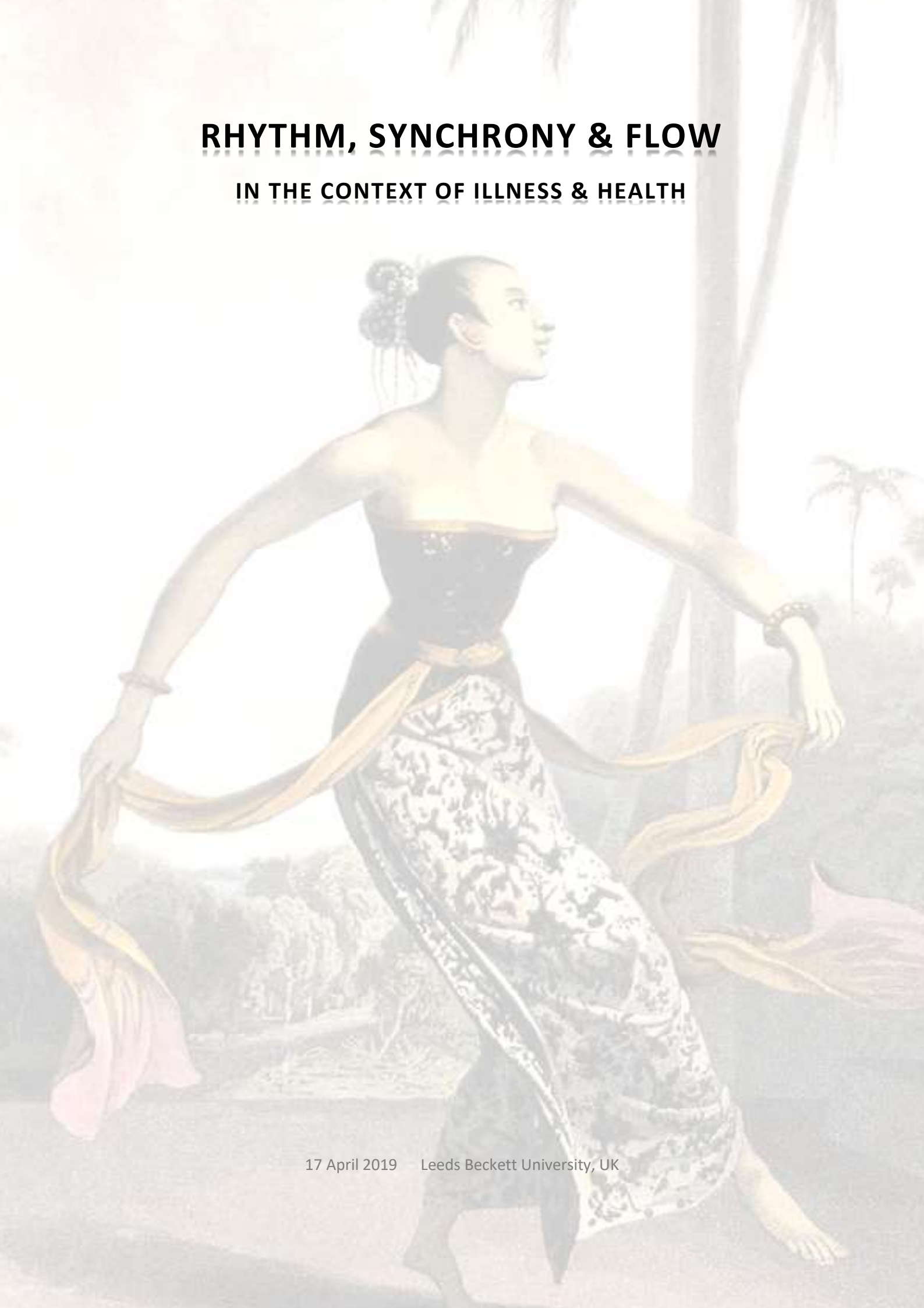


# **RHYTHM, SYNCHRONY & FLOW**

**IN THE CONTEXT OF ILLNESS & HEALTH**

17 April 2019    Leeds Beckett University, UK



# RHYTHM, SYNCHRONY & FLOW IN THE CONTEXT OF ILLNESS & HEALTH

Conference Date: Wednesday, 17<sup>th</sup> April 2019  
Conference Venue: Leeds Beckett University, City Campus, Calverley Building, Lecture Theatre CL113  
Conference Chair: Anna Abraham (Professor of Psychology & PsyCen Director, Leeds Beckett University)  
Conference Website: <https://tinyurl.com/rsfconference> **[Please register online to attend this event]**

## - CONFERENCE SCHEDULE -

|                   |   |
|-------------------|---|
| 9:30am - 10:00am  | Registration & Coffee/Tea   |
| 10:00am - 10:15am | Chair's Opening Remarks   |
| 10:15am - 11:00am | <b><a href="#">Colwyn Trevarthen</a></b> (Em. Professor of Child Psychology & Psychobiology – University of Edinburgh)<br>Title of Talk: Inborn Musicality for Joyful Companionship   |
| 11:00am - 11:45am | <b><a href="#">Vicky Karkou</a></b> (Chair of Dance, Arts and Wellbeing – Edgehill University)<br>Title of Talk: Dancing the Blues: Helpful Therapeutic Ingredients in Dance Movement & Arts Psychotherapies in the Treatment of Depression |
| 11:45am - 12:30pm | <b><a href="#">Fraser Brown</a></b> (Professor of Playwork - Leeds Beckett University)<br>Title of Talk: Children Without Play  |
| 12:30pm - 1:30pm  | Lunch Break   |
| 1:30pm - 2:15pm   | <b><a href="#">Pamela Heaton</a></b> (Professor of Psychology – Goldsmiths, University of London)<br>Title of Talk: In a Different Voice: Musical Understanding and Affinity in Neurodevelopmental Disorders                                |
