



CATR NEWSLETTER

ISSUE 1, SPRING 2014

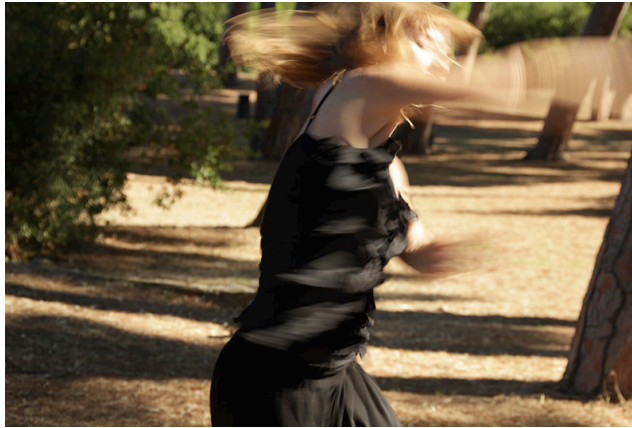


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CATR Newsletter Editors: Dr Beatrice Allegranti and Marina Rova

Director's Welcome



Dr Beatrice Allegranti – Reader in Dance Movement Psychotherapy,
Department of Psychology

I am delighted to be able to extend a warm welcome to the inaugural **CATR Newsletter**. It is published bi-annually by the Centre for Arts Therapies Research in the Department of Psychology, University of Roehampton. By way of stimulating conversation and collaboration, our aim is to provide practitioners and researchers both in the Arts and Play Therapies - as well as those in our cognate disciplines - information about recent research events and current professional activities.

CATR heralds a new phase for the development of Arts Therapies research within the University of Roehampton and within the wider social context. Moving in line with twenty first century progressive paradigms CATR promotes integrated and complex understandings of the intersections between arts, science, psychological and psychotherapeutic processes. The Department of Psychology is excellently placed as a crucible for CATR as it is the only European university that offers a suite of all five arts therapies practitioner training programmes at MA level. Moreover, CATR is defined by its multidisciplinary and interdisciplinary team and involves both staff and student (MA and PhD) members in art, dance movement, drama, music and play therapies.

Throughout each year there are a series of seminars, symposia and conferences including a rich array of international research presentations, workshops, live performances, exhibitions, film screenings and debates. To date, current and completed research carried out by staff and students includes a range of film, performative, practice-based evidence and evidenced-based practice projects including: embodied approaches to working with loss and grief; psychoanalysis and film; feminist approaches integrating biology, body politics and dance film; art therapy's contribution to the psychological care of adults with cancer; dramatherapy and trauma work; dance movement psychotherapy, phenomenology and neuroscience. We welcome applications for PhD study in the above areas.

Looking Back

Since its establishment in 2012 CATR has hosted numerous seminars and symposia bringing together clinicians, artists, performers, scientists, students and the general public in lively participatory discussions and debates. Here are some of the highlights:

Embodying Loss Symposium



The aim of the one-day symposium at the Siobhan Davies Dance Studios was to foster conversations about how we experience profound loss, how we attend to it in our bodies and how we work with others. The day included a blend of interdisciplinary presentations, performances and film screenings across the boundaries of artistic, medical and therapeutic approaches. Watch a video of the event here: <http://vimeo.com/55349513> and the dedicated blog: www.embodyingloss.blogspot.co.uk

Hagit Yakira: Dance for Soul Sake



Choreographer and Laban PhD Student, Hagit Yakira gave a lecture demonstration, combining dance, dance therapy and choreography and demonstrating the way the two disciplines feed into her into creative research and practice. Hagit's autobiographical approach involves such concepts as the self and its relations to others. Hagit works with personal stories and memories of inter-human relationships; but also with the emotions and sensations that emerge through the creative process.

Dr Suzanne Hanser: Music Therapy in Integrative Medicine



Dr Suzanne Hanser visited CATR from the US and presented her research about the psychoneuroimmunology of music therapy. Areas discussed were: the malleability of the brain as it responds to music, the role of music in managing stress and pain, and the ramifications of these mechanisms on the immune system and overall health.

Roger Arguille: Marking Time



UK Art Psychotherapist Roger Arguille presented 'Marking Time' - a film and book about autism within the context of Art Psychotherapy. It is a time based qualitative study of five young men with whom Roger worked during their time at a residential special school in East Sussex.

