity combined with cognitive social and emotional expression, in a safe and supportive environment” (ADTA programme notes).

Donna Newman-Bluestein (USA) (founder of Octaband.com) spoke of her intention to create healing relationships through dance with goals of helping people feel stronger and more vibrant and alive. Canadian Tetiana Lazuk witnessed negative compulsive behaviours diminish and a positive reach towards more connected spatial relationships. “How many untold stories sit quietly in this room?” asked Jan McConnell from New Zealand: through dance, sacred wisdom expressed and explored with connection to the Maori culture and song. A poignant video from Job Cornelissin of the Netherlands highlighted the beauty of simply dancing with a partner who, though in his senior years, moved with grace and intention. Describing a community programme in India that provides dance experiences for people with



Parkinson's, Devika Mehta acknowledged how the group process facilitated inclusion for all - clients and caregivers. I spoke about the challenges and opportunities of the dance therapist working towards more integration of their role and responsibilities as an active member of the treatment team in planning and providing services to the older adult on a ward in Calderdale. Rainbow Ho from Hong Kong spoke about her detailed researches in the field concluding that simply growing older should never stop people from experiencing the healing effects of dancing.

Aside from the panel, highlights for me were the key-note talk and workshop given by Dennis McCarthy exploring the "potency that lies within the very symptoms that bring children into treatment... envisioning symptoms as a point of entry into the core of the child's psyche, accessing the necessary means to reorganize their defence systems, eliminating the need for defences" (conference programme notes). It was quite wonderful hearing and seeing Dennis's case material on children experiencing and being helped to work with their 'monsters' and their trauma, that were either in the outside world trying to get them, or coming from inside them. He worked through drawing, movement, sand play therapy, movement and Jungian and bio-energetic analysis, informed theoretically by Winnicott, Reich, Lowen & Jung. Another highlight was to hear about Dr Beatrice Allegranti's remarkable work on the importance of the martial art form of Capoeira and her researches on this form using MRI brain scanning with a neuro-scientist at Roehampton University, London. Both Dennis and Beatrice spoke in their respective fields about the importance of disruption or dysregulation in pointing the way for something new to happen. About the potential for the space created to enable a shift into a new way of thinking or behaving, acting or dancing. I interpreted this as the value of being open to creative expression that a person with neuro-cognitive disorder can suddenly offer or come up with as a way of expressing their personhood.

Lastly, two things for a take home message:

1) The valuing of their founders, their elders many of whom are octogenarians as active today as they were in their younger days, plus, all those who volunteer and give service to their Dance Therapy community in whatever shape or form. In the US they value them significantly and reward them publicly for this. It was very moving to witness this on an almost daily basis, as there were many thanks to give to people from a year's previous work.

2) The banquet and energy and spirit of the dancing on the last night were amazing and an experience I shall never forget. The band was great too!!

Left to right: Dr Miriam Roskin-Berger, Donna Newman-Bluestein, Rainbow Ho, Job Cornelissin, Richard Coaten, Devika Mehta, Tetiana Lazuk, Jan McConnell, & Patricia Cappello (ADTA)

P.S. the silk neckerchief on the desk in front of me was a gift, it shows Marian Chace teaching in the 1940s (You may be interested in carrying out a Google search on Dr Berger: Born in 1934, she studied with Chace, Kestenberg, Bartenieff, Nikolais, Graham, Lamb, and many other influential figures. A founder and charter member of the ADTA (1966), a pioneer of DT in the US and demonstrating her continuing urge to keep dance therapy developing, initiated the International Panel at the annual ADTA conference in 1995!! (what a star!)

*“Movement is a basic form of communication that provides us with opportunities for socialization, the development of community, and the experience of expressing our aliveness and our innermost thoughts and feelings.” Koch, N1.*



#### **Dr. Richard Coaten (International Panel)**

Nana Koch: Board Certified Dance/Movement Therapist, Licensed Creative Arts Therapist and Award Winning Educator.

# DATES TO REMEMBER

**F**uture E~motion deadlines for submitting your articles and any discursive or reflective pieces that highlight or draw attention to the work that you are involved in as an ADMP UK practitioner, or from the wider world of dance movement psychotherapy in Europe, America or further afield.

For the March 2018 issue

Mon 12 February, 2018.

For the June issue

Sat 12 May 18.

For the November issue

Fri 12 October 2018

Just as a reminder then, the next issue is specifically centred on bringing together the richness of your experiences of engaging with the marketplace in our current financial and cultural climate. Please do send in your written reflections, cogitations and academic expressions of endeavour.

E~motion is the recorded expression of your many and varied energies put into motion. It can provide novice authors with a platform to practice their skills. It can potentially resource our ADMP community with the accumulated wisdom of our senior practitioners.

As such, I encourage you to consider what you could contribute to the first issue of 2018, the integration of many voices is one way of acquiring wisdom, as this ancient proverb declares:

*“Without counsel purposes are disappointed, but in a multitude of counselors they are established.”*

