



## Music and Health: Promoting Excellence in Practice

A public arts and health seminar presenting the best of Irish music therapy and music and health practice

The National Centre for Arts and Health, in partnership with the Meath Foundation, the Music Department of Trinity College Dublin, RUA RED arts centre and South Dublin County Council are delighted to present this free, public seminar on *Music and Health*. The event aims to bring together leading specialists in the field to present examples of both music therapy and music and health practice in Ireland, as well as to stimulate debate and discussion surrounding the role of music in healthcare settings.



### Agenda for the 23<sup>rd</sup> October 2015, RUA RED Arts Centre

**The Meath Foundation**  
Healthcare, Research and Education at the Hospital in Tallaght

- 09.30 **Arrival and Registration**
- 10.00 Welcome and Opening Presentation Music and Health: From aesthetic support to formal music therapy: Prof Desmond O'Neill, Professor of Gerontology, Trinity College Dublin and Chair of Tallaght Hospital Arts Committee.
- 10.30 Music and Health, an overview: Hilary Moss, Director of the National Centre for Arts and Health, Tallaght Hospital.
- 10.50 The value of music therapy within inter-disciplinary team working with adults and children who have had an acquired brain injury: Rebecca O'Connor, Senior Music Therapist, National Rehabilitation Hospital, Dublin.
- 11.15 **Coffee break\* (see note below)**
- 11.45 Singing and Health: A choir for people with dementia: Sharon Murphy, Musical Director and Carolann Courtney, Arts and Wellbeing Specialist, Kildare County Council Arts Service.
- 12.10 Music with Babies - Mairead O'Donnell, Musician in Healthcare / Community settings.
- 12.30 Song writing in Palliative Care - Martin Fahy, Our Lady's Hospice and Care Services.
- 12.50 Questions and discussion.
- 13.15 **Lunch\*\* (see note below)**
- 14.30 The role of music in promoting health - Caroline Peppard, Health Promotion, Health Service Executive.
- 14.50 Family-Centered Music Therapy in Paediatric Palliative Care - Dee Gray, Senior Music Therapist, Laura Lynn Children's Hospice.
- 15.15 Vocal confidence experiential workshop - Amy Ryan, TCD Department of Music and Musical Director of the Tallaght Hospital Workplace Choir.
- 16.00 Close

\* Coffee and tea provided in RUA RED café area

\*\* Lunch is not provided. Food is available at the RUA RED café and Civic Theatre café.

There are a large number of food outlets in the Square Shopping Centre (opposite RUA RED) Including Streat, Bagel Bar, Tesco (for take away sandwiches) and various Fast Food outlets.

## Music and Health - Speaker Biographies

**Desmond (Des) O'Neill** is a Professor of Medical Gerontology in Trinity College Dublin and a Consultant Geriatrician in Tallaght Hospital. His research interests centre on ageing and the neurosciences with a particular emphasis on the humanities, and he has authored over 300 peer-reviewed papers and book chapters. A particular interest is the development of positive European responses to ageing and the longevity dividend, and he was a founder member and past President of the European Union Geriatric Medicine Society. As Chair of the National Centre for Arts and Health, he has worked with a number of national cultural agencies and institutions to develop the concepts of arts, ageing and health. He is an active contributor to the British Medical Journal Blogs and national media on matters relating to ageing and the humanities. He was awarded the All-Ireland Inspirational Life Award in 2010 for advancing the cause of older people, and the Joseph T Freeman Award by the Gerontological Society of America in 2014.

**Hilary Moss** is Director of Arts and Health at the National Centre for Arts and Health, Tallaght Hospital and Adjunct Assistant Professor, School of Medicine, Trinity College Dublin. She is a musician and Music Therapist and completed a PhD in 2014 on the role of the arts and creativity for older patients in hospitals at Trinity College Dublin School of Medicine. She established and lectures on the only accredited post graduate course for artists working in healthcare settings at NUI Maynooth and contributes to the Medical Humanities course in the School of Medicine, TCD.

