Our kaupapa is to be the nationwide leader of Dance Movement and Arts Therapy in New Zealand. We’re committed to the wellbeing and development of communities in Aotearoa through the use of creative arts therapies, with a focus on people of all ages living with disabilities, mental illness, tamariki from low-income neighbourhoods, and survivors of sexual abuse.

OUR MISSION

To achieve our mission of being a recognised, accessible, and utilised therapy option, we continue to reach new communities in need through a variety of different platforms and mediums. This has been especially important following the impact of COVID-19 on people’s wellbeing. We aim to be a driver of effective Dance Movement and Arts Therapy in Aotearoa, empowering people by fostering creativity, connection and self-expression through the arts. Dance & Arts Therapy NZ delivers culturally competent programmes and projects, which therapeutically support diverse communities.

We are a team of professionals who value: Creativity | Connection | Integrity | Collaboration | Resilience | Compassion
Since the 1940s there has been extensive research and practice of Dance Movement Therapy in the United States and Europe. In the early 2000s Aotearoa was still yet to offer meaningful Creative Arts Therapy training or community programmes. Our founder, Anaia Treefoot, sought to use the powerful mediums of dance and movement to support our tamariki in their development and wellbeing. In 2009 Anaia travelled to New York for intensive training with renowned Dance Therapist, Dr. Suzi Tortora. She then returned to Aotearoa in 2010 and launched what became known as our STARS programme at the YMCA Mt Albert. To this day we are still running a programme there for children with intellectual disabilities.

Over the last 10 years we have expanded from Tāmaki Makaurau to offer Dance Movement Therapy programmes in Christchurch, Whangārei, and Dunedin. Since becoming a registered Charity in 2013, DTNZ has expanded its programme offering to include Arts Therapy, providing fully funded creative-based support to youth and parents through arts modalities. We became registered as an ACC Sensitive Claims provider for trauma survivors in 2018, and now work in a range of schools offering therapeutic support to students. We are constantly looking to expand to new regions and communities throughout Aotearoa who might need a helping hand to flourish in society.
Arohanui to the kind funders that have generously supported the growth of DTNZ this year – we simply couldn’t deliver our programmes without these organisations.

**KEY SUPPORTERS**

- Foundation North
- Creative Communities
- Auckland Council
- IHC
- COGS
- Four Winds
- Lottery Community

**COMMUNITY SUPPORTERS**

- The Southern Trust
- NZ Community Trust
- The Trusts Community Foundation
- Blue Waters Community Trust
- Pub Charity
- Rātā Foundation
- Auckland Foundation - The North Shore Fund
- Mt Wellington Foundation
- Lion Foundation
- Kiwi Gaming Foundation
- Whanganui Community Foundation
- Youthtown
- Otago Community Trust
- John Ilott Charitable Trust
- Milestone Foundation
- Blue Sky Auckland
- Rehabilitation Welfare Trust
- Waiuku Lions Club

**OUR PLACEMENT STUDENTS & ADMIN VOLUNTEERS – SPECIAL THANKS**

We are proud of the practical training opportunities provided to creative arts therapy, psychology and other students, including those from the University of Auckland, Whitecliffe College of Arts & Design, the Diploma DMT programme, AUT and MIT. This training provides students with first-hand experience in the industry and mentoring from established professionals.

We are indebted to our many programme and administration volunteers including: Alina, Alisha, Alysha, Anna M, Annie, Becca W, Bernice, Camila, Candy, Cecilia, Christine, Christina, Dom, Ella, Emily, Esther, Fiona, Grace, Hilda, Jessica D, Jessica S, Katherine, Kevin, Krishna, Lisa, Mackenzie, Marielle, Maysoun, Mollie, Nicole, Nina, Nishat, Pala, Phoebe, Rachel, Rebecca G, Rewa, Rita, Robert, Ruchi, Shani, Sindhya, Tania and Tanvi.

We are also very grateful to our Advisory Board who have contributed so much to DTNZ over the past year through supporting our governance and growth.
This year has been a time of great growth and continued change for Dance & Arts Therapy New Zealand. Our Creative Arts Therapy in Schools programme and ACC Sensitive Claims support has been an area of major development and progression for our charity, as well as our expansion into two new regions across the motu.

