



dance & arts  
therapy nz  
moving creatively together

## Term 2, 2024 News



*Kia ora,*

*As we approach the half-way mark of the year, it's fair to say things continue to be busy at DTNZ!*

*We met with Minister Matt Doocey for the first time when we attended a Mental*

*Health Roundtable, our office team have been to Hamilton, Wellington, and Christchurch, we're working on an exciting pilot for rangatahi living with disabilities, and we will soon start contacting our clients via text to make life more convenient.*

*Read on to find out more about everything happening at DTNZ.*

*Ngā mihi nui,  
DTNZ*

Come and join one of our groups



With a few weeks left in the term, we wanted to let you know that our group drop-in programmes continue to be popular. We'd love to see even more people benefit from the service we offer including at:

- Arts 4 Us - free arts therapy for tamariki aged between 5-12
- Arts 4 Us Specialty - arts therapy for tweens, children, and teens on the autism spectrum and/or developmental delays

- Dance 4 Us - dance movement therapy for people aged 15 years and over living with a disability
- Arts 4 All – art therapy for people with disabilities aged 15 years and over

Learn about our sessions, their locations and the benefits of each programme as well as the bespoke options including individual therapy and DTNZ in Schools via [our website](#).

### Places available in our specialised programme



There are a few places available in [our STARS programme](#) for children aged 6+ and teens living with intellectual and/or physical disabilities. These clinical groups are limited in size to provide individualised attention for each client, and to reduce the level of stimulation that some participants with special needs find challenging in group settings. Our expert therapists focus on what people can do, not what they can't.

There are several locations across Auckland, and the places immediately available are for STARS Mt Albert. Term three runs from 31 July until 18 September with sessions taking place Wednesdays from 3.45pm - 4.45pm. Please email [clients@dancetherapy.co.nz](mailto:clients@dancetherapy.co.nz) for information and to register your interest.

Claim your rebate



supergenerous  
Partner

We've partnered with Supergenerous to help our generous supporters claim their rebates - giving them the option to donate it back to us or keep it for themselves!

Supergenerous allows you to claim rebates for donations made during the past few years. It helps individuals who may have never claimed before, or who never even knew this was an option for them, gain easy access to these funds. [Learn more about how it works so you can sign up today.](#)

## Ngā mihi Felicity



After nine years, Felicity Monteiro, has stepped down from our board. Felicity is our longest serving board member and someone who has been incredibly passionate about DTNZ's very special cause. We're grateful for all her mahi and the wonderful contributions she has made over the years and wish her all the best in her future endeavours. In the image above you can see Felicity (left) being thanked by Anaia, DTNZ's Director & Founder.

## Board vacancy





With Felicity leaving, we are looking for someone new to join us. As a board member, you'll contribute to our strategic direction, connect with likeminded leaders and be able to make a meaningful impact in the lives of many. We're looking for someone who has a legal background, governance experience as a board member or working with boards, and skills in leadership, strategic thinking, financial management, and/or communication.

We are particularly interested in candidates with lived experience of disability, or experience working with Māori or Pasifika communities. The initial term is two years and applications close 14 June, 2024. [More information is available here.](#)

Become a creative arts therapist



We know firsthand that a career as a creative arts therapist is rewarding. As the demand for this therapy increases, we wanted to share a few [options worth exploring](#) if you'd like to become a dance movement therapist or an art therapist.

They include studying at Whitecliffe College's School of Creative Arts Therapies course, the University of Auckland's Masters in Dance Movement Therapy, and online or in-person at Dance Therapy Training Aotearoa.

Dance Therapy Training Aotearoa's Introduction to Dance Movement Therapy Workshop is coming up soon. It's a 13-hour course that introduces participants to foundational skills and practices in the field of dance movement therapy. This is an opportunity to gain a deeper understanding of the field and to determine if this is a career you'd like to pursue.

For professionals already working in therapeutic fields, this training provides a grounding in movement-based therapy which enables you to integrate some tools into your existing work. It can be attended as a one-off workshop or as the first module of the two-year diploma. [Download this flyer to learn more.](#)

As always, we are grateful to our supporters for their generosity



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