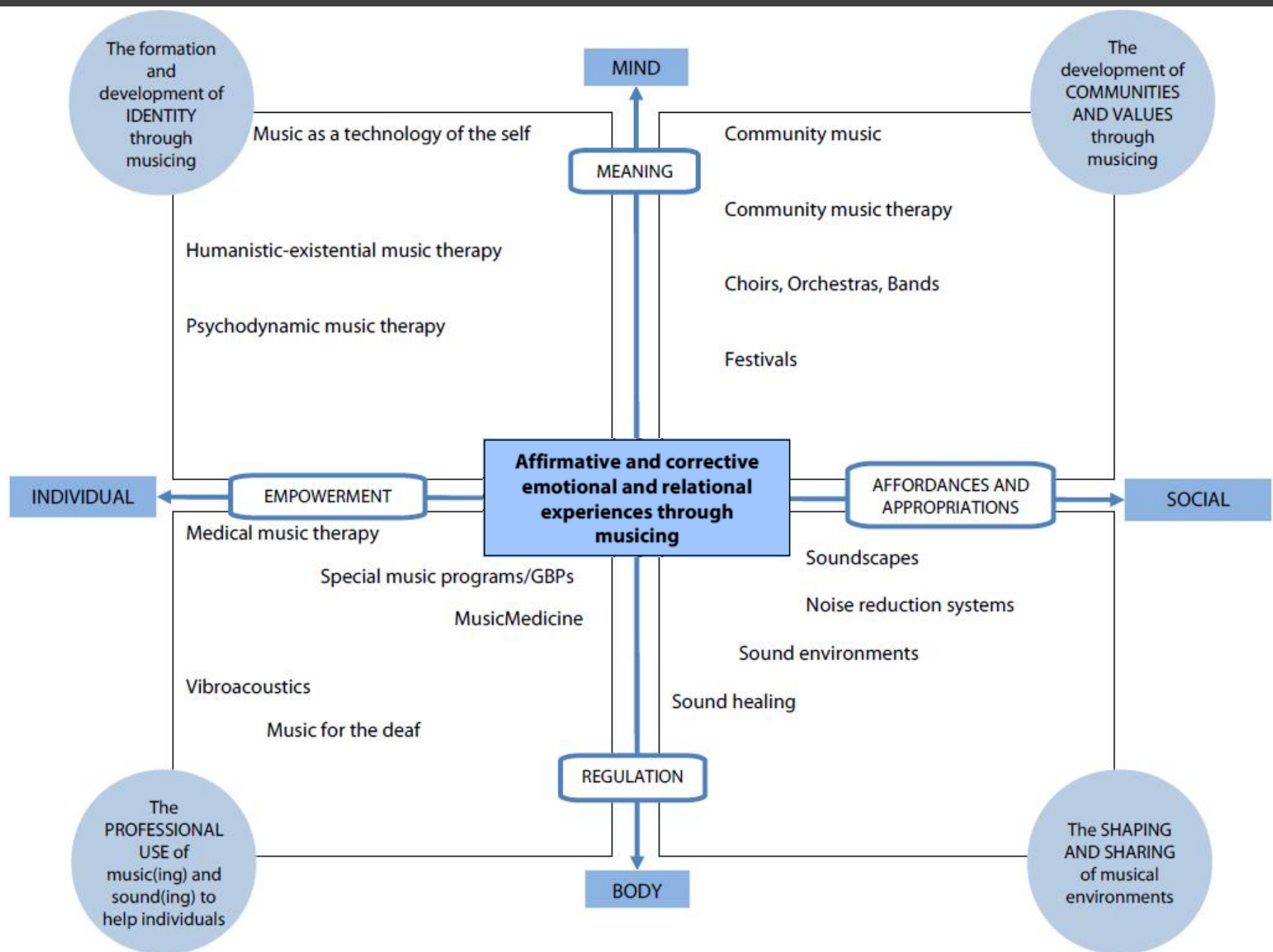


# **Music in health promotion and death education: Perspectives from community music therapy**

Giorgos Tsiris

Scottish Music & Health Network  
'Music as a preventive strategy for public health: a one-day seminar'  
Glasgow Caledonian University, 23 October 2015

