

EDITH WOLF PEREZ (HG.)

# ARTS AND HEALTH

ÖSTERREICH IM INTERNATIONALEN KONTEXT



Foto: © Ashley Taylor

# ARTS AND HEALTH

## Österreich im internationalen Kontext

An event of Arts for Health Austria with the Ministry of Arts, Culture, Civil Service and Sport

April 25<sup>th</sup> 2023  
09:30h – 16:00h  
Ovalhalle im  
MuseumsQuartier

# ARTS AND HEALTH

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**Symposium with book presentation | April 25<sup>th</sup> 2023, 09:30h – 16:00h**  
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The book, “Arts and Health – Österreich im internationalen Kontext”, commissioned by the Austrian Ministry of Arts, Culture, Civil Service and Sport and published earlier this year, is the occasion for a symposium on this topic. With a mix of practical examples, interesting keynotes and exciting discussions, international practice and the latest research on arts and culture in the context of health, wellbeing and social welfare will be presented and discussed. We are looking forward to welcoming international experts who play an important role in shaping the global “Arts and Health” movement.



ARTS for HEALTH  
AUSTRIA

 Bundesministerium  
Kunst, Kultur,  
öffentlicher Dienst und Sport

# Program

Moderation: *Bea Robein*

## **PART 1: GETTING IN THE MOOD AND BOOK PRESENTATION**

- 09:30      **Morning activation**  
*Katy Geertsen*
- Greetings**  
*Kathrin Kneissel (BMKÖS)*
- Keynote**  
*Christopher Bailey (WHO)*
- Breathing and Voice Warm Up**  
*Jennifer Davison*
- 10:00      **Book presentation and discussion with  
an international perspective**  
*Edith Wolf Perez (Editor, AT)*  
*Andrew McWilliams (Author, UK)*  
*Dorothy Conaghan (Author, IRL, DK)*  
*Kornelia Kiss (Culture4Health, BE)*  
*Viltaute Žemelytė (Red Noses international, AT)*
- ca. 11:00      **Coffee Break**

## **PART 2: ARTS, AN ACTIVE INGREDIENT**

- 11:30      **Community Dance: Videos and Interview** *Royston Maldoom, Edith Wolf Perez*
- 12:00      **Dance for Health (for PD)**  
*Andrew Greenwood, Katy Geertsen*
- ca. 12:30      **Networking Lunch and Videoinstallation**  
*Red Noses*

## **PART 3: GET ACTIVE!**

- 13:30      **The Evidence: Panel discussion on pioneering research approaches at  
Austrian universities**  
*Oliver Peter Graber (Jam Music Lab Privatuniversität)*  
*Ruth Mateus-Berr (Universität für Angewandte Kunst Wien)*  
*Matthew Pelowski (Universität Wien)*
- 14:30      **A new Initiative: Social Prescribing**  
*Christoph Redelsteiner*
- 14:50      **Video „Aufatmen“ and  
„Ständchen für die Seele“**  
*Jennifer Davison, Bea Robein, Oliver Graber*
- 15:10      **Thematic networking:**  
**Call for Action**
- 15:40      **Closing statement  
and Goodbye**

# Speakers

## Christopher Bailey

is the Arts and Health Lead at the World Health Organization. His Healing Arts Initiative which he co-founded, is looking at the evidence base for the health benefits of the arts by building up a global network of research centers to look at effective practice as well as the foundational science of why the arts may benefit physical, mental and social wellbeing. The emphasis of the program is supporting underserved communities around the world. The program also engages with the global media to promote pro health messaging and build solidarity on health issues through all media. Educated at Columbia and Oxford Universities as well as the American Academy of Dramatic Arts, after a career as a professional actor and playwright, Bailey joined the Rockefeller Foundation as their Research Manager. He was then recruited to WHO where he lead the Health Informatics work and later their on-line communications team before starting the Arts and Health program. As an ambassador for the field, Bailey has also performed original pieces such as Stage 4: Global Stories on Empathy and Health and The Vanishing Point. This was a journey into Blindness and Perception performed in venues around the world from the Hamwe Festival in Rwanda to



the Wellcome Collection in London, to the World Bank in DC, as well as Lincoln Center in NY, the LA Opera, LACMA, Warner Bros Studios in LA and the Conservatory of Music in San Francisco among many others. The basic message of his work is to amplify the WHO definition of health which states that health is not merely the absence of disease and infirmity but the attainment of the highest level of physical, mental and social wellbeing.

