

Creativity and Well-Being for Personal and Professional Growth

International Cross-Disciplinary Symposium

Thursday, April 27, 2023

Venue: Trinity Research in Social Sciences (TRISS)

8:30-9:00 Registration, coffee and mingle

9:00-9:15 Formal welcomes:

Linda Doyle, Provost and President, Trinity College Dublin, Ireland.

Brian Lawlor, MD, FRCPI, FRCPsych. Site Director, Global Brain Health Institute and Conolly Norman Professor of Old Age Psychiatry at Trinity College Dublin.

Carmel O'Sullivan, Professor in Education and Head of School in the School of Education in Trinity College Dublin; the convenor of the Arts Education Research Group; Dublin, Ireland.

Ieva Petkutė, Arts Researcher, Arts Manager, Atlantic Fellow, Global Brain Health Institute, Lead of the National Association "Dementia Lithuania"; Lithuanian Sports University; Kaunas, Lithuania.

9:15-9:45 Welcome activity with **Mary Warbelow**, Learning Experience Administrative Officer, Global Brain Health Institute, Trinity College Dublin.

Event 1 The Systems of Care in Education

9:45-10:30 **Experiences in Erasmus+ project ARTHEWE ("Multiform Pedagogy in Arts, Health and Well-being Education")**

ARTHEWE is an Erasmus+ project that develops multiform pedagogical approaches and art-based methods related to education of arts and health professionals and their sustainable professional growth. In the session we will give a concise insight into seven Intellectual Outputs (IO) that were created in the project by reflecting how partners of this project applied creativity as a tool to facilitate learning experience and support learners' well-being.

The session will comprise seven five-minute presentations by the members of the ARTHEWE project team:

Liisa Laitinen, MA, Arts & Health Adviser, Turku University of Applied Sciences, Turku, Finland.

Introducing Creative Pedagogical approaches of multiform pedagogy in European Higher Education Institutions.

Liisa-Maria Lilja-Viherlampi, PhD, MM, Principal lecturer in Creative Wellbeing, Turku University of Applied Sciences, Turku, Finland: Promoting students' professional growth in Master's degree programme Creative wellbeing.

Professional Growth and Competences in Creative Wellbeing.

Eva Bojner Horwitz, PhD, Professor of music and health, Royal College of Music, Stockholm, Sweden; Department of clinical neuroscience, Karolinska Institutet.

David Thyren, PhD, Senior lecturer in musicology, Royal College of Music, Stockholm, Sweden.

Backcasting sustainable and healthy working life with Arts and Music - does it do any harm?

The digital life of a ten-step program supporting mental health with arts - maintenance and updates.

Evanthia Sakellari, RHV, MSc, PhD, Associate Professor, Department of Public and Community Health, Laboratory of Hygiene and Epidemiology, University of West Attica (UNIWA), Athens, Greece.

The development of a course on health and well-being promotion through creative methods.

Ieva Petkutė, Arts Researcher, Arts Manager, Atlantic Fellow, The Global Brain Health Institute, Trinity College Dublin, Ireland; The lead of the National Association "Dementia Lithuania"; Lithuanian Sports University; Kaunas, Lithuania.

The pathway of arts and well-being as a part of leadership development in the Global Brain Health Institute.

Flora Smyth Zahra, Clinical Senior Lecturer Interdisciplinarity & Innovation Dental Education, Restorative Dentist, Clinical Humanities Lead, Faculty of Dentistry Oral & Craniofacial Sciences, King's College London.

Pedagogies for flourishing in uncertainty and complexity- Exploring leadership, trust and conflict resolution with clinical undergraduates via arts-based learning approaches.

10:30-11:05 **Reflections from the audience**

Moderators:

Carmel O'Sullivan, Professor in Education and Head of School in the School of Education in Trinity College Dublin; the convenor of the Arts Education Research Group; Dublin, Ireland.

Ieva Petkutė, Arts Researcher, Arts Manager, Atlantic Fellow, The Global Brain Health Institute, Trinity College Dublin, Ireland; The lead of the National Association "Dementia Lithuania"; Lithuanian Sports University; Kaunas, Lithuania.

Mike Hanrahan, Atlantic Fellow for Equity in Brain Health, musician, author and songwriter
Audience is invited to reflect on presentations shared by the international group of partners and their own experience.

11:05-11:20

Break

11:20-12:30 **Panel discussion: Systems thinking for well-being in education**

In the panel discussion we will explore how concepts of “Well-being”, “Arts” and “Creativity” may become a part of aspiration for quality, equity within the training process. What is the cost of bringing the well-being to the center of education? How can arts be an integral part of education, where policy-leadership-research-practice are interlinked?

