

Nordic Arts & Health Research Conference

ON 7 NOVEMBER, TURKU

Arts Academy,
Turku University of Applied Sciences

TAIKU
SYDÄN

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PREFACE

On 7th November 2018, a Nordic Arts & Health Research Conference was organised as Nordic collaboration in Turku, Finland. The aim of the event was to bring together Nordic researchers interested in the intersections of arts, culture, health and well-being, to share and discuss ongoing research projects as well as to take the first steps to start building a network of Nordic Arts & Health researchers. One of the key themes of the conference was to introduce work in process of a new publication *Nordic Journal for Arts, Culture & Health*. With focus on practice and research in and from the Nordic region, the forthcoming journal will create a unique platform for sharing science-based knowledge and dissemination of practice experiences. The conference was supported by *Taikusydän* initiative and hosted by the Arts Academy at Turku University of Applied Sciences.

Two types of contributions were invited for the conference: oral presentations and workshops. 14 proposals for oral presentations and three proposals for workshops were selected by the organising committee to be included in the conference programme. The presentations highlighted the wealth and versatility of arts & health research conducted in the Nordic region. Researchers from Finland, Norway, Sweden and Denmark presented their research conducted across disciplines, entailing theoretical perspectives, empirical research and practice-based research, facilitating multidisciplinary discussions.

This publication entails proceedings (abstracts) from the conference. We want to address our warmest thanks to all conference participants for insightful presentations and workshops, lively discussions and enthusiastic atmosphere.

Looking forward to future collaborations,

Organising committee:

Liisa Laitinen, Anita Jensen, Eva Bojner Horwitz & Wenche Torrissen

PRESENTATIONS AND WORKSHOPS:

1. WHAT ARE WE TALKING ABOUT WHEN WE TALK ABOUT ARTS AND HEALTH?

Pia Houni, Adjunct Professor, Senior Researcher, Finnish Institute of Occupational Health

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In recent years, the position of art has changed in many ways in society. Art-based activities have become a part of social and welfare organizations, like working life or education etc. The question of health and well-being has been an important agenda in this context, though it has not been taken for granted in Finland. There are many critical voices, with arguments such as 'art for art's sake' and opposing arguments that art is fruitful and its potential needs to be understood as a larger part of society. Both sides are easy to make common and it is not very relevant to waste time in either or. Rather, we should be asking more critically, what we are in fact talking about when we talk about arts and health together?

In my presentation I will approach this question from two perspectives: firstly, discussing the idea of health, when operating with art-based activities. We have research data on the positive impacts of art for physical and mental health. It is important to look at how this research data constructs the idea of health. My short case focuses on mental health. Secondly, I am looking at the mechanism of art in impacting people's health in ways reported in research work. On this point I will focus on separating different art genres and give thought to the mechanics of it all. These two points are central to my latest activities on the topic of Arts and Health.

2. AMATEUR THEATRE AND USER PARTICIPATION AS HEALTH PROMOTION IN NORDIC MENTAL HEALTH CARE: EMPIRICAL PATTERNS AND SOCIOLOGICAL REFLECTIONS

Anita Salamonsen, Associate professor, The Regional Centre for Child and Youth Mental Health and Child Welfare – North, UiT The Arctic University of Norway

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The extent of mental disorders and associated disease burden makes health promotion and preventive efforts to ensure the mental health of inhabitants in the Nordic countries a high priority area. Recent systematic reviews have revealed that preventive and health promotion work to improve mental health should take place in arenas located outside the public health services. Arts, e.g., amateur theatre, may represent an important and so far underestimated and under-researched resource of health promotion in arenas where people actually live and spend time. In this paper, we will present and discuss the healing agency of amateur theatre. The paper draws on empirical research based on the principle of user participation in close co-operation with a North-Norwegian theatre company that is designed to promote health and wellbeing – Teatret Våres / Our Theatre. The theatre is hosted by an ideal organisation in Tromsø, Crux-Huset, whose goal is to give vulnerable people the opportunity to participate in activities that can contribute to positive change, resilience and wellbeing. We have collected interesting and promising data by participant observation in theatre rehearsals, written texts and in-depth interviews with actors, the theatre instructor and the organizers. Our scientific understanding of health, quality of life and well-being can be defined as a hermeneutic-interactionist perspective, in contrast to the positivist paradigm often linked to biomedical approaches. We will discuss empirical patterns by drawing on central sociological theories of salutogenesis, person-centredness and lived experience as a valid scientific base of knowledge. We argue that discussing and developing the potential of creative models of healthcare in interdisciplinary research groups may contribute to a new scientific perspective within the hermeneutic-interactional paradigm that in turn may represent a substantial contribution to more creative, targeted and person-centred public mental health care services.