It has been incredible to watch our charity’s resilience with the immense challenges and changes faced by Aotearoa during the COVID-19 pandemic. I have been so proud of our therapy and admin team, as well as our clients, their carers and whānau, at overcoming barriers when we have been faced with sudden setbacks to our freedom in the wake of community outbreaks. Our therapists have become highly-skilled at navigating quick changes from in-person to online delivery, and we have seen increased participation since last year across our drop-in online programmes nation-wide. Over the 2021 financial year we have delivered more than double the number of sessions from last year, an excellent result that reflects the hard work our team has put into improving the wellbeing and overall development of our clients and their support networks.

We have worked towards our strategic focus of organisational growth, both in the number of programmes offered, and the geographical reach into new regions of Aotearoa. DTNZ launched Dance 4 Us programmes in Whangārei and Dunedin this year, along with Trauma DMT programmes in Northland and Auckland. We also re-launched Dance 4 Us Mt Roskill and Arts 4 Us Dunkirk in Term 1. Our outreach programme has focused primarily on Creative Arts Therapy in Schools over the past year, delivering 10 new school programmes in Auckland and Christchurch, and a 226% increase on the number of sessions compared with 2020. It is an honour to have been trusted by these education professionals during a time of significant necessity to support their students with heightened levels of anxiety, depression, social or educational needs. Our ACC and Individual Therapy programme has also grown by 114% since last year. Next year we plan to develop further, and offer pilot DMT & Arts Therapy programmes in Whanganui, Wellington and Palmerston North as part of our mission to support communities in other regional centres of Aotearoa.

In order to support the significant growth we are experiencing, we increased our Administrative staffing by 40% this year, which is a significant increase, and we expect to increase this further over the next year to meet the ongoing growth and demand for our services. In line with our strategic focus around financial sustainability and reducing our reliance on grant funding, we received 58% of our total income from non-grant sources in the past year, a 14% increase since last year. Our total income increased significantly by 45%, with a 69% increase in our school outreach income and a 143% increase in our ACC income, which reflects the growth in our programmes also. We are moving in a very positive direction, and our annual budget for the upcoming financial year includes further projected growth and a projected turnover just under $1 million.

DTNZ aims to be a leader in the Dance and Arts Therapy profession, and a key part of this leadership is supporting students by providing placement opportunities. Over the past 12 months, we supported 33 students with placements, which is 70% more than the previous year. It is inspiring to be able to be a part of the learning and development journey of so many, and this also reflects the growing profession of Creative Arts Therapy in Aotearoa. Another strategic goal we had in the past year was related to supporting Creative Arts Therapists who are not eligible to be ACC Providers to co-lead our group Trauma programmes alongside ACC registered therapists. We have been successful in getting two such team members approved by ACC, and were then able to launch a thriving DMT & Yoga Trauma Therapy programme.

Our Advisory Board gathered in July of this year to discuss our strategic themes for the year ahead, and our overarching values that drive us as an organisation. We retained many of our core values, but changed “growth” to “resilience”, and “nurturing” to “compassion”. This feels more reflective of where DTNZ stands after overcoming the numerous challenges faced by organisations the world over following the pandemic. Our kaupapa has been elevated from supporting and empowering vulnerable communities, to being the nationwide leader and driver of Dance Movement and Arts Therapy in Aotearoa. We recognise that our participants’ experiences do not necessarily make them vulnerable, but their willingness to improve their wellbeing and development through movement and the arts makes them strong.

The last year has been challenging, but also a beautiful time for us to reflect and refocus on what we deem to be most important in our lives. Looking at the deeply meaningful work our DTNZ whānau does every day, it is amazing to see how many people we can reach and celebrate through our mahi. To all of you that have been on this journey with us over the last year - our Therapists, Admin Team, Volunteers and Advisory Board, I am eternally grateful. Here’s to continued creativity, connection, integrity, collaboration, resilience and compassion in 2022.

Anaia Treefoot, Director/Founder
OUR STORIES

“Over the last year our Arts 4 Us Specialty group members have really strengthened their social skills. They use humour and memory to effortlessly weave connections through their conversations. By focusing on what they have in common, their friendships continue to evolve.”
– Leticia, Trainee Arts Therapist

“I am not sure who needs to know, but I am super thrilled that [my child] has been chosen to be involved with the DTNZ Programme. She lit up when describing her experience and without prompting, divulged that they asked how she was FEELING. I loved that…because in the holidays I was discussing with her the theory of having compassion for someone.”
– Parent, Wainui School