Moderator: Brian Lawlor, MD, FRCPI, FRCPsych. Site Director, Global Brain Health Institute and Conolly Norman Professor of Old Age Psychiatry at Trinity College Dublin.

Participants:

ARTHEWE project team.

Carmel O’Sullivan, Professor in Education and Head of School in the School of Education in Trinity College Dublin, the convenor of the Arts Education Research Group.

Eoin Cotter, PhD, Learning Experience Lead, Global Brain Health Institute, Ireland.

Ilse White, Learning Experience Researcher, The Learnovate Centre at Trinity College Dublin, Ireland.

Followed by Q&A

12:30-13:15 **Lunch Break**

13:15-15:15 Two in person events running in parallel

Event 2A Embodiment-driven pedagogy: exploring leadership through dance

Venue: Dance Studio in the Samuel Beckett Centre

The term embodiment is used widely in arts practice but lacks definition and specificity in relation to transdisciplinary pedagogical spaces. This workshop will engage participants in embodied dance and movement practices, drawing upon our collective capacities for leadership in forming a working construct. Together, we will explore leadership through dance to co-evolve an enactive understanding and use of the term embodiment in practice-driven research.

Facilitators:

Glenna Batson, Professor Emeritus, Physical Therapy, Winston-Salem State University, Dance Faculty, Peabody Institute for the Johns Hopkins University USA, former Fulbright Senior Specialist.

Aline Haas, BSc, PhD, dance and Pilates practitioner/researcher and educator; Associate Professor, Department of Physical Education, Physiotherapy and Dance, Federal University of Rio Grande do Sul, Brazil; Atlantic Fellow for Equity in Brain Health, Global Brain Health Institute.

Magda Kaczmarska, MFA, Dance Artist, Founder, Dancestream Projects. Atlantic Fellow for Equity in Brain Health, Global Brain Health Institute; Vice President, Foundation Dementia Action Alliance Poland.

Event 2B Live story work for well-being

Venue: **The Global Brain Health Institute (Lloyd Building)**

Life Story Arts is an exciting and emergent approach which celebrates the individual person and their unique life story. This experiential session will invite you to reflect and share aspects of your own story to support well-being.

Facilitators:

Karin Diamond, Re-Live Life Story Arts Organisation Artistic Director, Wales; Atlantic Fellow for Equity in Brain Health, The Global Brain Health Institute.

Alison O'Connor, Re-Live Life Story Arts Organisation Co-Founder and Clinical Supervisor, Wales.

Re-Live Life Story Arts Organisation, <http://www.re-live.org.uk> “Re-Live” applies experiential learning approaches. Experiential learning is introduced as a practical way of connecting, exploring and developing ideas. Re-Live’s experiential dementia and Life Story programmes have been developed through extensive research across the UK, Japan and USA. We have delivered experiential programmes to over 5,000 health and social care professionals throughout Wales, England and California, USA.

15:15-15:30

Break

Event 3 Panel: Cultivating leadership through artistic and embodied methodologies

Venue: **Trinity Research in Social Sciences (TRISS)**

15:30-16:45 Enhancing individual’s ability to perform in a leadership role within their lives, communities and organizations is increasingly becoming a teaching focus. The Global Brain Health Institute is training leaders to address the challenges related with the risk to brain health.

What is the experience of applying embodied arts practice to train leadership capacities? How embodiment in the learning experience helps us to rethink the ways we learn and connect with our communities and organisations?

Moderator: Aline Haas, BSc, PhD, dance and Pilates practitioner/researcher and educator; Associate Professor, Department of Physical Education, Physiotherapy and Dance, Federal University of Rio Grande do Sul, Brazil; Atlantic Fellow for Equity in Brain Health, Global Brain Health Institute.

Participants:

Glenna Batson, Professor Emeritus, Physical Therapy, Winston-Salem State University, Dance Faculty, Peabody Institute for the Johns Hopkins University USA, former Fulbright Senior Specialist.

Magda Kaczmarska, MFA, Dance Artist, Founder, Dancestream Projects. Atlantic Fellow for Equity in Brain Health, Global Brain Health Institute; Vice President, Foundation Dementia Action Alliance Poland.

Kai Kennedy, PT, DPT, Vice Chair of Equity and Associate Professor of Physical Therapy, Department of Physical Therapy and Rehabilitation Science at University of California, San Francisco, Atlantic Fellow for Health Equity.

Mark Rietema, Integrative/Process Oriented Psychotherapist & Facilitator (UK Council for Psychotherapy); Somatic Movement Practitioner (Body-Mind Centering Association); Faculty member Embody Move UK & Institut für Prozessarbeit; Community Artist (MA) & Researcher (Affiliated with King's College, UK).

Followed by Q&A

16:45-17:00

Closing remarks

This event is curated and organised by:

The Global Brain Health Institute at Trinity College Dublin