## Dr. Dorothy Conaghan



PhD MSc. B Mus. BA. Dip Mus, is a Government of Ireland Postgraduate Research Scholar, a Research Fellow and a member of the Centre for Human Rights and Equality Studies Centre at University College Dublin. She is a member of the Board of the International Music Council (IMC). Dorothy's cross-disciplinary research focuses on social justice and equality issues in education. Her motivation for crossing boundaries beyond music practice to

embrace scholarship in the Social Sciences and Law is drawn from a belief that music is important to humanity because it is a culturally generated activity that is inherently pleasurable at an emotional level and is concerned with human feelings and wellbeing. Based on over 35 years of experience as a professional musician and as a teacher in Ireland and internationally, she believes that equality of access to arts education and participation is essential for human wellbeing and flourishing.

Dorothy's professional experience covers a wide range of fields, including secondary school teaching, performing violin, founder and conductor of Young Dublin Symphonia Orchestra, teacher training, consultancy and advocacy. In 2001 Dorothy created what was probably the first whole-class in-school instrumental tuition programme led by a specialist instrumental music teacher in Ireland. In collaboration with the National Concert Hall Dublin, this project developed into the 'Primary Strings Programme,' the template which is widely used in Ireland and in Europe. In 2014 Dorothy's work was awarded the prestigious, international 'Mary Kelly' scholarship at the School of Social Justice UCD'.

## Jennifer Davison

is a soprano. Her first European engagement took her to Luzern (CH), where she appeared as Pamina („Die Zauberflöte“), Micaela („Carmen“), Almirena („Rinaldo“), Ännchen („Der Freischütz“) and in Olga Neuwirth’s „Bählamms Fest“, among others. In Vienna, she made guest appearances in several productions of the Wiener Kammeroper, including „Füchslin Schlaupf“ (Janaček) with Neue Oper Wien, Lucille in Gottfried von Einem’s „Dantons Tod“ and Ghost in Harrison Birtwistle’s „The Last Supper“ directed by Philipp Harnoncourt (co-production with the Osterklang Festival). Her other Viennese highlights include Menotti’s „The Telephone“ at the Theater an der Wien and performances at the Wiener Festwochen. Jennifer Davison is also a passionate educator and entrepreneur. She has completed numerous master classes, including the Vienna Summer Music Festival, the University of North Carolina Chapel Hill, the Conservatoire de Strasbourg, Chisinau, Moldova and several countries in Central Asia. Since 2020 she has been working in the international „Arts and Health“ movement where she has accompanied the project



„Aufatmen - Ein Atem- und Musikprogramm für Long-Covid-Betroffene“ as Artistic Director with her new start-up, „ArtWave,“ together with singer Bea Robein.

## Katy Geertsen



graduated with honors from Trinity Laban - Conservatoire of Music and Dance in 2011 and then completed a post-graduate degree with the LINK Dance Company at the Western Australian Academy of Performing Arts in Perth, Australia. Her studies led her to concentrate on her belief that dance can provide every individual with a pathway towards a healthier life. She worked and danced with people who identify with having a disability, became a rehearsal director for a dance company for mature dancers and completed the Dance for PD® Teacher Training with the Mark Morris Dance Group in 2015. Since then, she has been working as a „Dance for Health“ teacher and advocate. She brought her unique experiences to Austria and co-founded ARTSforHEALTHAUSTRIA (AfHA) in 2020. In 2022 she also completed the Diploma in Dance Teaching and Learning from Trinity College London with Distinction.