“When coming into a circle with our scarves many of the participants fell into similar movements with each other, speaking to the growing cohesion in this group. The participants have a willingness to try different things and are always enthusiastic and engaged.”
– Dani, Trainee Dance Movement Therapist

“A 10 year old girl from STARS has collated a large kete of resources from the sessions that she proudly uses at home when she is feeling dysregulated. She has also become more aware of others’ needs in the group and will often offer them assistance when they are struggling with something.”
– Brittany, Trainee Dance Movement Therapist

“A 10 year old girl from STARS has collated a large kete of resources from the sessions that she proudly uses at home when she is feeling dysregulated. She has also become more aware of others’ needs in the group and will often offer them assistance when they are struggling with something.”
– Brittany, Trainee Dance Movement Therapist
“A client had a fall at home and had to spend a few weeks in the hospital. Her sister and carer contacted me and asked if I could do anything for her as she likes Dance 4 Us so much. So I asked the group and we all decided to make a small video for her with the ukulele and her favourite song ‘You are my sunshine’. Her carer wrote back that she was very happy and showed it to her doctor.”

– Barbara, Dance Movement Therapist

“In Arts 4 Us West parents are allowed to join and make art as well. Two boys and their mother came for the first time to the session. We were working with paint and the boys created artworks with their hands and arms, everything covered in paint. How wonderful it was that their mom admitted that she wanted to let go a little bit more and that paint was a reminder of lockdown and all the mess it created in their home. Creating a space at A4U where children are allowed to make a mess and parents don’t have to clean up afterwards creates benefits for both of them!!”

– Maud, Dance Movement Therapist

“One client has been with us for two and a half terms. He is an anxious participant and usually remains seated with his body turned away from the main body of movement. He has slowly been able to tolerate movement close to him and in the final session before lock down, he held onto the octoband for the first time with a huge smile.”

– Verity, Dance Movement Therapist

“Bit by bit, ‘M’ started to talk about his loss and grief during the group sharing within the artwork. But the most heartwarming moment for the whole group was when we worked with the theme of Matariki. The atmosphere and the link to Māori culture supported ‘M’ to find the right words while sharing his artwork and gifting his painting to his friend in heaven.”

– Doreen, Dance Movement Therapist
Over the 2020-2021 financial year, Dance & Arts Therapy NZ has achieved outstanding outcomes for the community. This has been especially noticeable following the COVID-19 pandemic and our work in supporting students in schools. Our key outcomes are summarised here:
Our team continues to regularly monitor the outcomes achieved across our Dance Movement and Arts Therapy programmes using biannual feedback and evaluation forms, which we distribute to participants, parents, carers, teachers and case workers. The results reported across our programmes over the last 12 months are summarised below.

<table>
<thead>
<tr>
<th>Outcome</th>
<th>Percentage</th>
<th>Increase from 2020</th>
</tr>
</thead>
<tbody>
<tr>
<td>Improved self-confidence</td>
<td>87%</td>
<td></td>
</tr>
<tr>
<td>Improved social skills</td>
<td>86%</td>
<td></td>
</tr>
<tr>
<td>Increased creative self-expression</td>
<td>85%</td>
<td></td>
</tr>
<tr>
<td>Improved wellbeing</td>
<td>84%</td>
<td></td>
</tr>
<tr>
<td>Overall development</td>
<td>82%</td>
<td></td>
</tr>
<tr>
<td>Improved verbal and non-verbal communication</td>
<td>80%</td>
<td></td>
</tr>
</tbody>
</table>

This year’s results demonstrate the excellent benefits and high effectiveness of DTNZ’s programmes, especially in regards to overall improvements in wellbeing following the impact of COVID-19 on mental health. Also, the number of survey responses we have received has dramatically increased from last year (we received 217 responses at the end of Term 2, 2021 alone). We feel that this reflects people’s increased interest and understanding of our programmes, and the outcomes we are achieving.

There have been some fantastic tangible improvements across numerous aspects of personal development and wellbeing of our participants.

Overall, we have recorded a 22% increase in attendances across all programmes, with an average of 375 attendances every week. We facilitated 3,547 dance & art therapy sessions, a 93% increase from 2020. We provided an average of 107 sessions per week, a 62% increase from 2020. We received the generous support of many volunteers who gave 3,892 hours of their time.
Our STARS Dance Movement Therapy programme empowers children and teens with a variety of intellectual and physical disabilities, including Autism Spectrum Disorder, ADHD, Cerebral Palsy, Global Developmental Delays and brain trauma. Since launching over 10 years ago at the YMCA in Mt Albert (where we continue to run a programme for primary-aged children), we now have 6 groups running across Tāmaki Makaurau, with plans to introduce a group in Wellington in the next year.

