

AACBT NSW: Newcastle Pub discussion

# *The arts in health: what is it and how do therapists get on board?*



Would you like to include more arts-based practice in your client work?  
Come to this pub discussion to find out how.

## **GUEST SPEAKER DR GENEVIEVE DINGLE**

In this talk Genevieve will discuss the arts in health and her work related to this topic. "Arts in health" refers to the use of music, art, drama writing and other forms of creative arts within hospitals and community settings. Genevieve will explore the field using examples of her projects such as School of Hard Knocks; the Live Wires Choir with retirement residents and the Mater Young Adults Health Centre. She will outline the mechanisms and effectiveness of such approaches, how you can begin to use the arts in your work, and some key points to consider.

The Newcastle stroke rehabilitation choir "BrainWaves" will also be performing a selection of songs.

*A pub discussion is a relaxed opportunity to observe a presentation on an interesting topic regarding cognitive behavioural therapy. There are opportunities for the willing to engage in a discussion relating to the topic towards the end of the presentation.*

**Registration from 6:15pm for a 6:30pm start, upstairs @ Hotel Delany. Grab your dinner downstairs before the event, and there is wheelchair access via an elevator.**

- **When** Thursday 23 August 2018 @ 6:30-8:00pm
- **Where** Hotel Delany (*upstairs*), 134 Darby St, Newcastle
- **Tickets** AACBT Members **Free** / Non-Members \$10

**Dr Dingle** has developed the Tuned In program, a music based intervention for emotion regulation.

Amongst others, Genevieve also has a grant related to the implementation and evaluation of a structured arts based health program at the Mater Young Adults Health Centre Brisbane.

Genevieve is very qualified in the implementation of the arts in psychological practice.

Come along to this discussion to find out more.

Book now at <https://www.aacbt.org.au/events/>



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