

AACBT Qld Pub discussion

The Arts in Health: What is it and how do psychologists 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.

A pub discussion is a relaxed opportunity to observe a presentation on an interesting topic related to 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.

Dr Dingle a lecturer in clinical psychology with research interests in the areas of substance misuse, mood disorders, and psychological constructs that may link dual disorders in particular emotion (dys)regulation.

- **When** Tuesday 27 February 2018 @ 6:30-7:30pm
- **Where** Norman Hotel, 102 Ipswich Rd, Woolloongabba
(enter via Qualtrough St)
- **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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