

# Research in Arts Psychotherapies - Some Directions

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# Aims

- To offer an overview of the research activities of the arts for wellbeing research group
- To highlight interesting areas of further development

# Some past research activities

- Funding:
  - Socrates-Minerva: WebDance and OpenDance: dance, e-learning and technology
  - Calouste Ghulbenkian Foundation: The Labyrinth: dance-based groups in secondary schools
  - Centre for Older People: Creativity & Wellbeing: Action research with older people
- Publications:
  - Karkou and Sanderson (2006) Arts Therapies: A Research-Based Map of the Field. Edinburgh: Elsevier
  - Body, Movement and Dance in Psychotherapy published by Taylor and Francis: co-editor

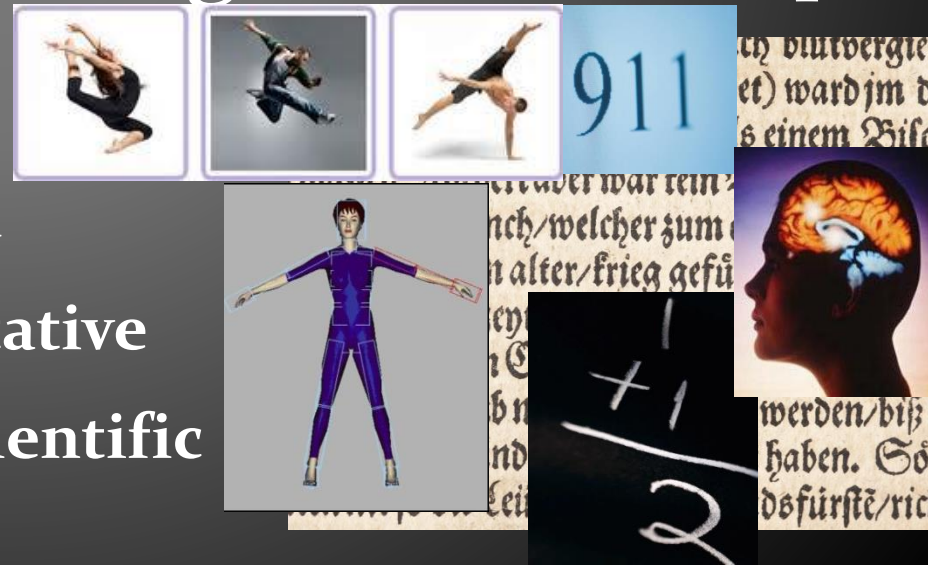
# The Arts for Wellbeing group

Aim:

- To generate evidence of good arts practice for wellbeing across the life span

Evidence is defined as:

- Arts and practice-based
- Qualitative and quantitative
- Biological and neuroscientific



# Some members from the Department of Performing Arts...

Mark Edwards

Lisa Adams-Davey

June Gersten-Roberts

Sissy Lykou

Julie Joseph

Carly Marchant





# Visiting Professors and Fellows



Professor David Read Johnson, Yale University, USA



Professor Diane Waller, Goldsmiths, OBE



Professor Raymond MacDonald, Edinburgh University



Dr Bonnie Meekums, University of Leeds

# Research priorities

Older people including dementia – links with health and computing

Adult mental health including trauma and depression – links with psychology

Children and adolescents including children at risk, with autism and those with developmental co-ordination problems – links with education

# Older People

- Projects on the aging dancer
  - Virtual companionship: RIF on dance, older people and technology (Edge Hill University)
  - Funded PhD on arts therapies and dementia; Steven Lyons
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- Karkou and Meekums (2015) Cochrane Review on Dance movement therapy for dementia
  - MuDan: Music and Dance Movement Therapy for people with Dementia submitted to the Horizon 2020: Promoting mental wellbeing in the ageing population (5,000,000 Euros, consortium of 9 partners across Europe); new application to be submitted
  - Applications to national charities to be submitted





# Adult mental health

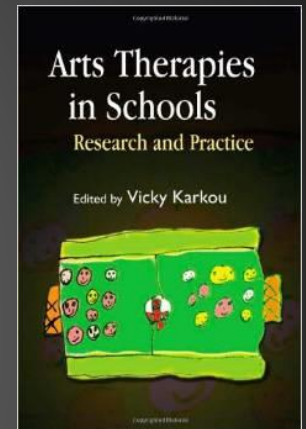
- Drama and dance projects on trauma, PTSD and depression
- Part of successfully funded network for arts for wellbeing: Edinburgh University
- Funded PhD on the arts therapies and trauma; Caroline Galon
- PhD on adults with autism and comorbid mental health problems: Carly Marchant
- Meekums, Karkou and Nelson (2015) Cochrane review on dance movement therapy for depression



Zubala and Karkou (proposal submitted 2015) Arts Therapies for Depression. London: JK.

# Children and adolescents

- Karkou V (2010) Arts Therapies in Schools. London JK.
- Self funded PhDs on adolescents (Julie Joseph) and autism (Jackie Edwards)
- Exercising the Brain: Application for working with children, brain and movement (4 universities in the UK)
- Karkou, V Oliver S and Lycouris S (expected 2016) The Oxford Handbook of Dance and Wellbeing. New York: Oxford University Press.



# Seminars and CPD opportunities

- January 2014-15: Inaugural Lecture, Dr Bonnie Meekums, Professor Raymond MacDonald, Professor Helen Payne, Professor Andrew Samuels, Professor Susan Loman
- January 2015-16: Certificated Kestenberg Movement Profile Training with Professor Susan Loman
- Public lectures to be announced.

# Questions