Many of our STARS participants have been actively involved in the programme for a number of years and we often hear from parents: “This is the highlight of their week!” Many children attend for fun, social and creative reasons, while others benefit from the individualised and therapeutic nature of the programme. We work closely with parents, therapists, teachers and others to develop and work towards goals for each child to ensure they can achieve their best in the programme and far beyond.

This year we offered 213 sessions across seven weekly programmes in five different locations: Mt Albert, Northcote, Onehunga, Pakuranga and Christchurch.

“89% of parents agreed their child’s self-confidence has improved.”

“84% of parents agreed their child’s social skills have improved.”

“79% of parents agreed their child’s motor skills have improved.”

“He is a lot more animated and unapologetically himself. He is also more aware of his surroundings, peers and body. His school teachers have noticed his growth and confidence as well. He is now very social and outgoing but also empathetic towards others.” – Parent

“Dance therapy is something she looks forward to each week. It provides an outlet for her to relax and decompress from the stress of conforming in school. It helps with her creative expression and allows her to be much more coordinated. She enjoys interacting with the other kids and has developed some friendships. She is a happier and more emotionally stable person due to the weekly dance therapy received.” – Parent

“He is very excited to come back from school and get ready for his dancing class. He performs his dance moves which he learnt at therapy at home and he really enjoys it. Thank you team for all your hard work. 100%.” – Parent

“Self confidence has increased, communication and confidence with others has increased. Motor skills and balance have improved and less falls. I’ve chosen Dance Therapy NZ because my child loves dancing and it is a good chance for me to socialize. I would recommend DTNZ to others.” – Parent
Arts 4 Us Specialty is an Arts Therapy programme for rangatahi we have offered at the Ōrākei Community Centre since 2015. The programme is designed for children, tweens and teens on the Autism Spectrum or with related disorders, and for those with developmental delays.

The aim of Arts 4 Us Specialty is to meet the identified community need for these tamariki who need support with social skills, emotional literacy, communication, coordination and sensory integration. The benefits of this therapy are widespread - those attending experience a creative and fun medium for self-expression and self-esteem development, and the capacity to participate in school and family life increase immensely.

“My daughter looks forward to art each week. She likes being with the group who she considers her friends creating new things each session. She likes the freedom of exploring herself and her creativity in a safe environment without judgement.”
– Parent

“A safe space for my son to express himself amongst like-minded individuals. He feels safe to join a group in other situations (e.g. school).”
– Parent

“My daughter is more relaxed and involved at school. She now has a large group of friends and is great at communicating with them. She absolutely loves art therapy. It has been so good for her. The programme is amazing!”
– Parent

“A safe and caring space for my son to explore his artistic and creative nature. He is gaining confidence in his disabilities and loves to share what he’s thinking more and more. Thank you!!”
– Parent

86% of parents agreed their child’s creative self-expression, participation at school or in the community, and verbal or non-verbal communication has improved since attending.
Arts 4 Us has been running since 2013 and is aimed at supporting tamariki between the ages of 5 - 12 years old in low-income neighbourhoods. This programme began in direct response to the local community’s needs for a free and fun after-school programme with purpose. Our programme incorporates preventative measures in the fight against violence, bullying and other antisocial behaviours. Arts 4 Us works closely each week during school term, often with peer groups and siblings, in four community centres in Oranga, Manurewa, Te Atatū Peninsula and Dunkirk. We are looking forward to also launching an Arts 4 Us programme in Palmerston North next year.

This programme brings many resources into local children’s lives: the opportunity to express themselves creatively, to develop healthy self-identity and confidence, to explore and develop new skills, to co-create community identity and belonging, and to be a contributing member of a group, among other benefits. In the last year, we have witnessed an increased involvement of parents in our Arts 4 Us West programme, strengthening the bond between parent and child through a healthy and relaxing shared activity.