**Rebecca O'Connor** has 25 years music therapy experience in health and education, she was Lead music therapist at Chelsea and Westminster Hospital, London establishing and developing the music therapy service. Rebecca was a course tutor on the M.A. in music therapy training at University of Roehampton, London and is currently a senior lecturer on a number of therapy training courses in the UK and in Ireland. She established the music therapy service at the National Rehabilitation Hospital, Dublin in 2008 working with children and adults who have had an acquired brain or spinal cord injury. She has a specific interest in music therapy research and has a Masters in research methodologies.

**Sharon Murphy** (BMus) is a vocalist, musical director and musician in residence with NCAH in Tallaght Hospital. She has pursued professional development opportunities in the area of music and health with Roehampton University, Age-Exchange, CALM and NCAH and has a particular interest in the role of music in the lives of those living with dementia. She has facilitated singing groups in an age-related unit in Tallaght Hospital and other healthcare settings, and is the musical director of Past Times Community Choir in Kildare which was the winning project at the DCU Dementia Elevator Innovation Awards in 2014.

**Carolann Courtney** is the Arts and Health Specialist for County Kildare supported by Kildare County Council Arts and Library Service. Her role considers not just the health element of the individual in terms of sickness and/or absence thereof, but that of the individual's complete wellbeing. She has interpreted this as a means to examine the impact that art, culture, community, societal structures and the environment has on the mental and physical well being of the individual. She uses her position as Arts and Wellbeing coordinator to explore the accessibility of the arts in the county and to investigate how service providers (statutory, community and volunteer) develop a programme of inclusiveness.

**Mairead O'Donnell** (B.A.) is a professional musician who's been working in the field of music in healthcare for a number of years. She facilitates participatory workshops for varied age groups & needs with the aim of exploring each person's potential through the medium of music. She is the musician in residence at Tallaght Hospital & works as a Creative Arts facilitator at St. Patrick's hospital, Dublin. She has received CPD training from Music Network and Musique et Sante (Paris) on facilitation skills in community & outreach settings.

**Martin Fahy** trained as a Music Therapist at the Guildhall School of Music and Drama in London in 1996. He worked with people with learning disabilities for five years in the Charleville Foundation and subsequently in a unit for children with Asperger's in Lucan Educate Together. Since 2005, Martin is the Senior Music Therapist in Our Lady's Hospice and Care Services. Martin lectures in Music Therapy to the final year music students in Maynooth University.

**Caroline Peppard** graduated from University of Ulster with an honours degree in Sports & Leisure Studies and a Diploma in Management. She has worked in the private sector managing sports and leisure facilities and wellness programmes, including arts initiatives for 12 years. Caroline currently works as a Senior Health Promotion Officer in the Health Service Executive and her main areas of interest and research are older people; ageing and the social factors that produce positive ageing and social models of health and illness. Her role in health promotion includes the promotion of the arts in health care. She completed a Masters in Sociology at UCD in 2009.

**Dee Gray** has established music therapy posts in mental health and paediatric palliative care services in Dublin over the past 5 years. She currently works between two services; Laura Lynn Ireland's Children's Hospice and the National Rehabilitation Hospital, with particular interest in supporting the families she works with through music therapy. Dee has presented at various National and International Conferences.

**Amy Ryan** is a graduate of the Liszt Academy of Music, Hungary, where she trained as a choral conductor and music educator. Amy currently conducts UCD Philharmonic Choir, Cuore chamber choir, Irish-language choir, Cór Duibhlinne, St. Mary's Pro-Cathedral Girls' Choir and the award-winning Tallaght Hospital Choir. She has participated in numerous master classes nationally and internationally, and has toured in both Europe and the USA as a cellist. In addition to her choral work, she lectures in music part-time at Trinity College Dublin and Marino Institute of Education.