

annual *report*



2022 –
2023



Highly effective therapeutic programmes
making a positive difference in Aotearoa, NZ



dance & arts
therapy nz



We have supported
17,592
 individuals since
 inception in 2013

We are a team of
 professionals who value:

- Creativity**
- Connection**
- Integrity**
- Collaboration**
- Resilience**
- Compassion**



OUR Mission

Our kaupapa is to be the nationwide leader of dance movement and arts therapy in New Zealand. We're a charity committed to the wellbeing and development of communities, empowering people of all ages throughout Aotearoa, using dance movement and arts therapy. We're proud to employ some of the best creative arts therapists from New Zealand and beyond, as we work to support people from diverse cultures, in all situations, including those living with disabilities, mental health challenges, tamariki from communities in need and survivors of sexual trauma.

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. 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 (DTNZ) is working towards delivering culturally competent programmes and projects which support diverse communities.



We have facilitated
18,898
 dance and art therapy sessions
 since inception in 2013



OUR Story

While Dance & Arts Therapy NZ is approaching its 10-year milestone as a charity in late 2023, it has been a trailblazer in the creative arts therapy space in Aotearoa since 2010 – with the research and practice of this therapy dating back to the 1940s in the United States of America and Europe.

In the early 2000s, Anaia Treefoot, founder of DTNZ, was on a quest to understand how meaningful creative arts therapy training and community programmes could be applied in New Zealand. Unable to find anything locally, she travelled to New York in 2009 to train with renowned dance therapist, Dr Suzi Tortora.

On her return in 2010 she launched the STARS clinical therapy programme in Tāmaki Makaurau at the YMCA Mt Albert, and in Onehunga for children with intellectual and physical disabilities. From there, Anaia was able to

demonstrate the efficacy of the therapy and grow the interest in these types of programmes.

Over the last 13 years we have expanded from Tāmaki Makaurau to offer dance movement therapy programmes in Northland, Christchurch, Whanganui, Palmerston North, Wellington and Dunedin. Since becoming a registered charity in 2013, DTNZ has expanded its programme offering from just dance movement therapy to include art therapy and became registered as an ACC Sensitive Claims provider for trauma survivors of sexual abuse in 2019. In addition, we expanded our services into working in a range of schools, offering therapeutic support to students both individually and in groups. We are constantly looking to expand throughout Aotearoa to new regions and communities who might need a helping hand to flourish in society.