3. THE THEATRE COMES INTO THE CHILD WELFARE UNIT

Päivi Känkänen, Senior researcher & **Marko Manninen**, Docent,
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Reform school (RS) system in Finland works with adolescents with severe behavioral problems. Traditional discussion-based psychotherapy has a limited positive effect for many adolescents in child care, and new approaches for rehabilitation are needed. Arts-based methods, and namely drama exercises have provided positive effects in working with various special groups. We set out to assess the effects of participation in drama workshop in RS environment.

The adolescents (N=8, F/M 6/2) participated low-threshold drama exercises in 13 workshop sessions during 01-04/2018. Participation was voluntary, and took place during school days. The workshops deepened the theme of the play Crime and Punishment by Dostoyevsky.

The researchers interviewed the adolescents in the beginning and in the end of the project. The workshop teachers (a professional director and an actor from the Finnish National Theatre) and participants' personal key-workers were also interviewed. In addition, Toronto Alexithymia Scale (TAS-20) questionnaire was used to measure possible changes in emotion processing during the process.

Our results focus on changes in self-conscience, self-image, emotion processing and attitudes towards future. Further, we will discuss the importance of art as a means of communication, and the possibilities to reinforce self-expression and courage to face both personal difficulties and other people. A symbolic distance, *a metaphoric shelter of arts*, could be useful in achieving this. Strengths and limitations will also be discussed.

4. THE TRANSFORMATIVE POTENTIAL OF PARTICIPATORY ARTS IN MENTAL HEALTH RECOVERY

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Introduction : In this qualitative PhD study (2015-2019), we explore experiences of participation in music and theater among people with long-term mental health problems. The following research question guided the research: *How can participatory arts support people's recovery processes?*

Method: Situated within hermeneutical-phenomenological epistemological paradigm, the study focus on the individuals experiences and lifeworld. Methodologically this research seek to explore the meaning of the phenomenon, recovery and participatory arts, as experienced for those involved within their natural context. Participants sampled for this study had to meet the following inclusion criterias: (1) experiences of long-term mental health problems and (2) current and former experience of participation in the MTW. Data were collected through in-depth interviews with 12 participants in a music and theater workshop carried out in a Norwegian mental health hospital. Data were analyzed through both hermeneutical phenomenological analysis and narrative analysis.

Findings: We have published two articles and have one manuscript under review. Previous published articles discuss what enables meaningful arts participation in a hospital setting and how arts participation may transform identities among people with mental health problems. The manuscript under review explores what experiences of arts participation bring to the lives of people with long-term mental health problems.

Results: Participation in music and theater might lead to personal, social and community changes for people living with long-term mental health problems.

5. BUILDING RESILIENCE THROUGH PERFORMANCE MAKING

Ellen Foyn Bruun, Associate professor Drama & Theatre, Dramatherapist
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My presentation will focus on a practice-based research project that I conducted with the team of Ville Veier, a social entrepreneurship in Stavanger, Norway, 2016-2017. The professional service they offer integrates the arts, mental health and social work. The clients are young adults, excluded from ordinary work/education, with mental health challenges. They are offered support and individual counselling with the purpose of inclusion and re-entry to education or work. Arts-based methods, in particular drama and performance making, are the main tools used in order to achieve these objectives.