| 2:15pm - 3:00pm   | <b><a href="#">Freya Bailes</a></b> (University Academic Fellow in Music Psychology – University of Leeds)<br>Title of Talk: Experimenting with Sonic Synchrony to Promote Social Wellbeing   |
| 3:00pm - 3:45pm   | <b><a href="#">Raymond MacDonald</a></b> (Chair of Music Psychology & Improvisation – University of Edinburgh)<br>Title of Talk: Being Together in Music: Improvisation as a Fundamental Life Force   |
| 3:45pm - 4:15pm   | Coffee/Tea Break  |
| 4:15pm - 5:00pm   | <b><a href="#">Laura Lyall</a></b> (Research Associate Mental Health Data Pathfinder – University of Glasgow)<br>Title of Talk: Circadian & Seasonal Contributions to Mental Health & Wellbeing   |
| 5:00pm - 5:45pm   | <b><a href="#">Nigel Osborne</a></b> (Emeritus Professor of Music – University of Edinburgh)<br>Title of Talk: Music & Chronobiology: Hearts & Flowers, Mind & Body, Love & War   |
| 5:45pm - 6:00pm   | Chair's Closing Remarks   |
| 6:00pm - 7:00pm   | Wine Reception  |

## RHYTHM, SYNCHRONY & FLOW IN THE CONTEXT OF ILLNESS & HEALTH

Wednesday, 17th April 2019 (9:30am – 6:00pm)

Leeds Beckett University, City Campus, Calverley Building - Lecture Theatre CL113

Conference Chair: [Professor Anna Abraham](#) (Leeds Beckett University)

[Dr Freya Bailes](#)

*University of Leeds, England*

### **Experimenting with sonic synchrony to promote social wellbeing**

The social benefits of making music with others have long been apparent, but a cognitive focus on musical synchrony is a more recent phenomenon in psychological studies of the benefits of musical participation. This paper describes experimental research investigating the link between synchronization through sound and aspects of social bonding.

