



LECTURE SERIES
**MUSIK &
MEDIZIN**

Therapeutic Uses Of Dance:
Contributions To the Mental Health and
Wellbeing Of People Across the Life Span

Vicky Karkou, Faculty of Health, Social Care and Medicine,
Edge Hill University, Ormskirk, UK

January 11, 2024

17:15 Salzburg (CET)

Lecture: In Person & Online

Participation Free of Charge



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Therapeutic Uses Of Dance: Contributions To the Mental Health and Wellbeing Of People Across the Life Span

Vicky Karkou (Ormskirk, UK)



Time & Place

January 11, 2024
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 number ID: 385 426 910 422
Meeting passcode: UcsEFj



Dance is currently receiving growing attention for its potential to contribute not only to physical but also to psychological health. This presentation will explore what we already know about the impact of dance on the brain and the body's physiology, explaining some of the important mechanisms. It will also discuss results from systematic reviews and meta-analyses on outcomes such as depression and anxiety and offer illustrations of practice through examples of specific studies on dance interventions with vulnerable groups. Finally, the presentation will summarise some important features of engaging with dance practice with therapeutic benefit and make suggestions for future research in the field.

Vicky Karkou is the Director of the Research Centre for Arts and Wellbeing and an internationally known academic and researcher in the arts and arts psychotherapies. She joined Edge Hill University in 2013, originally as a Professor in Performing Arts and more recently as a Professor in the Faculty of Health, Social Care and Medicine where she contributes to the Faculty's research agenda.

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)