The aim of the research project was twofold. On the one hand, it followed the cycles of action research to contribute to enhance the arts-based practice, in particular informed by dramatherapy practice and research. On the other hand, and linked to this, was the systematic investigation and knowledge production based on the clients' subjective experience of the work.

In my presentation, I want to dwell on the potential of arts-based methods and performance making to foster resilience *from within*. Often, this client group is met with demands and aims that they do not experience are coming from themselves, as individuals. In arts-based practice, this tendency can be challenged and personal ownership of choice and change developed. The potential space of the arts and play may become the *real* space to discover resilience from within, to break negative patterns and boost self-esteem. I will demonstrate this with case examples from the research project.

6. THE POWER OF ART AND CULTURE IN EDUCATION AND PRACTICE IN MENTAL HEALTH WORK

Wigdis Helen Saether, Associate professor, Mental health nurse and anthropologist
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My presentation will focus on a research project completed at NTNU, the Department of Mental Health among master students in Mental Health Care in 2016/2018 participating in the course "Art, Culture and Activity in Mental Health Work" (7.5 ECTS credits), through lectures on art, culture and aesthetics, and in workshops with artists. The course focused on subjects like; Can art and cultural activities stimulate the understanding of the professional role? Can it accommodate the complexity of human problems and give therapeutic effect?

The aim of the research was to find out how these courses through art and culture activities could effect the quality of the students working practice.

I made a focus group interview and two individual interviews with students who participated in the course. Preliminary findings imply that creative methods in teaching are innovative through developing new approaches and new ways to communicate in relationship building. Students in the project have stated that it created room for reflections, they found new ways of thinking and new tools as a gateway to get in touch with a patient. The experience of making art and storytelling was transferable in their work in mental health care.

In my presentation I will reflect on these findings.

7. NARRATIVE MEDICINE: A CONTRIBUTION TO MEDICAL EDUCATION AT UNIVERSITY OF SOUTHERN DENMARK

Anders Juhl Rasmussen, Assistant professor, University of Southern Denmark.

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Narrative medicine is a growing international discipline, most recently described in *The Principles and Practice of Narrative Medicine* (2017) written by Rita Charon and her colleagues at Columbia University. In this paper, I will present narrative medicine as a way of building important skills in undergraduate medical education and the courses in narrative medicine at University of Southern Denmark.

Based on the widely accepted assumption that narratives are fundamental to medical practice, narrative medicine argues that, when students and practitioners learn how to read fictional and non-fictional narratives closely, they will become more attentive to the clinical narratives and ultimately more efficient in their practice of medicine. Close reading, as one of the methods of literary analysis, pays attention to a text's diction, gaps, figurative language and time structure, which, when carefully examined, makes our understanding of a literary text thicker, more complex and multi-layered. If doctors can transfer this skill to the stories their patients tell them, they will be able to engage with their patients in a more sensitive, mutual, and collaborative act of understanding. In the words of Narrative Medicine's founder Rita Charon, "[a] medicine practiced with narrative competence will more ably recognize patients and diseases, convey knowledge and regard, join humbly with colleagues, and accompany patients and their families through the ordeals of illness. These capacities will lead to more humane, more ethical, and perhaps more effective care" (Rita Charon. *Narrative Medicine: Honoring the Stories of Illness*. Oxford: Oxford UP, 2006, p. vii)

8. BIBLIOTHERAPY: THE FINNISH MODEL AND POTENTIAL OF NARRATIVES FOR WELL-BEING

Päivi Kosonen, Bibliotherapist & Senior lecturer, Postdoctoral researcher in comparative literature University of Turku, SELMA

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In the last few years there has been an increasing amount of discussion on the benefits of reading. A renewed interest in the bibliotherapeutic theory and practices are also linked to this discussion. Besides the humanist and phenomenological approach with its focus on the "great", canonical literature as a source of knowledge and understanding, and as a vehicle of personal development and compassion (Gregory 2009; Pettersson T., 2009), there has been recently interesting studies on the collective reading activities with popular literature (Brewster, 2010, 2016). In Britain Billington et al. have had good results with their literature-based Shared reading -method, reporting (2010, 2017) on the positive effects of reading "serious literature" in helping patients suffering from depression and chronic pain. In Sweden the use of literature to promote mental health has also attained significance. There are different kind of bibliotherapeutic communal activities at Swedish libraries and health care centers, and research projects on the effects of reading short stories and poetry on psychological well-being (Pettersson, 2018).