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OUR Impact

Over the past 9 years

We facilitated

18,898

dance and art therapy sessions

815%
increase
since 2013

We supported

17,592

individuals

248%
increase
since 2013

Overall

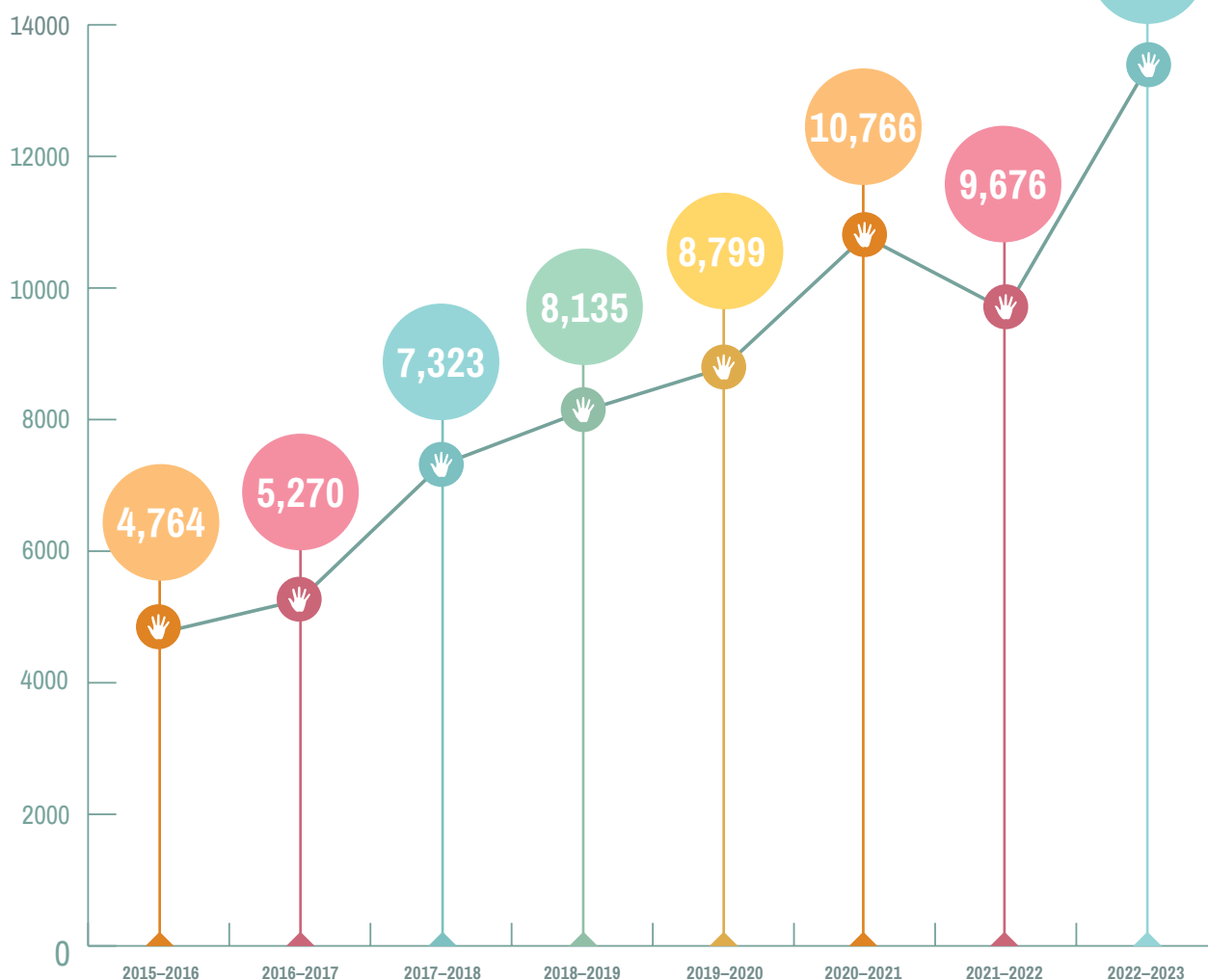
Over the 2023-2023 financial year, DTNZ has achieved excellent outcomes for the community, valuing our clients' feedback and utilising this invaluable data to modify and enhance the delivery of our programmes. Our key outcomes are summarised here:

We recorded

13,363

attendances across all programmes

38%
increase
overall



2022 – 2023 Outcomes

We facilitated

5,923

dance and art therapy sessions

45%
increase

We supported

3,004

individuals

39%
increase

We recorded an average of

393

attendances every week

38%
increase

We provided an average of

139

sessions per week

23%
increase

We provided 40 students with

2,076

hours of valuable work experience

Worked across

66

locations in six regional centres in Aotearoa

We delivered

30

weekly group therapy programmes across the country

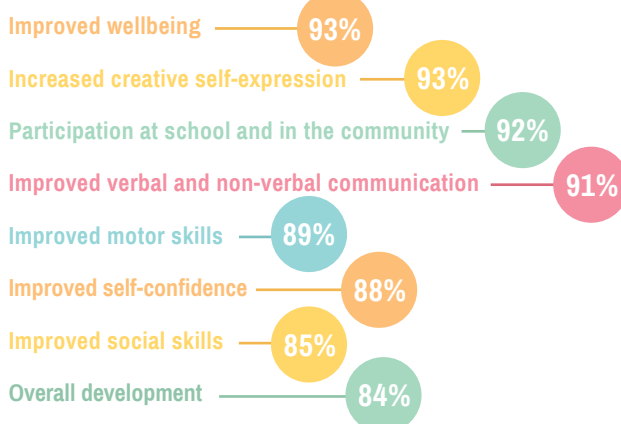
We increased our delivery by

62%

ACC to sexual abuse survivors

Client and Parent Feedback

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.



This year's results demonstrate the continued benefits and high effectiveness of DTNZ's programmes, especially in regards to clients' creative self-expression, improved wellbeing and increased participation of students' at school and in the community. These are key developmental outcomes for our clients and areas that our therapists give emphasis to in their programmes. We can see this through therapists' teaching safe boundaries and social interaction in classes, giving their clients artistic freedom and permission to move and express themselves, all the while enhancing their overall development, wellbeing and confidence. The levels of improvement in verbal and non-verbal communication are also reflective of how well our programmes are being delivered.

OUR Supporters

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.