“"She really enjoys playing with different mediums, exploring how they work and is always very happy with what she produces. She has become very confident communicating with adults in the class."”
   – Parent

“"My favourite thing about coming to Arts 4 Us is that we can use our imagination to create something. We can do some hand-craft."”
   – Client

“"This course is very beneficial for children. Children learn how to think and imagine something from this course. Children also are not shy to speak in public."”
   – Parent

“"My kids become more creative at home and happier to do art. We used to go to other art classes and she doesn’t enjoy it as much as here. She loves to create things without boundaries and she can do it here. Amazing class."”
   – Parent
DANCE 4 US & ARTS 4 ALL
DROP-IN DANCE MOVEMENT AND ARTS THERAPY

Dance 4 Us is our vibrant and expressive dance, movement and drama therapy programme for young people and adults with disabilities (15 years and older). This programme meets community needs for active, fun and community-based activities during the day for adults to get out and participate directly in their local community in meaningful ways. Our Onehunga programme has been offered since 2014, our Henderson group since 2015, our Roskill and North Shore programmes since 2018, and our Christchurch programme since 2019. This year we launched Dance 4 Us Whangārei and Dance 4 Us Dunedin, which have both gotten off to a superb start with regular attendees from Blomfield Special School and IDEA Services. In the last financial year we launched Arts 4 All in Christchurch, which is an arts therapy equivalent for adults and young adults in Christchurch.

Dance 4 Us and Arts 4 All cater to people with a range of mixed abilities (both intellectual and physical). Many of our participants have Down Syndrome, Cerebral Palsy, Angelman Syndrome, cognitive delays or brain trauma. These groups focus on fostering social connections and emotional literacy through creative and expressive dance, movement and arts-based activities – while experiencing the sheer joy of movement in a safe and fun space!

We often have anywhere from 10 to 40 participants in these groups, with even more joining us online during lockdowns! The 2020-2021 financial year saw 3,086 attendances across the 7 weekly programmes a 28% increase from the previous year.

“[My client is] showing willingness to try new things and interact with other attendees in the class. Taking instruction from others, and using motor skills to coordinate their movements to the music. Great community participation. There are very few programmes available in the community for special needs adults.” – Carer

“My class of young men are enjoying the new safe social space and even the reluctant ones at the start are slowly starting to join in. Some men are learning to self regulate and choose appropriately when to join in or opt out.” – Special School Teacher

“I love that even if I don't participate, this group acknowledges me and I like the 'feeling of belongingness'. “ – Client

“I can often be a little unsteady on my feet and occasionally need support to walk, but overall I can express myself freely with no issues at Arts 4 All. It has been exciting to see how I can respond to special connections with the team.” – Client

92% of carers agreed their client’s wellbeing and social skills have improved
91% of carers agreed this group supports their client’s overall development
Following the impact of COVID-19 on students’ learning and overall wellbeing, the Government released an Urgent Relief Fund to help schools to support their students’ mental health. Over the last year we developed a creative arts therapy programme, which we delivered in collaboration with 10 schools across Tāmaki Makaurau and Ōtautahi: Clevedon, Wainui, Hingaia Peninsula, Glenbrook, Pomaria, Tirimoana, Lincoln Heights, Stonefields, Waitākere and Clarkville Schools. We have also partnered with High & Complex Needs (HCN) and Oranga Tamariki to support their clients in a school peer group setting. Over the last year we have delivered 349 school sessions (a massive 229% increase since last year) with 2,732 recorded visits.

Our therapy teams have worked with a maximum of 10 students in each group, with up to 5 sessions per week at each school. The purpose of keeping our numbers down to 6 - 10 clients in each group has been to ensure the therapeutic integrity and greatest amount of support for each client. Some of the initial effects on students from the pandemic included increased levels of anxiety and depression, a reduced ability to focus in the classroom, a decline in social interaction and communication skills. All of these issues were actively addressed and great improvements were made following our intervention. Therapists also assisted students in navigating grief following the loss or terminal diagnosis of a parent, suspected drug or alcohol abuse at home, or even physical violence. DTNZ greatly appreciates having the platform to be there for these wonderful and special tamariki during what has been an exceptionally difficult time in society, especially for some of our most vulnerable.

When asked their favourite part about coming to creative arts therapy...

“That you can be yourself without anyone judging. I can spend time with different people and get to know them.” – Student

“I can be myself because I know I’m not the only one with these problems.” – Student

“She is now not hiding away in her room. She is a lot happier in herself, singing, laughing, communicating properly and participating in family time. She has also got back to an acceptable level of schooling and her report justifies this.” – Parent

“The children’s enthusiasm has continued each week and they have been keen to be involved and overcome some of their barriers to learning through further expressing their emotions.” – Teacher

88% of participants agreed with the statement ‘I have fun here.’