How about Finland? Finland has the eldest bibliotherapeutic society in Europe (Finnish National Society for Bibliotherapy), grounded in 1981, which has organized bibliotherapeutic activities, publications and courses since then (Ihanus 2009). It merits attention due to its bibliotherapeutic method, called sometimes the Finnish model. It is not widely known because almost all the publications have been written in Finnish. The Finnish research on the impact of bt-reading is still in its very early stages. There is one significant contribution to the field, the doctoral thesis by Kähmi (2015), on the benefits of poetry and metaphors in the group of persons suffering from schizophrenia.

The Finnish model is based on interactive bibliotherapy theories and it is practiced mostly in developmental groups by specific bt-group leaders. The unique flavour in this model is the possibility of using reading along with expressive writing in constant group settings which according to my own experience further individual sense of security and group cohesion. These elements are elemental for positive short- and long-term benefits of reading.

We are now starting a research project around narratives and well-being effects of reading at the University of Turku, in SELMA, as part of a greater research consortium (Instrumental Narratives) funded by the Academy of Finland (2018–22). The aim is to study the potential of literary narratives in different group contexts. It is our hypothesis that difficult and self-reflective narratives that deal with experiences of ambiguity and confusion can also contribute to the personal growth of individuals. This hypothesis supports recent Swedish reports on the use of literary art (Pettersson, 2018) and contributes to the field by adding expressive activities and also youth perspectives, along with literary students who will participate in the project.

9. INVESTIGATING DEATH THROUGH ART AND SCIENCE – INITIATIVES TO IMPROVE HEALTH CARE FOR THE TERMINALLY ILL AND DYING

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Art has an immediately impact on the receiver – an engagement with the objects presenting the thoughts and feelings that the artist wants to be communicated. This can be used as an advantaged, when wanting to communicate scientifically about a subject matter, which can be hard to grasp for the intellectual mind, as is the case with concepts and experiences around death and dying. In a phenomenological project on the faith and beliefs among Christian and Muslim cancer patients within palliative care, the results of the research process were partly described through 'empirical narratives'. Stories with a scientific approach, but never the less designed to stimulate an engagement in the reader to involve in the life world of the participants and their relatives. The presentation explores potentials for improving palliative care through the collaboration of science and art, involving both art in the communication of scientific results, but also the benefits related to health care professionals and patients close to dying interacting through the exploration of art as part of meaning-making and an experience of transcendence.

10. ARTS IN SUPPORTING RECOVERY IN HOSPITAL ENVIRONMENT

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Listening to one's favorite music is proved to enhance recovery in the early stages of stroke. Singing is found to lower the blood pressure, improve mood and reduce anxiety in various cases. Dancing in rehabilitation serves many benefits in well-being with severely handicapped persons. There might be advance from improvisational theatre guidance with the staff in adding new skills in their work with the patients. The use of arts therapy may be beneficial as well in the many faceted needs of the caregivers at home. Altogether these themes are included in the ongoing project Arts supporting recovery in Espoo hospital.

Espoo Hospital has wards for orthopedic and neurological rehabilitation, wound, infections and palliative care as well as the terminal care along with the outpatient care and hospital care in the home. In all ward units rehabilitative approach is used. Arts in supporting the recovery of the patients includes arts and interaction in many forms: music, improvisation, dance, visual arts, soundscapes, as well as flower arrangements. Our aim is to establish the use of arts in the hospital, enable concrete experiments and strengthen networks with artists, art therapists and musicians in hospitals. This work is possible due to the kind support of the Arts Promoting Centre Finland. The project makes the power of arts as much visible as audible and effective on the participants' well-being.