OUR Key Supporters

Foundation North

Creative Communities

Auckland Council

Four Winds

Rātā Foundation

Aotearoa Gaming Trust

Pub Charity

COGS

Auckland Local Board



OUR Community Supporters

Youthtown

NZ Community Trust

Blue Waters Community Trust

Lottery Community

Kiwi Gaming Foundation

Whanganui Community Foundation

Blue Sky Auckland

Lion Foundation

OUR Placement Students & Admin Volunteers

We are proud of the practical training opportunities provided to creative arts therapy, psychology and other students this past financial year, offering 2,076 placement hours to 40 students from Auckland University, Whitecliffe College of Art and Design, AUT and Dance Therapy Training Aotearoa. We were also proud to offer a Mt Albert Grammar student workplace experience, with another 6 admin volunteers offering their valuable knowledge and assistance.

Our heartfelt appreciation goes to our many programme and administration volunteers including: Alecia, Alex, Alysha, Anna-Marie, Becca, Bernice, Camila, Candy, Carolyn, Caz, Cecilia, Chloe, Christina, Christine, Daneil, Daria, Debbie, Dewald, Diva, Eliza, Emily, Emma, Hedieh, Heidi, Hongxia, Jem, Jessie, Kama, Kate, Katrina, Louise, Maria, Marielle, Nicole, Norma, Renee, Ruchika, Ruth, Sahar, Sergio, Shan-Shan, Shi, Shristi, Sindhya, Solene, Sonia, Sue, Swaroopa, Taleesha, Tayla and Theresa.

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.



Message from Our Director

Life in the charity sector is both complex and full of moments of great pleasure as we get to witness first hand the number of lives we touch, and the benefits our clients receive from our services.

As we approach our 10 year anniversary as a registered charity, DTNZ is maturing into a new stage of its development. We experienced another year of significant growth, and while this is not new for us, it has been massive, with a 31% increase in revenue, a 45% increase in the number of sessions delivered and almost 40% increase in the number of individuals we have reached across Aotearoa. We are now operating at a genuinely national level, with an increasing number of regional programmes in six key centres around the country.

A key part of our growth has been our contract with ACC Sensitive Claims, allowing those who have experienced a sexual injury to work with our creative arts therapists fully funded. Since our contract began three and a half years ago, DTNZ has entered the top 20% tier of suppliers to ACC, meaning the volume of therapeutic work we are delivering on ACC's behalf is exceptional, particularly when many suppliers at this level have been there for more than ten years. In the past year, we increased our services to trauma survivors by 62% - which is an incredible contribution given the need in the community which regularly goes unmet due to a lack of ACC providers able to accept new clients.

As we enter this next phase of our journey, we are embarking on a new partnership initiative, where we will reach out to organisations, corporates and philanthropists who are aligned with our values and the work we offer to communities, offering an opportunity to partner with us in our journey. We have developed a range of partnership levels and benefits and I am excited to explore how these potential relationships can support DTNZ's growth and evolution into a much more widely known national organisation.

Our team is crucial to our success and wellbeing as an organisation and in response to our programmes' growth we have increased our administrative staffing hours with new key management roles. We now have a General Manager, Programmes Manager and Client & Funding Manager along with other key administrative staff. We expect to expand our staffing again soon, given our trajectory of growth.

One of our strategic aims is to be a leader in the dance movement therapy and creative arts therapy profession in NZ and to mentor new creative arts therapists. Over the past year we have achieved this through offering 2,400 hours of placements in our programmes to 40 students. Each student receives regular clinical supervision

with their lead creative arts therapist, supporting their development in becoming professional dance and arts therapists. When I began my career as a dance therapist in 2009, there was only one registered dance movement therapy in NZ - now there are 30 dance therapists registered professionally in Aotearoa. DTNZ has been a key support for this growth and mentorship, with the result being so many more clients can receive support than they could 14 years ago.

Part of our mission as an organisation is to deliver culturally competent services to diverse communities, particularly with a focus on Māori and Pasifika communities. Some years ago, our Board identified the lack of Māori and Pasifika dance therapists as a barrier to supporting these communities and clients, and we established the Kotahitanga Korikori scholarship to cover full tuition for Māori or Pasifika students to complete a dance movement therapy training programme. There was no uptake for the first two years, however this year we are pleased that we have been able to award the scholarship to two dance therapists in training. We are also appreciative of a fruitful new partnership with Harmony Trust, a Pasifika based organisation that we work in close proximity to at the Onehunga Community Centre.

