

[REDACTED]

From: [REDACTED]
Sent: Tuesday, February 13, 2018 1:19 PM
To: opioids,
Subject: Recommendations

Dear Honorable Senators Orrin G. Hatch and Ron Wyden:

I am writing in response to your request for recommendations in regards to addressing the devastating impact of the opioid epidemic in our country. I write as someone who has worked extensively with opioid addictions as a dance/movement therapist and as the President of the American Dance Therapy Association.

In regards to question 2 (barriers to non-pharmaceutical therapies for chronic pain), I refer you to the bibliography below which outlines a growing body of evidence for the use of dance/movement therapy in the treatment of chronic pain and medical conditions causing such pain. Dance/movement therapists are uniquely trained to address issues of pain which, originating in the body, respond best to interventions that directly target the mind/body interaction.

Dance/movement therapy is thus an effective and cost-efficient non-pharmaceutical treatment for pain. Unfortunately most pain patients do not have access to dance/movement therapy due to reimbursement issues within Medicaid/Medicare. Dance/movement therapists must have a Master's degree or higher and are held to the highest clinical and ethical standards. Our clinical training is often more stringent than that for social workers and other counselors yet we often are unable to be reimbursed by third-parties for our services, limiting access to Medicaid/Medicare recipients.

Thus, I ask that your committee consider dance/movement therapy as a viable, effective and cost-efficient treatment for chronic pain. Please see www.adta.org for more information about our profession and do not hesitate to reach out to me with further questions.

Thank you for addressing this critical issue facing our nation.

With respect and appreciation,

Margaret Migliorati

Margaret Migliorati, MA, LPCC, R-DMT, NCC

President, ADTA Board of Directors

www.adta.org

[REDACTED]

Dance/Movement Therapy for the Treatment of Pain Selected Bibliography

- Bojner Horwitz, E., Kowalski, J., Theorell, T., Anderberg, U.M.
Dance/movement therapy in fibromyalgia patients: Changes in self-figure drawings and their relation

to verbal self-rating scales

(2006) Arts in Psychotherapy, 33 (1), pp. 11-25.

- Bradt, J., Shim, M., Goodill, S.W.
Dance/movement therapy for improving psychological and physical outcomes in cancer patients
(2015) Cochrane Database of Systematic Reviews, 2017 (6), art. no. CD007103
- Crane-Okada, R., Kiger, H., Anderson, N.L.R., Carroll-Johnson, R.M., Sugerman, F., Shapiro, S.L., Wyman-McGinty, W.
Participant perceptions of a mindful movement program for older women with breast cancer: Focus group results
(2012) Cancer Nursing, 35 (3), pp. E1-E10.
- [Endrizzi, C.^a](#), [Di Pietrantonj, C.^b](#), [D'Amico, G.^a](#), [Pasetti, M.^{ab}](#), [Bartoletti, L.^b](#), [Boccalon, R.^c](#) (2017).
Dance movement psychotherapy for patients with fibromyalgia syndrome.
[Body, Movement and Dance in Psychotherapy](#) 12, Issue 2, 111-127.
- Ho, R.T.H., Fong, T.C.T., Yip, P.S.F.
Perceived stress moderates the effects of a randomized trial of dance movement therapy on diurnal cortisol slopes in breast cancer patients
(2018) Psychoneuroendocrinology, 87, pp. 119-126.
- Ho, R.T.H., Fong, T.C.T., Cheung, I.K.M., Yip, P.S.F., Luk, M.-Y.
Effects of a Short-Term Dance Movement Therapy Program on Symptoms and Stress in Patients with Breast Cancer Undergoing Radiotherapy: A Randomized, Controlled, Single-Blind Trial
(2016) Journal of Pain and Symptom Management, 51 (5), pp. 824-831.
- Koch, S.C., Bräuninger, I.
International dance/movement therapy research: Theory, methods, and empirical findings
(2005) American Journal of Dance Therapy, 27 (1), pp. 37-46.
- Langhorst, J., Häuser, W., Bernardy, K., Lucius, H., Settan, M., Winkelmann, A., Musial, F.
Complementary and alternative therapies for fibromyalgia syndrome. Systematic review, meta-analysis and guideline
(2012) Schmerz, 26 (3), pp. 311-317.
- Silberman-Deihl, L., Komisaruk, B (1985).
Treating psychogenic somatic disorders through body metaphor.
[American Journal of Dance Therapy](#) 8(1), 37-45
- Sandel, S.L., Judge, J.O., Landry, N., Faria, L., Ouellette, R., Majczak, M.
Dance and movement program improves quality-of-life measures in breast cancer survivors
(2005) Cancer Nursing, 28 (4), pp. 301-309.
- Shim, M., Johnson, R.B., Gasson, S., Goodill, S., Jermyn, R., Bradt, J.
A model of dance/movement therapy for resilience-building in people living with chronic pain
(2017) European Journal of Integrative Medicine, 9, pp. 27-40.
- Thulin, K. (1997).
Words Are Not Enough: Dance Therapy as a Method of Treatment for Patients with Psychosomatic Disorders.
[American Journal of Dance Therapy](#) 19(1), 65-80.