11. YOIK EXPERIENCES AND POSSIBLE POSITIVE HEALTH OUTCOMES

Soile Hämäläinen, Researcher, National Research Center in Complementary and Alternative Medicine, NAFKAM, The Arctic University of Norway

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Background: Yoik is an old vocal music tradition of Sami, the indigenous people inhabiting Northern Fennoscandia and Kola peninsula in Russia. Studies of music therapy (MT) and especially singing have documented improvements in social and overall functioning in people with severe mental disorders and positive effect on depressive symptoms and sleep quality. Possible connections between yoik and health are so far underexplored.

Objectives: The overall aim of this study was to explore whether yoik may have the potential to positively influence people's health and well-being. The research questions were: 1. What are different persons' experiences with yoik? 2. Can yoik experiences be related to health outcomes?

Method: Explorative, qualitative interviews with 13 participants were conducted in the Norwegian counties Finnmark, Troms, Nordland, and Trøndelag.

Findings: The findings suggest qualities in yoik that are comparable to positive effects of Music Therapy (MT) in general. Yoik may contribute to emotion management, i.e. processing negative emotions and inducing positive ones in people acknowledging yoik as something positive.

Conclusion: Yoik may be considered an important marker of social and cultural belonging for many Sami people. Yoik seems to have an underresearched potential as an intervention in culture sensitive healthcare and health promotion work that deserves to be further investigated.

12. INDIVIDUALIZED MULTISENSORY ENVIRONMENTS IN DEMENTIA CARE: FINDINGS FROM THE SENSE-GARDEN EU PROJECT

Gemma Goodall, PhD Candidate, Department of Neuromedicine and Movement Science, Norwegian University of Science and Technology (NTNU)

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With the number of people living with dementia rapidly increasing, it is important to identify methods of meeting the needs of diagnosed individuals and caregivers. There is a strong evidence base for the use of emotion-oriented approaches in dementia care. However, there is still a need to improve the ways in which these approaches are tailored to the individual. The SENSE-GARDEN project (www.sense-garden.eu) addresses this need for individualized approaches to care by creating a multisensory environment that automatically adapts to the person with dementia. Through integrating autobiographical music, films, pictures, and scent with technology, the SENSE-GARDEN is able to offer an immersive experience tailored specifically for the individual. By interacting with the various stimuli together with a caregiver, it is hoped that the person with dementia is able to reminisce on their past, as well as become engaged in the 'present moment'.

SENSE-GARDEN is a 3-year European project, funded by the AAL Programme Call 2016, that brings together a consortium of partners across Belgium, Norway, Portugal and Romania. A user-centred design approach is being used throughout the development and implementation of the intervention. Interviews with all user groups and testing of prototypes have taken place throughout the first year of the project. Findings highlight the users' value for creating an environment in which memories can be relived and emotions can be shared with one another. This presentation will provide an overview of SENSE-GARDEN, share findings from the first year of the project, and will discuss plans going forward.

13. HUMAN-CENTERED V.S. TECHNOLOGY-DRIVEN SMART TEXTILES DESIGN PROCESSES IN THE CONTEXT OF PREMATURELY BORN BABIES

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The Rhythms in Infant Brains (RIB) project is an interdisciplinary endeavor between Aalto University, School of Arts, Design and Architecture, Dept of Design, and School of Electrical Engineering, Dept. Signal Processing and Acoustics (Aalto/Elec) as well as University of Helsinki (UH) and University of Turku (UTU). The project is funded by the Academy of Finland, Health from Science (TERVA) Academy Program, Suomen Aivosäätiö, and Lastentautien tutkimussäätiö, that is aimed at encouraging researchers to seek bold, new research initiatives that can solve health issues related to major public health diseases.

We in Aalto Arts will in this project study infants and their caretakers in order to design functional and aesthetically pleasing, medically equipped textile wearables and clothing that help detecting early symptoms of health issues in babies. We are now in the early faces of background research in the hospital environment and have made the first developments of prototypes in three design segments: Heartrate monitoring, EEG and muscle activity monitoring. We can already now see a gap between the design specification from a human centered perspective and the technology driven perspective. As designers, our task is to find the solution that implements both needs in the best possible way – in our presentation we will discuss the challenges and possible solutions as well as present some early results combining electronics and textile materials.