Approximately 80% of parents agreed their child enjoyed themselves, their self-expression has increased, their communication, social skills and emotional development have improved.

77% of participants agreed with the statements ‘I can be myself here,’ ‘I am safe here,’ and ‘I want to keep coming to Creative Arts Therapy.’
INDIVIDUAL THERAPY PROGRAMME

Dance & Arts Therapy NZ’s team of specialist Dance Movement Therapists and Arts Therapists also work individually with numerous clients (both children and adults) throughout the year. Children are often not ready to participate in a group due to sensory, social, communication, or physical challenges and need more intensive one-on-one intervention to really focus on addressing an area of their development, such as motor development or communication. Our expert therapists can work individually with such children to support them to develop the necessary skills and to prepare them for a group. Over the past 12 months, we worked with a range of clients including those referred by Oranga Tamariki and HCN (High and Complex Needs Unit).

TRAUMA THERAPY (ACC SENSITIVE CLAIMS)

We support and empower survivors of sexual abuse with fully funded group and individual therapy, with a team of 15 therapists offering individual Dance Movement and Arts Therapy services across Auckland, Northland, and Wellington. Alongside our Auckland ‘Resourcing Rhythms’ DMT group, DTNZ launched two new DMT group programmes. One in Auckland, Embracing Your Body - Yoga/DMT, and one in Northland, Restorative Rhythms. Both groups focus on supporting people grappling with the effects of PTSD as a result of sexual abuse. Providing them with skills to manage anxiety and depression, reconnecting with their body and regaining a sense of control over their emotions.

Our ACC Sensitive Claims therapy programme has experienced massive growth again over the past 12 months. We delivered 2,373 individual sessions in 5 locations, compared to 980 sessions over the same period in 2020 (a 142% increase from last year). Our ACC ISSC trauma therapy groups recorded 466 attendances (a 26.5% increase from 2019) with COVID-19 impacting our client numbers substantially, as ACC groups were unable to run online during lockdown levels 4 & 3.

OUTREACH

Beyond our school outreach, we have been fortunate enough to continue to collaborate with other like-minded organisations and offer workshops across Tāmaki Makaurau this year. Highlights included our Parent & Carer Workshops hosted at the IHC Wellness Workshop, Sommerville Special School, Central Auckland Specialist School, and Sylvia Park School, collaborating with Disability Connect on their Transition Expo and Parent Support Group, presenting at last year’s Taikura Trust Team Meeting, running an interactive workshop at Circability, leading an informative introduction to Creative Arts Therapy at the University of Auckland, and recently attending the AUDA Showcase where our charity was nominated to receive all proceeds from ticket sales (which funded 2 online creative arts therapy workshops in Waiuku).
NEW PROGRAMMES

DANCE 4 US WHANGĀREI
Following consultation with IHC and IDEA Services in Whangārei, we learnt there was a huge need for disability support services for adults in the Northland region. We launched a pilot programme, Dance 4 Us Whangārei, in February 2021 with the support of Creative Communities and COGS Whangārei.

DANCE 4 US DUNEDIN
In response to local community needs, we began offering Dance 4 Us in Dunedin in February 2021, with a senior Dance Therapist based there, Barbara Eberhart. The feedback received so far has been fantastic, and we look forward to continuing to expand our programme delivery outside of Auckland. Thanks to the Kiwi Gaming Foundation, Rātā Foundation, Otago Community Trust and Creative Communities Dunedin for making this possible.

RESOURCING RHYTHMS: NORTHLAND TRAUMA WORKSHOPS
Following the success of our Auckland-based trauma group ‘Resourcing Rhythms’, and in response to the need for this work in Northland, we piloted a series of DMT workshops addressing trauma in March 2021, called ‘Restorative Rhythms’ in Whangārei. We hope to offer more work in this region.

EMBRACING YOUR BODY: YOGA DMT TRAUMA PROGRAMME
We launched a new ACC funded trauma therapy group in Auckland called ‘Embracing Your Body - Yoga DMT’ in May 2021 which blended ancient mindful practices ingrained in the yogic tradition with modern Dance Movement Therapy techniques. This programme has been received very well with a lot of demand for ongoing programmes.

FUTURE PLANS

2022 AND BEYOND
We’re excited about what the future will look like for Dance & Arts Therapy NZ. As more people learn about the services we offer and Creative Arts Therapy graduates continue to branch across Aotearoa, we look forward to our ongoing growth and expansion into new areas.