## DDr. Oliver Peter Graber

works internationally as a composer, musician and dramaturge. He has taught (among others at the University of Music and Performing Arts Vienna) and is currently teaching in the university sector. He was dramaturge of the Vienna State Ballet from 2013 to 2020. In particular, he is dedicated to projects at the interface between music, ballet and science. Currently he is Univ.-Prof. at the JAM MUSIC LAB Private University, where he (Department of Music) together with Klaus-Felix Laczika (Department of Medicine) heads the „Research Institute for Music Medicine with a focus on Arts for Health“ and serves as Dean of the Faculty of Music. He is deputy chairman of the Arts for Health Austria association. <https://www.graber-op.eu>



## Andrew Greenwood

is a ballet dancer and ballet master who has worked with the national ballets in Portugal, Finland, Serbia, Slovenia and Indonesia, as well as the Volksoper Vienna Ballet, Ballet Rambert London and the Moscow State Ballet. Currently, in addition to directing Switch2move, he is the director of the dance and education program at the Dutch National Ballet at the Amsterdam Opera House and is co-founder and director of the Foundation for Dance and Creative Wellness.

For the past 10 years he has been dedicated to dance work in a health context. His method with the improvement of symptoms in people with dementia, Parkinson's disease and multiple sclerosis has been documented in various research papers in universities in the UK and the Netherlands. Today Andrew teaches classes to various groups of people throughout Europe.

In his role as director of Switch2move, Andrew is committed to developing training programs for both dancers and health care workers and teachers from a variety of disciplines (e.g., biomechanics, physiology, psychological and somatic approaches, etc.).



This includes, but is not limited to, coordination of ongoing research on program outcomes, networking with health and dance professionals and lectures and workshops.

## Kornelia Kiss

is a Projects and Operations Director at Culture Action Europe (CAE), the major European network of cultural networks, organisations, artists, activists, academics and policymakers. CAE is leading the consortium of the CultureForHealth project, which is a Preparatory Action launched by the EU for „Bottom-Up Policy Development for Culture & Wellbeing in the EU.“ Kornelia is co-author of the 'CultureForHealth Report. Culture's contribution to health and well-being. A report on evidence and policy recommendations for Europe". As an international project management professional with wide-ranging experience in both the private and the public sector, she worked at the European Commission -DG Development Cooperation, DG Trade and also as a consultant for the OECD. Before joining the Commission, she acquired strong project management and organising skills at leading multinational companies and at an international training company. Her academic background is in economics and business and management consulting.



# Royston Maldoom



is a choreographer and a pioneer of the community dance movement. He began training as a classical ballet dancer at the age of 22, after having previously been a farmer. With scholarships he was able to study with the Royal Ballet and Alvin Ailey American Dance Theatre. He was also a student of two Viennese emigrants: Hilde Holger from whom he learned the basic principles of expressive dance and the amateur dance movement („community dance“) and ballet with Stella Mann.

As a choreographer he created award-winning works for the Dance Theater in Harlem and the Peruvian National Ballet. He began his community dance career in 1980

working for the Fife Regional Council in Scotland. There he organized workshops, summer courses and festivals and established community dance groups for youth and adults. In the 1980s and 1990s, he traveled around Europe in a camper bus, organizing Dance Projects in many cities. He concentrated his choreographic projects more and more on the social sector. He studied „Carmina Burana“ with a hundred street children in Addis Ababa, choreographed together with Protestant and Catholic young people in Northern Ireland and, in Hamburg, he choreographed with young men without a secondary school diploma. In Addis Ababa he succeeded in initiating the „Adugna Dance Company“, an ensemble that now trains Ethiopian young people in dance. He has realized many projects with symphony orchestras, including the London Symphony Orchestra, the Ulster Orchestra, the Scottish Symphony Orchestra and the Vienna Symphony Orchestra for the opening of the 2007 festival.