14. VISUAL STORYTELLING: AN ARTS-BASED METHOD TO EXPLORE SENIORS' HEALTH & WELL-BEING

Leah Burns, School of Arts, Design and Architecture, Aalto University & **Masood Masoodian**, School of Arts, Design and Architecture, Aalto University

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As the global population of seniors grows rapidly, research on how to improve their experiences of health and well-being becomes increasingly important. Recent research has identified a need to focus on both the biological (physiological factors) and biographical (life history, identity, everyday experience) conditions of seniors as a means of improving health and well-being outcomes. How ageing is perceived is often limited by an over-emphasis on physical maintenance, and an assumption that seniors' social contributions and personal growth trajectories are in decline. These perceptions are held by seniors and non-seniors alike and can impact not only seniors' motivation to engage with health and well-being services but also what and how services are provided. Visual storytelling is emerging as a method for exploration and analysis of social perceptions, and how they shape health and well-being practices. This workshop invites participants to explore an example of the visual storytelling methods we are developing, and currently use in research projects with older adults. Our methods use images to identify and reflect on the stories of ageing and well-being that maintain, conceal, resist, and counter dominant narratives. These reflections are then used to generate pragmatic (working within constraints), utopian (seeking ideal practices) and speculative (breaking rules to make change) strategies to advocate new approaches for improving health and well-being practices for seniors.

¹ Randall, W. (2012). Beyond healthy aging: The practice of narrative care in gerontology. In English, L. (ed.). *Adult education and health*, pp. 178-192. University of Toronto Press: Toronto, Canada.

² Cohen, G.D. (2005). *The Mature Mind: The Positive Power of the Aging Brain*. Basic Books: New York, NY.

³ Bell, L.A. (2010). *Storytelling for Social Justice: Connecting Narrative and the Arts in Antiracist Teaching* (1st Ed.), Routledge: New York, N.Y.

⁴ Three Approaches to Well Being Toolkit. (June, 2012). Institute for the Future. Palo Alto, CA. USA.

15. REFLECTING #METOO WITH MUSIC AND DANCE – USING MICROPHENOMENOLOGY AS A WAY TO UNDERSTAND SOCIAL TOUCH

Eva Bojner Horwitz, Professor, Royal College of Music in Stockholm and Karolinska Institutet Sweden.

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In this workshop we will reflect on body movements and music and how an aesthetic dimension of experience can have a humanizing impact on an audience. The intention is to reflect on how dance and music can be used to deepen our understanding of the delicate interplay between perception of reading body signals and awareness of body communication in relation to different #metoo themes experienced by dance and music communities.

The following themes will be focused on:

- *Body Memory and Embodiment. Music by Balanescu Quartet*
- *Kinesthetic Empathy – Mirror neuron mechanisms. Music by Arvo Pärt.*
- *Seen – Be seen. Music by Alberto Iglesias.*
- *Borders - Limits – Reading of pre-signals. Music by Steve Reich.*

The different themes will be discussed in relation to the term social touch. Other “embodied factors” related to social touch such as emotional regulation, alexithymia, embodied knowledge, pro-social behavior, flow and time will be reflected on.

Humans do communicate emotions via direct touch, by observing other people touching or by observing other people being touched by others. The mirror neuron mechanism is active in all those cases and by using the theory of embodiment and the mirror neuron theory we will discuss the social perspectives around touch experiences. The #metoo movement demands careful handling and communication around social touch in order to avoid the proliferation of the many discourses of intolerance in our society today.

