

Angela Tatum Fairfax, Ph.D.

Dance/Movement Therapy

Wilmington, DE



When there are no words to express how you feel, Angela Tatum Fairfax wants you to dance.

The dance/movement therapist believes that by tapping into our first language — movement — a person can find a level of comfort, healing and release that may seem out of reach with regular therapy.

“Dance/movement therapy is a great way to express yourself with your full body,” said Fairfax, CEO and chief clinician of Good Fruit Expressive Arts LLC, a

counseling and creative arts psychotherapy practice. “The physical release brings forth healing. It allows us to be free and gain clarity. It helps us align our thoughts with our emotions; as well as our minds, bodies and spirits.”

Fairfax has used dance/movement therapy with everyone from young children to teenagers to seniors. She has seen it treat a broad spectrum of ailments such as stress, anxiety, depression and mental health issues.

“Many people are apprehensive,” she said. “But once they start dancing and allow themselves to be in the moment, they can’t wait to do it again.”

According to Fairfax, dance/movement therapy is transformative because it allows people to harness the raw and honest energy they had as children.

“It frees us from all the things we feel we need to control as adults,” she said. “As we age, we must continue to explore who we are. We change with time, and we must shift with that change. Dance and movement are great tools to help us transition through life.”



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— Dr. Angela Tatum Fairfax

June 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 1968: Henry Lewis becomes first black musical director of an American symphony orchestra — New Jersey Symphony.
2 1971: Samuel L. Gravelly Jr. becomes first African American admiral in the U.S. Navy.	3 2008: Senator Barack Obama wins Democratic presidential nomination, becoming the first African American nominee of a major U.S. political party.	4 1967: Bill Cosby receives an Emmy® Award for his work in the television series <i>Spy</i> .	5 1987: Dr. Mae C. Jemison becomes first African American woman astronaut.	6 1831: First annual People of Color convention held in Philadelphia.	7 1917: Poetess Gwendolyn Brooks, first African American to win the Pulitzer Prize (poetry, 1950), born.	8 2011: Clara Luper, Oklahoma civil rights icon who led sit-ins at drugstore lunch counters in Oklahoma in 1958, dies.
9 1995: Lincoln J. Ragsdale, pioneer fighter pilot of World War II, dies.	10 1854: James Augustine Healy, first black Roman Catholic bishop, ordained a priest in Notre Dame Cathedral.	11 1964: Nelson Mandela sentenced to life imprisonment by South African government.	12 1963: Medgar W. Evers, civil rights leader, assassinated in Jackson, Mississippi.	13 1967: Thurgood Marshall nominated to Supreme Court by President Lyndon Johnson.	14 1864: Congress rules equal pay for all soldiers. Flag Day	15 1913: Dr. Effie O’Neal Ellis, first black woman to hold an executive position in the American Medical Association, born.
16 1970: Kenneth A. Gibson elected mayor of Newark, New Jersey, first African American mayor of a major Eastern city. Father’s Day	17 1775: Minuteman Peter Salem fights in the Battle of Bunker Hill.	18 1942: Harvard University medical student Bernard Whitfield Robinson commissioned as the Navy’s first black officer.	19 1865: Blacks in Texas are notified of Emancipation Proclamation, issued in 1863. Juneteenth	20 1953: Albert W. Dent of Dillard University elected president of the National Health Council.	21 1821: African Methodist Episcopal Zion (A.M.E.Z.) Church established.	22 1897: William Barry patents postmarking and cancelling machine.
23 1940: Sprinter Wilma Rudolph, winner of three gold medals at 1960 Summer Olympics, born.	24 1964: Carl T. Rowan appointed director of the United States Information Agency.	25 2009: Michael Jackson, musician and entertainer, dies.	26 1975: Dr. Samuel Blanton Rosser becomes first African American certified in pediatric surgery.	27 1991: Supreme Court Justice Thurgood Marshall announces his retirement.	28 1911: Samuel J. Battle becomes first black policeman in New York City.	29 2006: Lloyd Richards, theater pioneer and Tony® Award winner for direction of <i>Fences</i> , dies on his 87th birthday.
30 1917: Lena Horne, singer, actress and civil rights activist, born.						