Over the next year we plan to develop our embodiment of tikanga Māori in our organisation and deepen our understanding of te ao Māori in order to become a more genuine treaty based partner in our structure and delivery. As part of this goal, this year we hope to launch a culturally responsive dance movement therapy group in a region of need, led or co-led by one of our Māori and Pasifika scholarship recipients while continuing to foster further relationships in the Māori and Pasifika communities.

In reflection of the past year, I am once again so proud of how well we have come together as a team of professionals holding our position as one of the leading arts and dance movement therapy providers in Aotearoa. 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 - Ngā mihi nui ki a koe - our huge gratitude to you.

Anaia Treefoot,
Director/Founder

OUR Stories



“Dance for Us West. There was a client who used to stay in the corner and not participate in activities. She would cover her ears, rock her body back and forth for self-regulation, scream, and try to hit her head against the wall. Today, she engages in all activities, learns the choreography, and shares her movements with others. I have not witnessed any of her previous behaviours anymore. She arrives excited, always carrying something with her, and proudly shows it to everyone.”

– Sarah dos Santos, Dance for Us West

“One of my clients started out very internally focused when he first joined our Dance 4 Us group, not having much interaction or eye contact with our team or the other participants. Recently, he became enthusiastically engaged with an activity we frequently do involving one of the other participants in the group playing a drum beat for him to interact with. His carer approached me at the end of the session and said that she was crying when she saw him participating so fully, she had never seen him so engaged in any activity in her entire year working with him daily.”

– Jenny Bloomfield, Dance 4 Us Wellington



“This client is mainly non-verbal and in our sessions would very rarely say a word. In one particular session in the closing section where we sing our breathing song with the vibratone instrument, he picked up the vibratone and started sounding it to the tune of 'Twinkle, twinkle little star'. He then proceeded to sing this whole song, articulating each word clearly. It was an amazing surprise to find out that he can verbalize through singing and he played the song so musically.”

– STARS, North Shore

“I'm glad this group exists. We've been looking for a group to join for years! But all the other options like Scouts or sports require a child to be sporty/physically coordinated/able to follow strict instructions or glean information from social interactions (my child needs social interactions and 'normal' situational behaviour explained to him).”

– Parent, Arts 4 Us



Her self-regulation has developed and she now has several strategies that work wonderfully. She's happy in herself and relaxed at sessions (this is huge as it's the only group activity she can manage due to her high anxiety). She has wonderful therapists and looks forward to her sessions. Thank you!"

– Parent, STARS



"The art therapy helped him boost his self confidence. This year, he participated in a few activities in school. He can cope better now when he makes mistakes."

– Parent, Arts 4 Us Specialty



"I am always happy leaving the class because I get to try something new each time, especially during the "say hello to" activity. I am always full of smiles on Thursdays when my carer picks me up knowing I'll be at dance."

– Client, Dance 4 Us & Arts 4 All



"An 8-year-old boy diagnosed with autism had previously tried other forms of therapy but didn't show interest in any of them and didn't seem to adapt well. During the first session of Dance Movement Therapy, he clung to his father and showed no interest in any materials or response to the music. By the fourth session, he started arriving for the sessions with joy, smiling, and emitting sounds of happiness. According to his parents, Dance Movement Therapy has become the highlight of his week. He becomes extremely happy whenever he hears about the therapy."

– STARS, Mt Albert



"Every Thursday morning she is so excited to go to the Dance 4 Us session. She said 'it was an amazing class and is happy to meet a new friends'"

– Carer, Dance 4 Us & Arts 4 All



STARS

Dance Movement Therapy

Our STARS dance movement therapy groups are clinical programmes tailored to young people with intellectual and physical disabilities, such as those on the autism spectrum, ADHD, cerebral palsy, global development delays and brain trauma. Since launching over 10 years ago at the YMCA in Mt Albert, we now have 6 groups running across Tāmaki Makaurau.

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!" Some 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.