[Professor Fraser Brown](#)

*Leeds Beckett University, England*

### **Children Without Play**

Using video footage, this presentation shows a group of Romanian children (1 to 12 years old) who were abandoned at birth, and subsequently spent most of their lives tied in a cot, with little positive input into their lives. Researchers used play as a recovery and development agent, with dramatic results.

[Professor Pamela Heaton](#)

*University of Edinburgh, Scotland*

### **In a different voice: musical understanding and affinity in Neurodevelopmental Disorders.**

According to evolutionary accounts of human development, the emergence of musical, social and communication skills are closely linked. Such an association raises intriguing questions about the nature of musical experience in individuals whose social and communication skills develop along an atypical trajectory. Empirical studies investigating musical interests and aptitudes in individuals with Autism and Williams syndrome show that difficulties in cognitive and social/communicative domains are not necessarily associated with a decreased appreciation of music and in some cases musical appreciation is increased. The study of music in neurodevelopmental disorders provides a new strand of evidence for the unique power of music.

[Professor Vicky Karkou](#)

*Edge Hill University, England*

**Dancing the Blues: Helpful therapeutic ingredients in dance movement and arts psychotherapies in the treatment of depression**

Dancing the Blues is a project that received funding to explore and share existing research knowledge on helpful therapeutic ingredients in the treatment of depression to the wider community through an interdisciplinary collaboration between artists, psychotherapists and arts psychotherapists. The presentation will summarise some of the key findings from the project so far and indicate current and future research developments.

[Dr Laura Lyall](#)

*University of Glasgow, Scotland*

**Circadian and seasonal contributions to mental health and wellbeing**

A growing body of evidence suggests mental health is influenced by circadian and seasonal rhythms. I will present results from my recent work using the UK Biobank cohort, demonstrating a) associations between objectively-measured circadian rhythmicity and mental health, wellbeing and cognitive function; and b) seasonal patterns in depressive symptoms.

[Professor Raymond MacDonald](#)

*University of Edinburgh, Scotland*

**Being together in music: improvisation as a fundamental life force**

In recent years there has been a significant growth of interest in improvisation, not just as a feature of jazz, but as an accessible, unique, spontaneous, social and creative process that can facilitate collaboration between many musical genres and across disciplines. The presentation will explore how improvisation can be utilized as a contemporary approach to creative engagement within educational, health and artistic contexts that can facilitate the development of musicality and creativity. Improvisation will be framed as a universal capability and an essentially social behaviour, with implications for education, contemporary artistic practice, therapy and the psychology of social behaviour.

[Professor \(Emeritus\) Nigel Osborne](#)

*University of Edinburgh, Scotland*

**Music and Chronobiology: hearts and flowers, mind and body, love and war**

The presentation considers the relationship between the science of chronobiology and the experience of music, in a journey from poet Andrew Marvell and father of taxonomy, Carl Linnaeus through the work of scientists Warren Butler, Harold Siegelman and Franz Halberg to a proposed

chronobiology of musical rhythm. It ends with an example of musical chronobiology applied to therapeutic work with Syrian refugee children in the Beqaa Valley, Lebanon.

[Professor \(Emeritus\) Colwyn Trevarthen](#)

*University of Edinburgh, Scotland*

### **Inborn Musicality for Joyful Companionship**

For every child, from birth, dancing and singing lead to fluency in language, scientific knowledge, mathematical reason and manufacturing skill -- to prideful learning in an affectionate relations. Loss of this kindness brings sadness, anger and shame. Affectionate music-making can be therapy for distress of loneliness, inspiring grace and joy.

- This event was supported by the Centre of Psychological Research (PsyCen) at Leeds Beckett University -

Conference Chair: Anna Abraham (PsyCen Director)

Conference Support: Cat Brooke (PsyCen Research Administrator)