REGIONAL DEVELOPMENT
In 2021/22 we plan to launch Dance 4 Us Whanganui, STARS and Dance 4 Us Wellington, and Arts 4 Us Palmerston North. Our programme launch in Whanganui has already been funded by the Whanganui Community Foundation, and we are currently awaiting word back on grant applications in Wellington and Palmerston North. This reflects our organisation’s priorities of supporting people with disabilities and the youth in more rural areas, but also uplifting budding Creative Arts Therapists in these regions and helping them connect with those seeking support.

MĀORI MINDFULNESS ACC GROUP
Following the success of our Auckland-based trauma groups ‘Resourcing Rhythms’ (now called ‘Mindful Movement’), ‘Restorative Rhythms’ and ‘Embracing your Body - Yoga/DMT, we’re poised to launch a new Auckland group ‘Māori Mindfulness’. Mauritau, or Māori Mindfulness, is a living expression of Te Ao Māori. The participant engages in a variety of experiential embodied movement practices and activations that cultivate a heightened awareness and calmed presence in a person. These Hauora practices embrace aspects of our living relationship with our natural world environment as well as the spiritual world/ wairua in relation with our body and our mind. This group helps us address our desire to incorporate Mauritau, or Māori Mindfulness and Rongoā Māori, the traditional healing system of Māori into our wellness offerings.

CORPORATE WELLBEING & SOCIAL RESPONSIBILITY
After a great deal of anticipation and background work, 2022 is going to see us launch our Corporate Wellbeing & Social Responsibility Programme! We have assembled three packages: Mindfulness, Team Accelerator, and Lateral Mindshift. This programme has been established to fill an exceptionally timely need for organisations to encourage team building, mindfulness, effective communication skills, and stress reduction in the office, while also meeting our goals of financial sustainability.
OUR TEAM

From top left:
- Maggie, Lisa, Sindhya, Barbara, Tanima, Gyda, Sanne, Pala, Maud, Verity
- Anaia, Mackenzie, Sarah M, Bonnie, Rowa, Roo, Doreen, Tanvi, Jacquelyn
- Sarah D, Mollie, Bernice, Kris, Brittany, Jessica D, Nicole, Katherine

Plus:
- Judi, Tamara, Emma, Abi, Julia, Anne, Dani, Jacqueline, Josie,
- Julie, Letitia, Serena, Zoë, Agnes, Brigitte, Elsabe, Ingrid, Jan M, Lesley,
- Maree, Mariana, Naomi, Supreet, Yoko, Jan C, Esther, Alysha, Cecilia,
- Xixi, Terry, Alexa, Alina, Anna M, Becca W, Candy, Dom, Ella, Emily,
- Grace, Jessica S, Kevin, Nina, Rebecca G, Rita
ANAIA TREEFOOT, CHAIRPERSON

Anaia is the Founder and Director of Dance & Arts Therapy NZ and has been working in the Arts Therapy field since 2008. She has always been passionate about supporting others, finding great satisfaction from utilising the creative arts to empower people from many different backgrounds and communities. Anaia has a clinical background as an Arts Therapist and Dance Movement Therapist, working with a range of children and adults. She also has experience in providing supervision and training to new therapists and those studying Dance Movement and Arts Therapy. In 2019 she was awarded the Hanny Exiner Memorial Foundation Award for her dedication to developing the Dance Movement Therapy profession in Aotearoa New Zealand.

Anaia holds a Masters in Clinical Arts Therapy, is a Professional Member of the Dance Therapy Association Australasia and an Associate Member of the American Dance Therapy Association.

TROY SWANSON, TREASURER

Troy is a fully qualified Chartered Accountant, currently works as a Financial Controller and has over 5 years of financial management experience. He has over 15 years’ experience in the Accounting field. Troy also has qualifications with a degree in the field of Economics and Finance.

During his career to date Troy has made substantial improvements and implemented new systems and processes to improve the performance of the business. As Finance Manager he has been responsible for the integrity and accuracy of the Finance and Accounting systems.

Troy has been the Treasurer at DTNZ for a number of years and has really enjoyed working with the team to give back to the community. This experience has encouraged Troy to make changes in his own life to help others and have a positive impact on society.

Outside work, Troy’s passions are cricket and rugby league, spending time in the garden and enjoying the outdoors. Troy enjoys running and likes to live a healthy lifestyle, striving for balance in all things.