This year we offered 175 sessions across 6 weekly programmes in 4 different locations: Northshore, Onehunga, Mt Albert, and Pakuranga. "Her coordination increased significantly and her confidence has grown in and outside of the group. She learnt to ride a bike after years of trying, she can climb trees safely, she falls over less, loves music and asks for certain songs to help her change her mood. She has a more positive understanding of her struggles and when they aren't age appropriate because she

now has experience of others in a similar situation. She loves her session; it helps emotionally regulate her week and she has strong social bonds with her leaders and peers. She is becoming more independent, and I can leave the building and go for a walk (excellent respite for me!)." – Parent

90% of parents agreed their child's self-confidence and communication (both verbal and non-verbal) improved

"What I mostly observed about my son is his improved ability to process his emotions, and he is more respectful of other people's boundaries"

– Parent

"She looks forward to attending each session and she is keen to see the other participants. Her interaction with the others informally has improved greatly this term – she greets and farewells each of them each session"

– Parent

Arts 4 Us Specialty

Arts Therapy

Arts 4 Us Specialty is an art therapy group for primary school-aged children which we have offered at the Ōrākei Community Centre since 2015. As a clinical art therapy programme, the child's specific and unique goals are identified and parents have the opportunity to converse with the therapist around their child's particular needs. Sessions are tailored to young people with intellectual and physical disabilities, which includes those on the autism spectrum, experiencing ADHD, cerebral palsy, global development delays and brain trauma.

83% of parents agreed that their child's emotional development and overall wellbeing have improved since attending

"My child loves to go to the Art 4 Us group, she made friends and smiles a lot. Ella, Diva and Dan are so wonderful and patient to the kids who need special assistance."

– Parent

"I have tried to recreate this at home collecting various art materials but I cannot get Isla to engage. I have come to the realisation that art therapy is so much more than making art and is something we cannot replicate."

– Parent





Arts 4 Us

Drop-in After School Arts Therapy

Arts 4 Us has been running since 2013 and is a drop-in art therapy programme for local children aged between 5-12. Groups meet weekly after school and bring many resources into the children's lives: the opportunity to develop friendships, build wider community connections, have fun and express themselves creatively. Also, 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.

Our programme incorporates preventative measures in the fight against violence, bullying and other antisocial behaviours. Arts 4 Us therapists often work closely with peer groups and siblings in four community centres – Oranga, Manurewa, and Te Atatū Peninsula in Auckland, and Dunedin.

94% of participants agreed with the statements 'I have fun here' and 'I enjoy making art here'

100% of parents agreed their child's self-expression, motor skills, and overall development have improved

"My favourite thing about coming to Arts 4 Us is being able to use my creativity"

– Child

"The way the craft-art hour is given has improved his ability to stay focused on things he does. His vision of what can be done out of simple things has been expanded."

– Parent

"We love the calming, supportive atmosphere, where after a long week kids are quietening the busyness of life & school days. My child loves creating and sharing their creations."

– 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. With our first programme starting in Onehunga in 2014, we have since expanded to Henderson, Mt Roskill, Takapuna, Christchurch, Rolleston, Wellington and Dunedin. In 2022, we began a group in Hamilton which has gotten off to a superb start. To round out our Christchurch offerings, we also run Arts 4 All in Christchurch to offer arts therapy for adults and young adults in Christchurch.

Dance 4 Us and Arts 4 All cater to people with a range of disabilities (both intellectual and physical). Many of our participants have Down Syndrome, Cerebral Palsy, Autism, 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 and creativity in a safe and fun environment! We often have anywhere from 10 to 40 participants in these groups. The last year saw 5,129 attendances across the 14 weekly programmes, a huge 50% increase from the previous year.

100% of carers agreed that their client's participation in the community and overall development has improved

"It is difficult to get L to leave the house and participate in activities in the community. She will come to Dance 4 Us, though, and really loves it. It is definitely her favourite activity and her mood is greatly enhanced after attending. It is really great to see her moving as well, following the hand and feet movements which she seems to be getting better at."

– Carer

"She loves coming here, she feels to be herself and her motor skills and confidence has improved. She shared a lot of actions or moves during Dance 4 Us and she's happy."

– Carer

"My client feels her self-confidence has improved. She is more confident to try new things and it expanded her participation in the community and expanded her friend circle."

– Carer

"My client has improved physical and emotional wellbeing. This group helps her to be part of a community"

– Carer





Creative Arts Therapy In Schools

Over the last year we delivered creative arts therapy programmes in collaboration with 4 schools across Tāmaki Makaurau and in Wellington: Gladstone School, Robertson Rd School (8 Groups), Wellington East Girls' College and St Leonards School. We have also partnered with The Lind Family, High & Complex Needs (HCN) and Oranga Tamariki to support their clients in a school peer group setting.

