

Turning a New Leaf



Volume 13, Issue 3

- Promoting healthy relationships and personal growth from a Christian perspective -

Summer 2022

Dance/Movement Therapy: Expression Through Motion

by Imari Hunter, LPC, R-DMT

What is dance/movement therapy?

Honestly, a person understands it differently after experiencing it, as it can be tricky to put into words. Dance/Movement Therapy (DMT) is “the psychotherapeutic use of movement to promote emotional, social, cognitive, and physical integration of the individual” (ADTA, 2020). Simply put, Dance/movement therapy offers time and space to process our thoughts, experiences, and feelings through movement. God created us fearfully and wonderfully in His image. He created us with a mind, body, soul, and spirit, giving us the breath of life. Because of how He created us, we each have a mind-body connection. Dance/movement therapy attempts to use movement to help us tap into that connection. We use movement to help us explore and express our experiences in a different way because sometimes, we do not have the words to express how we feel.

For those curious, a dance/movement therapy or “DMT” session usually begins with checking in and sharing your current feelings, thoughts, or even energy level before moving into a warm-up that can be as reserved or expressive as you would like. This often leads us to explore something specific that feels important through movement or dance. This can range from mindfully sitting and noticing the movement of our breath to full-out dancing, whatever you need at the moment. And no worries, it’s interactive, and you never move alone unless you prefer to have the dance therapist only witness you. It is your choice. The session typically ends by processing the movement experience through writing, artmaking, or even talking.



We are not one-dimensional, so sometimes it is nice to have different ways to explore the different parts of us. It is just a different type of therapy.

So, in the case of DMT, your movement is your therapy! You get to express how you feel physically versus verbally. When we are disconnected from what we feel, we cannot make effective changes or communicate our needs to others. Our movement will create shifts in our bodies which will create shifts in our minds. So remember to stop, take time to breathe, tune in to your thoughts, feelings, and sensations, take notice of needs and do a movement, posture, or gesture that displays how that may look. If you enjoy moving, want to feel connected in your mind, body, and spirit, or are just curious, Dance/movement therapy may be something to try. Give it a try!

Imari Hunter, LPC, R-DM is
based in our Lansing Office,
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Our Mission:

To promote healthy relationships, personal growth and healing through professional counseling, education, and consultation from a Christian perspective.

"You Are Vital to Our Ministry!"

Our June 21 celebration event was a great time of giving thanks. A highlight of the evening was a video featuring therapist Becky Duncan, MS, LMHC-A, NCC, who uses art therapy in her practice. For those who could not attend, I'm glad to share the brief video on our facebook page (facebook.com/NewLeafResources).

We are seeing a shift in people's awareness and openness to seeking ways of addressing their well-being; not just physically, but emotionally and spiritually as well. While most of us can offer a measure of personal care to others, the complexities of our lives and of those we love at times require the additional care, compassion and professional expertise of Christian counselors.

With the rising cost of living, more clients are in need of assistance for their counseling expenses. Through our Marty Doot Client Assistance Fund, we are on track to provide over \$125,000 in such assistance in 2022. I'm grateful for each gift that makes this support possible!

New Leaf continues to truly be a "resource" by providing not only excellent counseling services, but also valuable resources, such as those found on our New Leaf Resources web page, Help for marriage, depression, anxiety, addictions (newleafresources.org). Many who may never have an opportunity to walk through our doors for a counseling session continue to receive guidance and support through these resources.

I'm also excited to share with you that, this Fall, we will be hosting our second Mental Health First Aid seminar on Saturday, October 1 at Bethel Church in Lansing, IL. This groundbreaking skills-based course gives people the tools to identify, understand and respond to someone who might be struggling with a mental health or substance use challenge — and connect them with appropriate support and resources when necessary. Please plan on joining us for a rich day of learning! To register, see the info box at the bottom of page 3.

Since our beginning over 40 years ago, New Leaf has always relied on our gracious God as well as your faithful support. You are a vital part of our ministry! Whether you have been a long-time supporter of New Leaf, or a newer member of our community, please accept my sincere thanks! Your prayers and financial support are an integral part as we strive to fulfill our mission:

"to promote healthy relationships, personal growth and healing through professional counseling, education and consultation from a Christian perspective."

Thanks for partnering with us in bringing help, hope, and healing to so many! It truly enables us to serve others as "New Leaf Resources".

In God's strength,

Corky DeBoer



Estate Planning with our Ministry Partner

As Christians, each of us is a steward of whatever God has entrusted to us. Barnabas Foundation encourages people to develop an estate plan which meets their individual and family needs and reflects their values, including the support of Christian ministries that are important to them.



Therapist Kiessa Hamilton Joins Crown Point!



New Leaf Resources is happy to welcome Kiessa Hamilton to our Crown Point Office!

Kiessa has worked in the social services field for over 20 years and has experience working with the elderly, youth, adults, and families. Her professional expertise is in the areas of developmentally, emotionally and mentally disabled individuals; as well as youth/children with behavior,

mental health, severe trauma and substance-use disorders.

Her long record of volunteer work includes working community hotlines, mentoring, and advocacy for victims of rape and domestic violence.

"My desire is to affect as many people as I can in this world, and to help facilitate emotional, spiritual, and mental healing and growth. I am a teacher at heart and that comes out in my counseling. My motto I live and teach by is 'Love Thyself, Know Thyself, Stay True to Thyself'."

If you'd like to make an appointment with Kiessa, contact New Leaf today at (708) 895-7310



Kankakee Valley Back To School Fair



A very **Colorful** thanks to **Darla McKim** & **Kari Coffey**!

The **therapist** + **board member** duo represented New Leaf at Spencer Park for the 9th Annual Back to School Fair. Besides giving away 600 boxes of crayons, they also got to talk about the resources we can provide for children (and their adults).



Free to Attend

WHAT IT COVERS

- Common signs and symptoms of mental illness
- Common signs and symptoms of substance use
- How to interact with a person in crisis
- How to connect the person with help
- **NEW:** Expanded content on trauma, addiction and self-care

Saturday, Oct 1st

9-5pm at Bethel Church
3500 Glenwood-Lansing Rd, Lansing

The course will teach you how to apply the **ALGEE** action plan:

- **Assess** for risk of suicide or harm.
- **Listen** nonjudgmentally.
- **Give** reassurance and information.
- **Encourage** appropriate professional help.
- **Encourage** self-help and other support strategies.

To register, contact us at: marc@newleafresources.org
or by calling (708) 895-7310 x1016



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1-Day Mental Health First Aid Class

Free to Attend

WHO SHOULD TAKE IT

- Employers
- Police officers
- Hospital staff
- First responders
- Faith leaders
- Community members
- Caring individuals

Saturday, Oct 1st

**9-5pm at Bethel Church
3500 Glenwood-Lansing Rd, Lansing**

**To register, contact us at: marc@newleafresources.org
or by calling (708) 895-7310 x1016**

WHY MENTAL HEALTH FIRST AID?

Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illness and substance use disorders. This training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care.