16. NORDIC JOURNAL FOR ARTS, CULTURE AND HEALTH

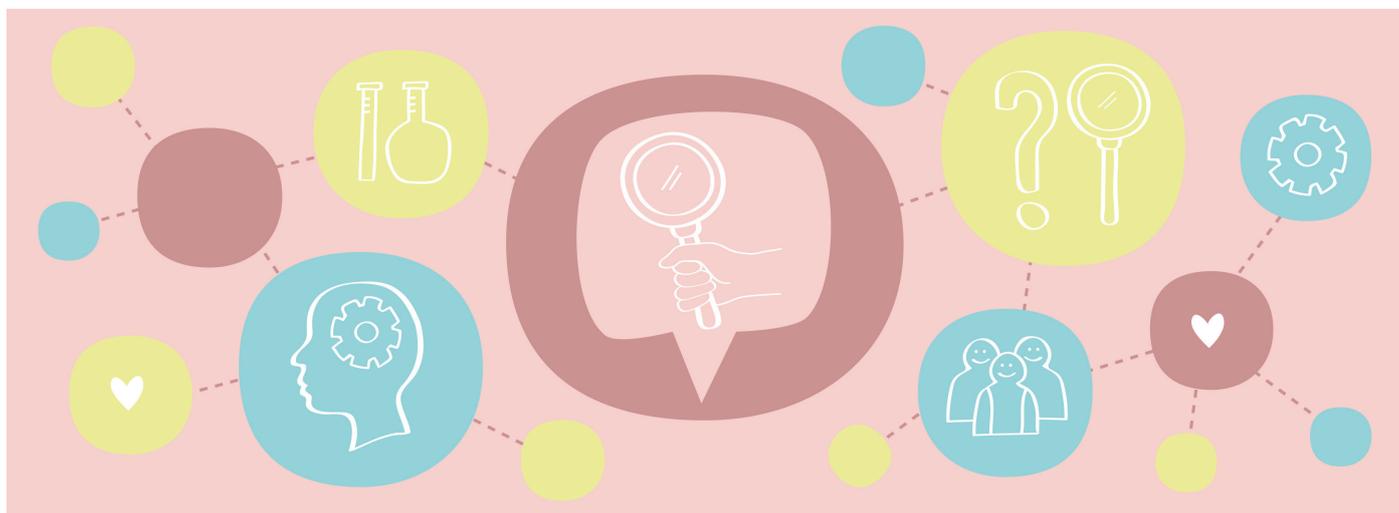
Anita Jensen, Postdoc researcher, Centre for Culture & Health, Aalborg University & **Wenche Torrissen**, Associate professor, Volda University College and Nord University

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An interactive workshop presenting the ongoing work on a Nordic Journal for Arts, Culture and Health. The presentation will include the work that had been done so far, aims and objectives of the journal, suggested publishing house, considerations about open access, publishing opportunities in Scandinavian languages and future financial models to support the journal beyond the initial three years. The workshop invites the participants to contribute with ideas, concerns and their interest in contributing in terms of authoring articles and being a reviewer.





Nordic Arts & Health Research Conference

7 NOVEMBER 2018, TURKU

Arts Academy, Turku University of Applied Sciences,
Linnankatu 54.

PROGRAMME:

- 8.30–9.00 Registration & coffee (*Lobby & Muusa*)
- 9.00–9.15 Welcome: ***Building a Nordic Arts & Health Research Network*** (*H 115*)
- 9.15–9.45 Keynote: ***What are we talking about when we talk about Arts and Health?*** (*H 115*)
Pia Houni, Adjunct professor, Senior researcher, Finnish Institute of Occupational Health

RESEARCH PRESENTATIONS:

PARTICIPATORY ARTS, THEATRE AND MENTAL HEALTH (*H 115*)

- 9.45–10.05 ***Amateur theatre and user participation as health promotion in Nordic mental health care: Empirical patterns and sociological reflections***
Anita Salamonsen, Associate professor, The Regional Centre for Child and Youth Mental Health and Child Welfare– North, UiT The Arctic University of Norway & Wenche Torrisen, Associate professor, Volda University College and Nord University
- 10.05–10.25 ***The theatre comes into the child welfare unit***
Päivi Känkänen, Senior researcher & Marko Manninen, Docent, Senior researcher, National Institute for Health and Welfare
- 10.25–10.45 ***The transformative potential of participatory arts in mental health recovery***
Kristin Berre Ørjasæter, PhD student, Nord University
- 10.45–11.05 ***Building resilience within through performance making***
Ellen Foyen Bruun, Associate professor Drama & Theatre, Dramatherapist, Norwegian University of Science and Technology NTNU