His internationally best-known dance project to date came about on the initiative of Simon Rattle. In 2003 Maldoom worked with 250 Berlin children and young people from 25 nations and the Berlin Philharmonic Orchestra under the direction of Simon Rattle on Igor Stravinsky's ballet, „Le sacre du printemps“. The documentary, „Rhythm Is It!“, recorded this work and brought him to international attention. After this unexpected success, Maldoom became a highly sought-after dance teacher and was asked for support in Germany especially by schools and social institutions. Maldoom then changed his residence from London's Eastend to Berlin where he lives today.

# Dr. Andrew McWilliams

MBBS MA(Cantab) MRCPsych PhD, is a specialist Registrar in Child & Adolescent Psychiatry and Clinical Researcher, London, UK. After an undergraduate degree at King's College, Cambridge. Dr. McWilliams studied medicine at Barts and The London winning the Strauss Prize for Psychological Medicine. Training in psychiatry followed at the Maudsley Hospital, Great Ormond Street Hospital for Children and the Royal London Hospital. Andrew's research straddles mind-body relations, self-awareness and neuroscience, dealing with autonomy in decision-making and legal issues. His arts involvement spans music and dance, including ethical issues created by arts-in-health programmes, such as handling of adverse consequences and valid consent. His research in paediatric functional illness - where mind-body connections break down - won an Annual Meeting Senior Researcher Award from the American Association of Child and Adolescent Psychiatry in 2019.

He is a trustee of the Sing Up Foundation, a charity promoting the use of group singing for the mental health and wellbeing of young people. Sing Up was originally funded by the UK government to reinstate singing in schools and had reached 98% of English primary schools



by 2012. Its programme has now expanded all over the world. Profits are fed back into the charitable foundation which has also received funding from Arts Council England. They now run one project focussing on refugee children and another on trauma. Andrew is also a Dance for Health Champion for the International Association of Dance Medicine and Science and has spoken about the power of dance to increase awareness and enact change at conferences and dance companies across Europe, including the Brussels Parliament.

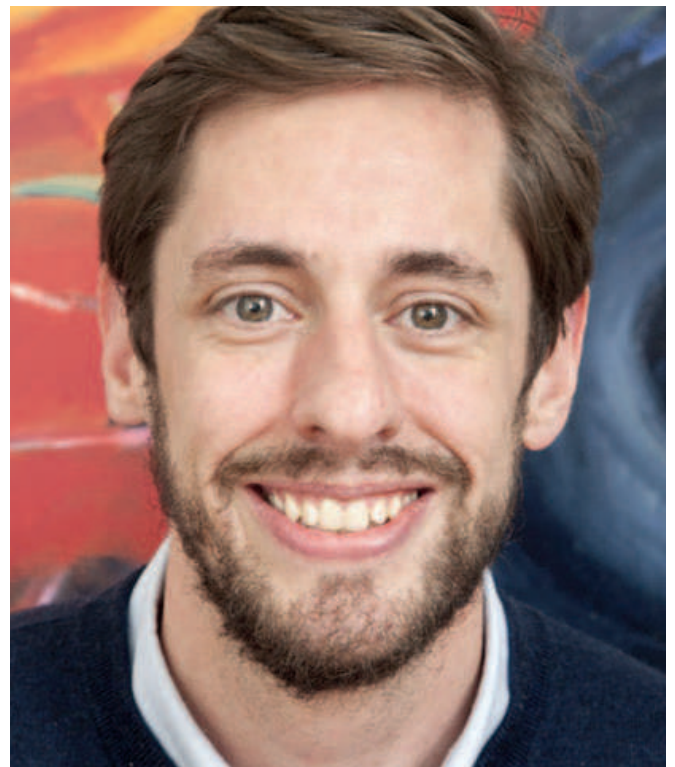
## Ruth Mateus-Berr



Univ.-Prof. Mag. art. Dr. phil., is an artist, scientist, social designer, habil. Univ.-Prof. at the University of Applied Arts Vienna as well as head of the Center Didactics for Art and Interdisciplinary Teaching. The focus of her work is in the field of art, artistic research, (social) multisensual design research, interdisciplinary art and design education, issues of humanity, climate change, national socialism and well-being in the field of health. She received her PhD and Venia Docendi for design mediation. She has published articles and books, won (artistic) research projects (FWF, FFG, WWTF, EU ...) and exhibits art and artistic research internationally.