Joe Moran: Breath Made Visible



Breath Made Visible is the first feature length film about the life and career of Anna Halprin, the American dance pioneer who helped redefine modern art. This cinematic portrait blends recent interviews with counterparts such as the late Merce Cunningham and archival footage including Anna's creation of the first multiracial company in the US and excerpts of the recent revival of her seminal performance, *Parades and Changes* at the Georges Pompidou Centre in Paris, to weave a stunning and inspiring account of one of the most important cultural icons in modern dance. A discussion between CATR director Dr Beatrice Allegranti and UK choreographer Joe Moran followed the screening.

Yeva Feldman: Finding my Body, Finding Myself



UK Dance Movement Psychotherapist, Yeva Feldman presented her research reflexive research project exploring the impact of embodiment on a Gestalt Dance Movement Psychotherapy group with women who suffer from eating disorders. There was a discussion of the results of this qualitative pilot study emphasising: increased positive affect and body image.

Dr Anna Seymour: Exploring Attachment through Theatre



UK Dramatherapist, Dr Anna Seymour led a short workshop where participants were invited to engage physically with an abstract metaphor. This was followed by a formal academic paper where theatrical aesthetics were addressed through the dramaturgy, narrative content and political philosophy of Bertolt Brecht's play *The Caucasian Chalk Circle*.

Dr Beatrice Allegranti: Becoming Bodies



UK Dance Movement Psychotherapist, Dr Beatrice Allegranti presented a world screening of the dance film: *Becoming Bodies* (2013). Alongside this, was a research presentation about (sexed and gendered) bodies not as objects with inherent boundaries and properties but as material-discursive phenomena. The session drew from the collaboratively funded dance-science research project *Becoming Bodies* (2009-2012) created in partnership with the Institute for Cell and Molecular biology, University of Porto.

Marina Rova: Dialoguing the 'space between'



At the start of her doctoral journey, UK Dance Movement Psychotherapist Marina Rova shared her preliminary PhD work-in-progress drawing from the fields of dance movement psychotherapy, phenomenology and cognitive neuroscience. Marina's research hypothesis lies within the actual process of embodiment and the intersubjective space between moving bodies in relationship. In this sense, empathy is viewed not as a passive response of one's visual processing but as an embodied experience co-created in relationship.

Dr Beatrice Allegranti & Dr Jonathan Wyatt: Witnessing Loss: A Feminist Material-Discursive Account



Bringing together performance and psychotherapy, this presentation included an outline of the UnLtd funded and collaborative practice based research project *Moving Voices*, and the screendance, *Your Story Calls Me* (2012): 10 autobiographical stories of loss. Dr Beatrice Allegranti (University of Roehampton) and Dr Jonathan Wyatt (University of Edinburgh) addressed two central aspects following their research with participants who had experienced the death of a loved one: (i) how material-discursive possibilities emerged for all in the process of witnessing and being witnessed and, (ii) how these possibilities demonstrated the corporeal co-implication between the witness, the person witnessed and the person 'lost'.

Member's Activity

CATR members regularly present their research at national and international conferences. Here are some snippets of recent activity.

Dr Beatrice Allegranti (Dance Movement Psychotherapist): Beatrice is currently developing her research in the areas of loss and grief in the context of dementia. Stage 1 of this project – *Dementia Re-imagined* involves a series of international partnerships including the Grieg Academy Unit for Music Therapy, Bergen; the University of Manchester; the University of Leeds, School of Healthcare; Akademi – South East Asian Dance UK; The Alzheimer's Society UK and Network for Music and the Elderly, Norway. With composer Jill Halstead, Beatrice will be developing a dance film that will capture the lived experiences of dementia. The aim of the film is to create a wider understanding of people living with dementia and how engagement with dance and music can help both sufferers and their carers and provide new ways of understanding the experience.