11.05–11.20 Break

RESEARCH PRESENTATIONS:
ARTS AND HEALTH IN EDUCATION AND THERAPY (H 115)

11.20–11.40 ***The power of art and culture in education and practice in mental health work***
Wigdis Helen Saether, Associate professor, Mental health nurse, Norwegian University of Science and Technology NTNU

11.40–12.00 ***Narrative medicine: a contribution to medical education at University of Southern Denmark***
Anders Juhl Rasmussen, Assistant professor, University of Southern Denmark

12.00–12.20 ***Bibliotherapy: The Finnish model and potential of narratives for well-being***
Päivi Kosonen, Bibliotherapist, Senior lecturer, University of Turku

12.20–13.30 Lunch

RESEARCH PRESENTATIONS:
PARALLEL SESSIONS A-C

Choose one of the three sessions.

SESSION A:
ARTS IN HEALTH AND CARE (H 115)

13.30–13.50 ***Investigating death through art and science – initiatives to improve health care for the terminally ill and dying***
Hanne Bess Boelsbjerg, External lecturer, University of Copenhagen

13.50–14.10 ***Arts in supporting recovery in hospital environment***
Sari Laitinen, Music therapist, FL, Espoo Hospital

SESSION B:
MUSIC AND HEALTH (H 310)

13.30–13.50 ***Becoming Dialogical: Stigma, Voice and Body in a Singing Group for the Parkinson's Patients***
Tarja Rautiainen-Keskustalo, Professor, University of Tampere

13.50–14.10 ***Yoik experiences and possible positive health outcomes***
Soile Hämäläinen, Researcher, National Research Center in Complementary and Alternative Medicine, NAFKAM, The Arctic University of Norway

SESSION C:
SENSE, TECHNOLOGY AND HEALTH (H 217)

13.30–13.50 ***Individualized multisensory environments in dementia care: Findings from the SENSE-GARDEN EU-project***
Gemma Goodall, PhD candidate, Norwegian University of Science and Technology NTNU

13.50–14.10 ***Human-centered v.s technology-driven smart textiles design processes in the context of prematurely born babies.***
Camilla Groth, Postdoc researcher, Aalto University &
Elina Ilén, Postdoc researcher, Aalto University

14.10–14.30 Coffee break

14.30–15.30 **PARALLEL WORKSHOPS**

Choose one of the three workshops. Prior sign-up required.

WORKSHOP 1

Visual Storytelling:

An Arts-based Method to Explore Seniors' Health and Well-being (H 217)

Leah Burns & Masood Masoodian, Aalto University

What are the stories that we live by and how do they maintain, conceal, resist, and counter dominant narratives? In this workshop participants will experiment with storytelling methods that examine practices and perceptions about ageing, health and well-being as well as the potential of story-based inquiry in supporting co-design of health services.

WORKSHOP 2

Reflecting #metoo with music and dance -

using Microphenomenology as a way to understand social touch (Tanssi 2)

Eva Bojner Horwitz, Professor, Royal College of Music in Stockholm and Karolinska Institutet Sweden

In this workshop we will reflect on body movements and music and how an aesthetic dimension of experience can have a humanizing impact on an audience.

WORKSHOP 3

Nordic Journal for Arts, Culture and Health (H 115)

Anita Jensen, Postdoc researcher, Centre for Culture & Health, Aalborg University & Wenche Torrissen, Associate professor, Volda University College and Nord University

Interactive workshop about a Nordic Journal for Arts, Culture and Health. We will discuss different aspects of starting a journal with focus on arts, culture and health in the Nordic countries and gather vital information from you about your needs in terms of areas of interest/publishing article/reviewing and other topics of relevance.

15.45–17.00 **Planning for the future of the network** (H 115)

The conference is supported by the Taikusydän initiative (<https://taikusydan.turkuamk.fi/english/info/>) and the Arts Academy, Turku University of Applied Sciences.



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