Our therapy teams have worked with a maximum of 10 students in each group, with up to 8 sessions per week at each school. Some of the struggles students face that our team addresses in sessions include anxiety and depression, a lack of ability to focus in the classroom, social anxiety, bullying, respect for others and communication skills. All of these issues were actively addressed and great improvements were made following these programmes.

“He is showing awesome progress and really engaged in the lessons. He is more settled in class, and is developing his social skills more effectively.”

– Teacher

“He is making steady progress and seems much happier in class and during breaks. He is continuing to work on the 'frustrated' moments.”

– Teacher

Other Outreach/ Expos/Events

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 partnering with Harmony Trust, a charitable organisation focused on individuals in the Pasifika community; supporting access to funding & resources through sharing our knowledge and Harmony Trust offering a workshop to the DTNZ admin and therapy team to assist our understanding and processes when working in the Māori and Pasifika communities. We also engaged in a series of dance movement therapy sessions that were uniquely tailored for Parent to Parent, Geneva Healthcare and Disability Connect. The team attended the South Dunedin Street Festival, Immerse Fundraiser, Tō Mātou Wāh, What's outside the box? Expo, alongside the Wellness Expo at Western Springs College. DTNZ also met with SWiS - Social Workers in Schools, ANZACATA, and the Cerebral Palsy Society to develop and strengthen our relationship with similar organisations. Finally, our relationships with Oranga Tamariki and the High & Complex Needs Unit is growing as we continue to provide individual therapy for children within their school contexts and as one-on-one sessions.



Trauma Therapy

(ACC Sensitive Claims)

We support and empower survivors of sexual abuse with fully funded group and individual ACC dance movement and art therapy. We have a team of 21 active professional therapists offering sessions in 11 regional centres including the Auckland region, Christchurch, Hamilton, Thames, Tairua, Whitianga, Whakatane, Queenstown, Nelson, Wellington and the Kapiti Coast. This year we continued to offer our 'The Worlds Within - Mauritau' Māori Mindfulness & Dance Movement Therapy group along with our popular 'Embracing Your Body – Yoga Dance Movement Therapy' group in Tāmaki Makaurau. Due to the successful outcomes of this programme and the community demand, we launched a second weekly EYB group this year. Both groups focused on supporting people grappling with the effects 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 continued to expand over the past 12 months reaching the top 20% of NZ organisations delivering therapy under the ISSC contract. We delivered 4,982 individual and group sessions in 23 locations, compared to 3,061 sessions over the same period in 2022 (a 62.75% increase from last year). In 2024 we plan to launch a new Trauma Therapy group focussing on the needs of the LGBTIQ+ community. We also have plans to expand the number of regions across Aotearoa where we can offer individual ACC funded trauma therapy.

Individual Therapy Programme

Dance & Arts Therapy NZ's team of specialist dance movement and arts therapists also worked 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. They 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).

OUR Team



Key:

- Leadership
- Admin Team
- Therapist
- Volunteer
- Assistant
- Supervisor

From top left:

- Mackenzie, ● Ying, ● Jemma, ● Ella, ● Heidi, ● Chanri, ● Christina, ● Anaia, ● Maud, ● Taleesha, ● Kris, ● Bonnie, ● Yoko, ● Marielle, ● Emma, ● Maree ● Chloe, ● Sarah

Team members absent from photo:

- Doreen, ● Christine, ● Alexa, ● Lisa, ● Diva, ● Nicole, ● Anne, ● Alison, ● Candy, ● Alishia, ● Shristi, ● Kama, ● Barbara, ● Swaroopa, ● Hilda, ● Renee, ● Sonia, ● Ruth, ● Verity, ● Louise, ● Theresa, ● Jenny, ● Anri, ● Solene, ● Emily, ● Alex, ● Julie, ● Riana, ● Carolyn, ● Bernice, ● Emma, ● Ruchika, ● Brittany, ● Shan-Shan, ● Tanvi, ● Jacquelyn, ● Ai, ● Beth, ● Brigitte, ● Daniela, ● Dione, ● Elsabe, ● Ingrid, ● Jessica, ● Kate, ● Liv, ● Louise, ● Maggie, ● Negin, ● Rachel, ● Supreet, ● Abi, ● Angie, ● Meaghan

OUR Advisory Board

Anaia Treefoot, Chairperson

Anaia is the Founder and Director of Dance & Arts Therapy NZ and has been working in the creative arts therapy field since 2008. She has always been passionate about supporting others, finding great satisfaction from utilising movement based creative arts to empower people from many different backgrounds and communities. Anaia has a clinical background as a dance movement therapist and creative arts therapist, working with a range of children and adults, and providing supervision and training to new therapists and those studying dance movement 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 including the development of two training programmes - the Master of Dance Movement Therapy at University of Auckland and the Diploma in Dance Therapy at Dance Therapy Training Aotearoa. Anaia holds a Masters in Clinical Arts Therapy, is a Clinical Professional Member of the DTAA (Dance Therapy Association Australasia) and a Professional Member of ANZACATA (Australian, NZ & Asian Creative Arts Therapy Association).