Dr Rachel Darnley-Smith (Music Therapist): Rachel is continuing to work on topics of musical ontology arising out of the practice of music therapy: forthcoming publications include Darnley-Smith, R. (In Press) 'The Role of Ontology in Music Therapy Theory and Practice' in *The Music in Music Therapy*, (eds) Jos De Backer & Julie Sutton, London: Jessica Kingsley Publishers (April 2014). Rachel is also pursuing a long held

interest in the theory of music and psychoanalysis. Following participation in the recent Royal Musicological Association study day, 'Music and Psychoanalysis', (Liverpool University, November 2013) publications currently in preparation include (2015) Darnley-Smith, R. 'The practice of free improvisation as unconscious process', in Twentieth-Century Music, special issue on "Music and Psychoanalysis" , Ed. J. P. E. Harper-Scott CUP.

Lisa Gordon-Clark (Play Therapist): Lisa joined the Roehampton teaching staff five years ago but throughout her academic career, has maintained her clinical practice. Lisa was a Board Director of the British Association of Play Therapists (BAPT) for 11 years and has been editor of the annual British Journal of Play Therapy since 2008.

Gerry Harrison: (Dance Movement Psychotherapist): Gerry is working on an NHS service evaluation on a Perinatal Unit, which looks at the reflections of the women attending a weekly DMP group.

Jonathan Isserow (Art Psychotherapist): Jonathan's practice-based-PhD research investigates the possibility of developing a psychoanalytic visual research methodology in documentary film. His research critically analyzes the seminal documentary practice of James and Joyce Roberston, elucidating and contextualising their approach as visual researchers. It uses this analysis to inform the development of his own film making practice that paradoxically attempts to visually explore the unconscious and the interior through representations of the ordinary, external and surface.

Marina Rova (Dance Movement Psychotherapist): Marina received a PhD research studentship from the University of Roehampton, Psychology Department, to conduct research on kinaesthetic empathy as an intersubjective phenomenon and clinical intervention, combining dance movement psychotherapy, phenomenology and cognitive neuroscience. Marina will complete part of the research fieldwork within a specialist mother and baby unit in East London NHS Foundation Trust.

Matthew Trustman (Dramatherapist): Matthew's research is integral to his practice as a Dramatherapist. he works with teacher's, parents and young people of secondary school age; with young people and adults who are experiencing a wide range of emotional and mental health problems and educational challenges including those associated with the effects of war and immigration, bereavement, family breakups and poverty. For his PhD he is researching the aesthetics of organisations, place making and identity. Current projects include a film exploring a visual artists experience of Dramatherapy, which would follow on from "Spare me the Cutter," a educational resource film made on self-harm.

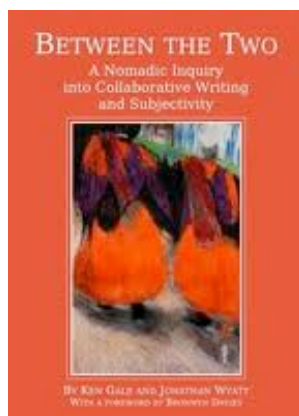
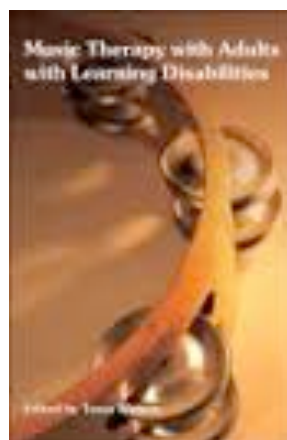
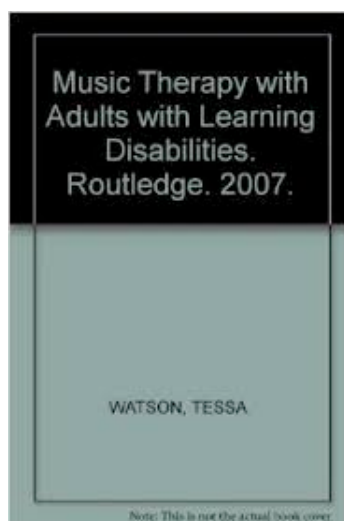
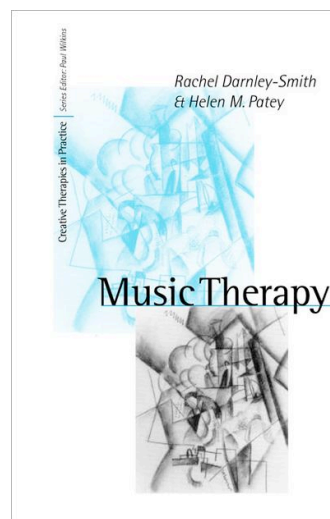
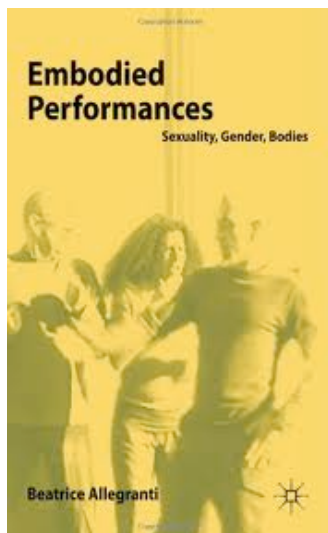
Dr Anna Seymour (Dramatherapist): Anna is Editor *Dramatherapy*, Journal of the British Association of Dramatherapists and director new writers mentorship Scheme, funded by Routledge/Taylor and Francis. Her recent international conference presentations in Dramatherapy include: University of Paris Descartes; Masterclass, Institute of Dramatherapy, Athens; Anglia Ruskin University; Institute of Therapeutic Theatre, Berlin.

