



LECTURE SERIES
**MUSIK &
MEDIZIN**

Exploring the Role of Music in
Supporting Recovery from Postnatal
Depression and Loneliness

Rosie Perkins, Centre for Performance Science,
Royal College of Music | Imperial College London, UK

OCTOBER 25, 2023

17:15 Salzburg (CET)

Lecture: In Person & Online

Participation Free of Charge

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MUSIK&MEDIZIN

Exploring the Role of Music in Supporting Recovery from Postnatal Depression and Loneliness

Rosie Perkins (London, UK)

Postnatal depression (PND) is characterised by persistent low mood, sadness, feelings of hopelessness, sleep problems, and frightening thoughts. PND is linked with postnatal loneliness, and social support for new parents is identified as a key means of prevention and support for perinatal mental health problems. This talk will illuminate a programme of work at the Royal College of Music London that has aimed to address some of these challenges through in-person and online music interventions for women experiencing symptoms of PND and loneliness. Details will be shared of the rationale for this work, the coproduced development of the interventions, the research findings demonstrating their effectiveness, and implications for healthcare and music professionals.

Rosie Perkins is Professor of Music, Health, and Social Science at the Royal College of Music London. Based in the Centre for Performance Science. Her research investigates two broad areas within music and mental health: how music and the arts support societal wellbeing and how to enhance artists' wellbeing and career development.

The Salzburg lecture series **MUSIK&MEDIZIN** presents scientific and artistic contributions from leading international experts in various disciplines to explore the interactions and mechanisms between the experience, processing and psycho-physiological impact of music on humans and to understand how music may promote health and wellbeing. The lecture is part of an interdisciplinary course where the referents discuss themes of their fields of research. - **Idea & Direction** Katarzyna Grebosz-Haring (Systematic Musicologist | Programme Area *(Inter)Mediation, Focus Area Science & Art* | University Mozarteum Salzburg / Paris Lodron University Salzburg) - **In Cooperation with** Günther Bernatzky (*Biologist* | Paris Lodron University Salzburg) and Leonhard Thun-Hohenstein (*Child and Adolescent Psychiatrist* | Paracelsus Medical Private University Salzburg)



Time & Place

October 25, 2023,
17:15 Salzburg (CET)
Atelier in KunstQuartier
Bergstraße 12a, 1st Floor,
5020 Salzburg
In Person & Online

Registration Required for Attendance

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Access Data

<https://www.microsoft.com/de-at/microsoft-teams/join-a-meeting>
Meeting ID: 315 691 950 398
Meeting passcode: inBKZj



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