Hanre Becker, Treasurer

Hanre is a chartered accountant (NZ & AUS) and a chartered member of the Institute of Directors. For a decade Hanre has held the position of Chief Financial Officer in several medium to large organisations and thereafter transitioned to Chief Operating Officer and eventually Managing Director. He is skilled in identifying and actioning opportunities for growth and improvement in both people and organisations. His focus is to serve the community through support and educational initiatives. His leadership style is collaborative and inclusive. Hanre is currently the CEO of Ark Investment Trust, Managing Director of Delta Valves and Controls and a Trustee of CBM NZ.

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 and 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.

John Godfrey

John a fundraising consultant, living in Auckland. His governance experience includes nonprofit boards in New Zealand, Australia and the UK in arts, health support and professional associations. He has held chair, treasurer and secretary roles and is a member of the Institute of Directors. His career started as an actor then an arts administrator, which led him to Sydney and later the Edinburgh arts festivals. He subsequently specialised in fundraising: managing fundraising programmes for Edinburgh University's Medical Research Institute and the Edinburgh Napier University Business School. Since then, he has been a consultant to many other fundraising campaigns in the UK, Australia, New Zealand, India and the Middle East. He completed a Master's degree investigating sponsorship of arts festivals in the UK and a PhD investigating the philanthropy of the Indian elite.

Helen Khoey

Helen has over twenty years' experience in building capability, audience development and management in the arts and cultural industry. Her passion is to enable arts organisations, artists and practitioners build audiences and develop their capability for a stronger creative industry in Aotearoa.

She is currently Senior Adviser Audience Development and Capability at Creative New Zealand Toi Aotearoa and has held marketing and development roles both in the UK and New Zealand. These include roles at the Auckland Theatre Company, the New Zealand International Comedy Festival, Lyric Theatre Hammersmith, the Oxford Playhouse and the Watford Palace Theatre.

As well as her love for the arts, she is a keen swimmer and triathlete and likes to take part in Ironman triathlons. Helen joined the DTNZ's advisory board last year and has enjoyed contributing to its strategic development.

Pamela Peters

Pamela joined our Advisory Board in 2022. She has a background in strategic leadership, governance and human resource management – and a love of dance and creativity just below the surface. Pamela is self-employed and based in Auckland. She works around New Zealand in different organisations to optimise the performance of Councils, Boards and Chief Executives.

Pamela looks forward to supporting the DTNZ vision, work programme, therapists, and staff to achieve their goals. Working with the Advisory Board, she hopes to contribute in a small way to improving the lives of individuals, families, organisations or communities.

NEW Programmes

Arts 4 Us Dunedin

With the popularity of our dance therapy offering in Dunedin, we wanted to extend our services to art therapy as well. Our pilot of Arts 4 Us in Dunedin supported 73 visits over 14 sessions and has become a permanent group.

Dance 4 Us Hamilton

Continuing the spread of our popular Dance 4 Us programme, our successful Hamilton group pilot turned into a permanent programme. This group is serving several organisations and individuals in the area.

Embracing Your Body / Yoga Dance Movement Therapy Group 2

We launched a second ACC funded Trauma Therapy group in Auckland called 'Embracing Your Body / Yoga Dance Movement Therapy' in March 2023 which blended ancient Yogic healing practices with modern dance movement therapy techniques. This programme has been received very well with a lot of demand for ongoing programmes.

Move It!

We successfully launched our new drop-in dance movement therapy group Move It!; a fun movement therapy programme for local children between 5-12, as an alternative and free after school activity option. The team are looking forward to introducing this new programme to diverse regions in future.

Future Plans 2023 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

DTNZ launched two new regional programmes in the past year which have been well received in the community in Hamilton and Dunedin. We plan to consolidate these programmes while developing services in further regions nationally, particularly in Te Waipounamu/South Island.

