

AACBT Vic 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.

Dr Dingle 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 presentation will include video examples of art therapy, tango dancing and a mental health choir.

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 @ Robert Burns Hotel.

- **When** Thursday 20 September 2018 @ 6:30-7:30pm
- **Where** Upstairs @ Robert Burns Hotel, 376 Smith St, Collingwood
- **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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