## Matthew Pelowski

is Assistant Professor of Cognitive and Neuroaesthetics in the Faculty of Psychology, University of Vienna with a dual affiliation in the Vienna Cognitive Science Hub. He is the head of the ARTIS Lab (Art Research on Transformation of Individuals and Society). He takes a particular interest in investigating the relationships we have and the impacts we receive from the visual arts in our lives, our homes, our cities and the museum. He is currently the Coordinator for an EU-Horizon 2020 Consortium project TRANSFORMATIONS: Societal challenges and the arts (<https://artish2020.eu>), combining research institutions and societal partners in psychology/neuroscience, art education and arts policy with a specific focus on the efficacy of arts-based initiatives for changing attitudes, behaviours and health. He also recently launched and is coordinating another program funded by the FWF on the intersection of visual art and Parkinson's Disease (<https://unlocking-themuse.univie.ac.at/>).



## Christoph Redelsteiner

DSA Mag. (FH) Dr. PhDr., MSc, is a social worker, health scientist, emergency paramedic - NKI. He is the director of the master's program in social work at the FH St. Pölten. His main research interests are crisis intervention and public health/care research.





## Bea Robein

(Mag.art), a native of Kärnten/Austria, started her career at the Wiener Volksoper. Since then she has been performing in venues such as the Mozarteum, Wiener Musik-verein, Concertgebouw Amsterdam, Bregenzer Festspiele, Styriarte, etc. She also debuted in big Wagner roles like Brünnhilde (“Götterdämmerung”) and Ortrud (“Lohengrin”). Bea earned her certificate in cultural management with the Institut für Kulturkonzepte Wien in 2021. Since 2020 she is active in the emerging Arts in Health field as artistic director and co-founder of Aufatmen for Long Covid (2021) as well as the development of the ArtWave app with its first research project with the University of Vienna.



## Edith Wolf Perez

BA (Hons), MA, was involved in the first inclusive dance projects in London while studying dance at the Laban Centre and has since continued to explore community dance, inclusion and health as a cultural journalist. She graduated with an M.A. from Warwick University, UK (Cultural Policy and Administration), led the workshop series at the Festival Tanz Bozen/Bolzano Danza, was an advisory board member of arts funding commissions in Vienna and Graz and a project manager of EU projects. She is co-founder and managing editor of the dance magazine tanzAffiche, which she continues to run online as the webzine tanz.at and is on the editorial team of the European Journal for Cultural Policy (now: International Journal of Cultural Policy). She is co-author of „Cultural Policy and Administration in Europe. 42 Insights“ (Vienna: Österreichische Kulturdokumentation, 1994) and editor of „ARTS AND HEALTH - Austria in an International Context“ (Bielefeld: transcript Verlag, 2023). She is a PhD candidate at the University of Music and Performing Arts in Vienna on the topic of Arts, Dance & Health. Edith serves as an expert in competence groups and policy bodies at national and European level, for example, as a member of the Advisory Board of the Dance & Creative Wellness Foundation and as a founding member and chairwoman of ARTS for HEALTH AUSTRIA.



## Viltautė Žemelytė



is a cultural project developer and manager. For more than a decade she has been working on building synergies among culture, education, social and health care. Viltautė is a co-founder of RED NOSES organization in Lithuania and is currently leading the International Programme Department at RED NOSES International. She is the co-leader of the „Creative Europe“ funded cooperation project: “ClowNexus”, dealing with clowning for people with dementia and children with ASD.