



*British Forum for
Ethnomusicology*



NAMHE
National Association
for Music in Higher Education

Study Day and Workshop on Music, Well-being and Mental Health

Hereford College of Arts, 11-12 May 2019

- Saturday 11 May 2019: Study Day on Music and Health
- Sunday 12 May 2019: Workshop Day on Well-being and Mental Health for music researchers and practitioners

Call for papers for the Study Day on Music and Health on Saturday 11 May 2019

Individuals and communities' well-being and mental health can benefit from music listening and performing. Conversely, we are increasingly becoming aware of the physical and mental challenges that music professionals from all areas face. These can be further accentuated when considered in a high-pressure environment such as academia. Following on from the success of the 2018 event at York St John University, we are bringing together researchers and practitioners to share their research on the various interrelationships of music, audio and wellbeing. We look to continue building a community with an interest in creating positive change within academia and a range of wider contexts including health, media/entertainment industries and the music performance world. This multidisciplinary study day invites paper (20 or 10 minutes) and poster submissions on topics around music, well-being and mental health for the Study Day. We are particularly interested in submissions from research students and early career researchers.

Possible topics include:

- Therapeutical and medical applications of music/audio for wellbeing and mental health
- Negative effects of music/audio on physical and mental health
- Music and citizenship
- Music and communities
- Immersive audio and wellbeing
- Wellbeing for musicians
- Mental health issues in music
- Well-being in HE
- Mental health issues in HE

To submit an abstract, please email N ria Bonet <researchskills@rma.ac.uk> with the following details:

- Name
- Email Address
- Institutional affiliation
- Abstract (max. 250 words)
- Short biography (max. 150 words)
- Specify whether submitting for paper or poster

The deadline for the submission of an abstract is Wednesday 20 March at 5 pm.

Sunday 13 May 2019: Workshop Day

The Workshop Day is an opportunity to share and establish strategies to protect and improve researchers' and practitioners' well-being and mental health. Get in touch if you think that you might be able to offer a relevant workshop.

If you are interested in leading a workshop on the topics mentioned above, please contact N ria Bonet <researchskills@rma.ac.uk>

Making conferences better

This event is part of the Royal Musical Association's Study Days and Research Skills programmes. We aim to make these events as inclusive and accessible as possible by keeping costs down, adopting inclusive practices and encouraging those without childcare options to bring their children along.

Hereford College of Arts

Hereford College of Arts is situated within the historic city of Hereford, in midst of an exceptional landscape. It offers a wide range of creative courses, including a BA (Hons) Popular Music. Hereford is easy to access by public transport: 1h to Cardiff, 1h30 to Birmingham, 1h30 to Bristol, 2 hours to Manchester and 3 hours to London.