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# Emerging music practices and inter-disciplinary dialogues

(e.g. Higgins, 2012; MacDonald, Kreutz & Mitchell, 2012; Malloch & Trevarthen, 2009)

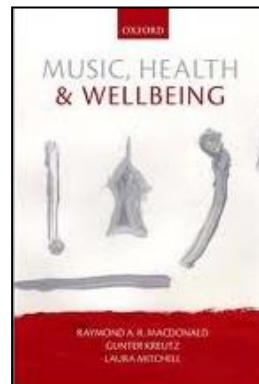
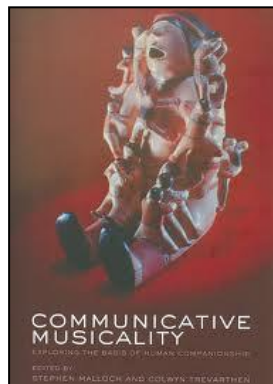
- ❖ Music(ing) as action and relationship
- ❖ Communicative musicality
- ❖ Health musicking

## Community music therapy:

- ❖ 'Community Music Therapy and the Winds of Change' (Ansdell, 2002) & 'Prevailing breeze' (Ansdell, 2014)
- ❖ World Congress of Music Therapy (Oxford, 2002)
- ❖ Research initiatives (e.g. Stige, Ansdell, Elefant & Pavlicevic, 2010)
- ❖ The first UK-based PhD on community music therapy:
  - "The performance of community music therapy evaluation" (Wood, 2015)



Special issue on  
Community Music Therapy  
(May 2014)



Are you afraid  
of dying?



# Health promotion in palliative care... *a paradox?*

- Dying as a social experience (total pain)
- Public attitudes towards death and dying (BBC poll - ICM Research, 2005)
- End of life strategy (Department of Health, 2008)
- Community involvement





# Re-visioning the role of hospices

“Although the hospice movement has been successful in influencing attitudes in medicine and healthcare professions towards death and dying, one of its major failings has been in changing public attitudes. [...] A current and future responsibility, therefore, must be to address this issue and work with communities of people to integrate healthily the concepts of dying and death into their everyday lives. It seems sensible, because of their expertise and experience, that palliative care services should accept this challenge.” (Hartley, 2008, pp. 34-35)

## St Christopher's Hospice

Health promotion: death education & community engagement

- ❖ Schools project (Health promotion project)
- ❖ Social programme



Hartley, N. (2008). Managing Creative Arts and Artists in Healthcare Settings. In N. Hartley & M. Payne (Eds.), *The Creative Arts in Palliative Care* (pp. 21-39). London: Jessica Kingsley.

Tsiris, G., et al. (2011). Music and arts in health promotion and death education: The St Christopher's Schools Project. *Music and Arts in Action*, 3(2), 95-119.



# The St Christopher's community choir (December 2012)

Click on the link below to watch the video clip:

<http://www.sinfinimusic.com/uk/watch/documentaries/the-st-christophers-hospice-choir>

# Beyond our 'comfort zones'...





Music is connected to people's lives  
(biography and narrative) AND music  
connects people's lives (community  
building)

Following people and music

- taking risks
- expanding practices
- re-imagining our professional roles



# Music in health promotion and death education: Perspectives from community music therapy

## *Looking ahead*

- **Ecological understanding of music, people, health, illness, and wellbeing**
- **Old wine in a new bottle?**
- **A professional suicide?**  
(re-professionalisation vs. de-professionalisation)
- **Inter-disciplinary dialogue and collaboration**
  - training
  - practice
  - research



Queen Margaret University  
EDINBURGH



ISME Commission on Special Music Education  
and Music Therapy (July 2016, Edinburgh)

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