FELICITY MONTEIRO, SECRETARY

Felicity is an experienced Civil and Commercial Litigator and a Partner at Wilson Harle, a specialist litigation firm. She holds an LLB (Hons) and LLM (First Class) from the University of Auckland. She was admitted to the bar in 2007.

Felicity has assisted clients involved in a wide range of disputes and has appeared as counsel in the court at all levels, assisting clients in mediations, arbitrations and commercial settlements. She has been a founding member of DTNZ’s advisory board since 2015.

DR SARAH McNeil

Sarah is a Clinical Psychologist and works in adult mental health across the public and private sectors, bringing her passion and experience working in the community to DTNZ’s board. She is skilled in clinical risk assessment and also advises on outcome measures for research purposes. In her spare time, Sarah loves to travel and explore our great outdoors with her family.

CHRISTINE BRABENDER

Christine is an entrepreneurial, strategic fundraising leader and consultant with deep experience in New Zealand and Chicago. She has led teams to deliver successful fundraising campaigns, alumni engagement, compelling events, strategic PR, communications and marketing, and change management for universities, hospitals, museums and foundations. Christine has briefed politicians, CEOs, civic leaders, scientists, cultural creatives, entrepreneurs and philanthropists to champion and invest in organisational excellence and community well-being. A dedicated colleague, adviser and mentor, she is also a meditation expert and visual artist who attains presence and deep listening to facilitate insight and innovation.

KIRSTEN MANDER

Kirsten is a Senior Adviser for the New Zealand Aid Programme at the Ministry of Foreign Affairs & Trade in Wellington. Passionate about progressing New Zealand business and organisations, she is known for her commitment and dedication to building strong, positive teams and driving success through strategic business planning. Kirsten has a Master of Arts in International Relations and a Bachelor of Arts with Honours in Political Science and Spanish. Her governance experience spans professional sports, dance and the arts, foreign affairs, the housing and energy industries, and the workings of major international organisations, multinationals and government. Kirsten has been a member of DTNZ’s Advisory Board since December 2019 and is looking forward to contributing to the community through the amazing work of this organisation.
Dance Therapy NZ (DTNZ), from a financial perspective, has had another good year, especially considering the financial implications of COVID-19. There was income of $731,147 which is an increase of 45% on last year and has allowed us to continue to invest in our team to ensure we continue to provide and develop our programmes. It also allows us the opportunity to help other communities. Cash and bank balances continue to grow and now amount to $255,583. These, along with unused grants of $86,786, will ensure DTNZ has another good start to the financial year.

Since August 2015 one of our key goals has been to ensure that DTNZ is a sustainable organisation. This requires us to make a small surplus each year to build up our reserves. It also means finding many sources of income so we are not reliant on one or two organisations. Since then we have been achieving our goal and growing our reserves. With this year’s surplus of $17,241 with accumulated funds increasing to $106,668. DTNZ continues to receive grants from over 25 organisations. This is a fantastic achievement given our revenue in 2014 was only $93,401.

It is also very pleasing to note that there was an increase in our non-grant income by 91% over the past year. Growing this income is very important to support our long-term sustainability in self-generating more of our income needed to run our programmes. This was very pleasing and DTNZ has come a very long way financially in the last few years and is in a very solid position to face the challenges ahead.

### INCOME SOURCES

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<tbody>
<tr>
<td>Accumulated funds</td>
<td></td>
<td></td>
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<td></td>
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<tr>
<td>Net profit for year</td>
<td>17,241</td>
<td>10,039</td>
<td>10,314</td>
<td>9,232</td>
<td>20,391</td>
<td>11,926</td>
</tr>
<tr>
<td>Operating costs</td>
<td>737,459</td>
<td>511,360</td>
<td>379,811</td>
<td>305,006</td>
<td>272,001</td>
<td>195,908</td>
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<tr>
<td>Total income</td>
<td>754,700</td>
<td>521,399</td>
<td>390,126</td>
<td>314,238</td>
<td>292,392</td>
<td>207,834</td>
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The full financial statements of Dance Therapy NZ were audited by ‘Hart & Co. – North Shore’ Chartered Accountants and their unqualified opinion was issued on 21 August 2021. A copy of our full Financial Statements for the year ending 30 June 2021 can be requested from:

Dance Therapy NZ, PO Box 13847 Onehunga 1643 New Zealand or email: info@dancetherapy.co.nz
MOVING CREATIVELY TOGETHER

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