Pilot New 'Embracing' Wellbeing Programmes

We are developing our highly popular Yoga dance movement therapy group 'Embracing Your Body' into related community outreach programmes in order to support overall family wellbeing. These are 'Embracing Your Self: Movement Therapy for Women' and 'Embracing Your Baby: Movement Therapy for Parents and Babies.

Dance Movement Therapy pilot for the Māori and Pasifika Communities

As part of our mission to expand our services into diverse locations and communities to increase accessibility of dance & arts therapy nationwide, we plan to pilot a new culturally responsive dance movement therapy group in a region of need, led or co-led by a Māori or Pasifika scholarship recipient. We also plan to invest further in nurturing relationships in the Māori/Pasifika community and to explore collaborative partnerships.

New Partnership Plan

The team has worked with Funding HQ to develop a new Partnership Plan in order to develop our financial sustainability as an organisation and support us to meet the ever increasing need for our services around Aotearoa. With the support of new partners we will be able to meet the demand for our programmes, upgrade our infrastructure and support further high risk communities and people in the disability sector.

OUR Financials

Treasurer's Report

Dance Therapy NZ (DTNZ), from a financial perspective, has had another good year with total income ending at \$1.181m, which is a 30% increase when compared to prior year income of \$907k. Income growth came from a number of areas, but the largest contributors were ACC revenue growing 72% year on year and Grants growing 46%. This growth in income 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 (including term deposits) continued to remain healthy and ended the year at \$332k. This has remained stable since last year indicating very good cash management.

Since 2015 one of our key goals has been to continue to ensure that DTNZ is a sustainable long term value adding 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 a small number of organisations. Since 2015 we have been achieving our goal and growing our reserves. With this year's surplus of \$20k, our accumulated funds increased to \$146k. This is a fantastic achievement and the organisation continues to show resilience and growth in the current high inflation and high interest rate environment.

DTNZ received grants from 34 funders in the past financial year and is working toward a goal of increasing the threshold of individual grant amounts to \$10,000 and reducing the quantity of grants we then need to apply for. The financial results were 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.

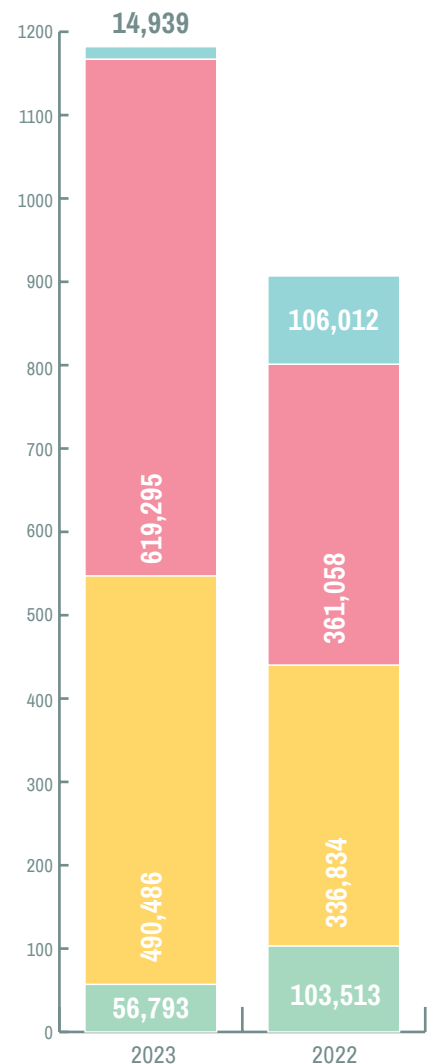
	2023	2022	2021	2020	2019
	\$	\$	\$	\$	\$
Accumulated funds	146,000	126,671	106,668	89,426	79,387
Net profit for year	20,262	19,470	17,241	10,039	10,314
Operating costs	1,161,251	887,947	737,459	511,360	379,811
Total income	1,181,513	907,417	754,700	521,399	390,126

Income and expenditure

The full financial statements of Dance Therapy NZ were audited by 'Hart & Co. – North Shore' Chartered Accountants and their unqualified opinion was issued on 31 August 2023. A copy of our full financial statements for the year ending 30 June 2023 can be requested from: Dance Therapy NZ, PO Box 13847 Onehunga 1643 New Zealand or email: info@dancetherapy.co.nz

Income sources

- Other income
- ACC income
- Grant income
- Programme fees





Moving *creatively* together



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