Tessa Watson (Music Therapist): Having been invited to speak at the Nordoff Robbins Plus conference in September 2013 - an interesting collaboration between Music Therapists and music psychologists – Tessa was invited to submit her paper to *Psychology of Music*. In response to the theme of Music and Communication, Tessa chose to focus her writing around work with people with severe learning disabilities and the unique transdisciplinary and developmental work her team undertakes with carers. The article will be published in early 2014.

Michele Wood (Art Psychotherapist): Arising from her research, Michele has contributed to the joint publication of her mixed-methods survey: "Art therapy's contribution to the psychological care of adults with cancer: A survey of therapists and service users in the UK", in the International Journal of Art Therapy. Another publication of a joint article is about the relationship between the Adamson collection and the training of art psychotherapists here at the University of Roehampton.

Books by CATR Members

For updates on recent publications see our member's page: <http://www.roehampton.ac.uk/Research-Centres/Centre-for-Arts-Therapies-Research/Publications/>



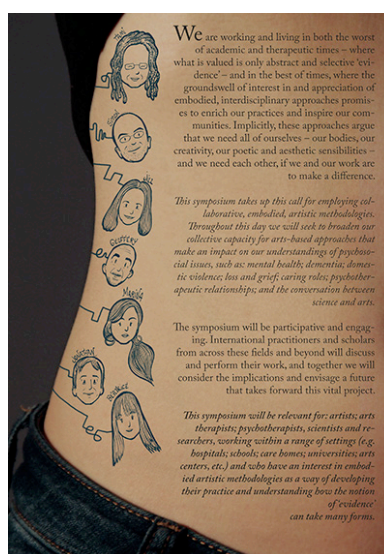
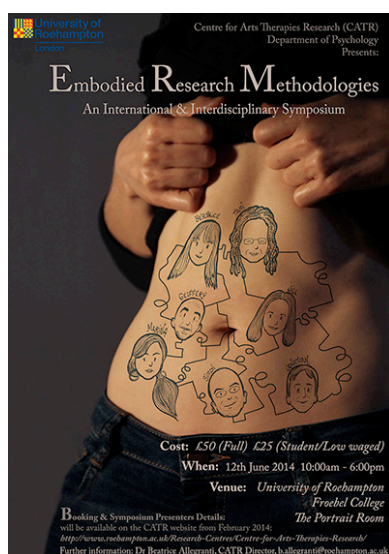
Forthcoming Activities

28th May 2014: MA Dance Movement Psychotherapy Final Year Dissertation Performances (by invitation only)

29th May 2014: Doctoral Research Performance (public event)

11th June Arts and Play Therapies Expo: showcasing MA student work from across all five disciplines (art, dance, drama, music, play – public event)

12th June 2014: Embodied Research Methodologies – An International and Interdisciplinary Symposium (public event)



Follow our activity online www.roehampton.ac.uk/Research-Centres/Centre-for-Arts-Therapies-Research/ and through social media:

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Contact: Dr Beatrice Allegranti b.allegranti@roehampton.ac.uk