

**MUS.I.C D.A.RE 'Music in Creative Detoxification and Recovery'**  
**University of Brighton, 30th September 2017**  
**Conference Programme**

**10.00 - 10.30am Arrival, Registration, Networking and Coffee**

**10.30 - 10.45am Welcome and Presentation of MUS.I.C.D.A.RE project and partners**  
Dr Lelouda Stamou, University of Macedonia

**10.45 - 11.15am Creative community building activities**  
Kathy Ellwand, PYE

**11.15 - 12.00pm Keynote presentation: Music therapy for Recovery from Addiction?**  
Professor Jörg Fachner, Anglia Ruskin University

**12.00 - 12.15pm Break**

**12.15 - 12.30pm MUS.I.C.D.A.RE project results and e-course**  
Dr Lelouda Stamou, University of Macedonia

**12.30 - 1.15pm The science of music, addiction and recovery**  
Professor Pierluigi Graziani University of Nimes, and Dr. Vasilis Stamou, University of Bradford

**1.15 - 1.30 pm ARGO Recovery Programme**  
Sharing experiences of Music and Recovery from members of ARGO alternative therapeutic community from Thessaloniki, Greece

**1.30pm - 2.30pm Lunch**

**2.30 - 2.50 pm Rising Voices Choir**  
Performance from Bristol's recovery choir

**2.50 - 3.30pm New Note Orchestra & Strummers Guitar Group**  
Making and performing music and recovery: presentation of New Note Orchestra's work and personal stories from New Note musicians

**3.30 - 3.45pm Presentation of Workshops**

**4.00pm - 4.45pm Choice of breakout sessions:**

1. Researching and evidencing music for recovery from addiction - discussion and networking between community groups and international academics
2. Facilitating music activities for recovery - sharing practical games, techniques and activities for working with groups to build inclusive, safe space for self expression
3. Sharing experiences of work with music and addiction - a sharing space for projects and practices

**4.45 - 5.00 pm Break**

**5.00 - 5.45pm Closing plenary & Open discussion and feedback from breakout groups**

**5.45 - 6.00pm Song and closing (Rising Voices)**

**8.00- 10.00 pm Open Mic Celebration**

Hosted by New Note Orchestra & Cascade Recovery Choir @ St Luke's Church  
64 Old Shoreham Rd, Brighton BN1 5DD



## Speakers and Presenters

### **Keynote speaker: Prof. Jörg Fachner**

Jörg Fachner is Professor of Music, Health and the Brain at Anglia Ruskin University, UK. He's a specialist for translational issues of interdisciplinary research topics between medical, humanities and music sciences.

For 20 years Jörg has been working as a professional in the field of music therapy research. He's trained as a social scientist, graduated as an educationalist in music therapy, and received his doctoral degree in medical science in 2001 by studying changes of neural correlates of consciousness (EEG) during music perception. Jörg was trained to use music therapy in special education, specialising in the treatment of adolescents and addiction

### **Dr Lelouda Stamou**

Lelouda Stamou (Ph.D.) is an associate professor of music education and director of Graduate Studies in Music Education and in Music Therapy at the Dept. of Music Science and Art, at the University of Macedonia, Thessaloniki, Greece. Since 2000 she is the scientific coordinator of *Baby Artist* currently operating under the auspices of University of Macedonia, with the following programs: a) *Baby Artist: Program for the Musical Development of Infants, Toddlers and Preschoolers*, b) *Baby Artist: Program for Children with Disabilities*, c) *Baby Artist: The Violinists*, d) *Baby Artist: Music for the Unborn*. She has taught as an assistant professor at the Music Department of the University of Nevada, Las Vegas, where she also directed the Early Childhood Music Program for Infants and Toddlers, and was in charge of the Orff-Schulwerk Teacher Training Program. She did her Ph.D. at Michigan State University and had additional studies in Music Learning Theory, Orff-Schulwerk, and the Suzuki method, all of which she taught for years. She has published in Greek and international journals and has presented in numerous international conferences. She has been President of the Greek Society for Music Education and member of the Administration Committee for a number of years. She has been a reviewer for international music education and research journals and has directed several European Union funded projects. She is currently the scientific coordinator of the 3-year EU Erasmus+ project *MUS.I.C.D.A.RE: Music in Creative Detoxification and Rehabilitation*. Lelouda Stamou has received numerous awards and has been a Fulbright scholar.

### **Prof. Pierluigi Graziani**

Pierluigi Graziani is Director of the Department of Psychology, Languages and History of University of Nimes, France. His research interests include Cognitive Psychology, Clinical Psychology, Behavioural Science and he is a partner of the MUS.I.C.D.A.RE programme. Publications include: [Music-assisted systematic desensitization for the reduction of craving in response to drug-conditioned cues: A pilot study' \(2016\)](#) with Dr Vasileios Stamou, Theano Chatzoudi and Dr Lelouda Stamou.

### **Dr. Vasileios Stamou**

Vasileios Stamou is an interdisciplinary researcher in Arts and Social Sciences and is actively involved in the MUS.I.C.D.A.RE project. Currently based at the University of Bradford, he is also part of the ANGELA project, a UK national research study that aims at improving the post-diagnostic care for younger people with early onset dementia in collaboration with UCL, the University of Northampton and the University of Surrey. His research interests over the last 10 years include the contribution of music in the rehabilitation and social reinsertion of substance-addicted individuals. After studying his Bachelor's degree in Music-Jazz and Masters degree in Music Research at Middlesex University, he worked as a professional musician and music teacher. His deep interest in the potential therapeutic benefits of music led to him to pursue his doctoral studies in the Social Psychology Laboratory of Aix-Marseille University, France. In December 2015, he was awarded his PhD in Psychology after having successfully completed a three-year research project investigating the effectiveness of music-assisted systematic desensitization in drug and alcohol addiction treatment via the extinction of craving responses to substance-conditioned cues. Thesis title: "Music can facilitate the rehabilitation of substance-addicted individuals by extinguishing craving responses to cues conditioned with substance use".

### **New Note Orchestra**

Based in Brighton, New Note Orchestra helps people in recovery from drug and alcohol addiction. It is the first 'recovery' orchestra in the world. We help our musicians learn new skills, increase confidence and reduce isolation, which are essential ingredients to staying sober. Through our public performances we tackle the stigmas surrounding alcoholism

and addiction. Improvisation is at the heart of everything we do and enables us to be inclusive. Anyone can join. We welcome complete beginners who can't read music through to professional musicians. Working as a group to produce our own music empowers our players. NNO creates a community where the players actively support each other. It helps to open up pathways to mainstream opportunities in education, training, work experience and employment.

### **Rising Voices Choir**

We are a choir for people in recovery from problematic drug or alcohol use, as well as advocates of recovery. Based in Bristol, our choir is a place for people to come together, make friends and be uplifted by the power of song. We were featured in BBC programme Songs of Praise February 2017.

### **Cascade Choir**

Cascade Creative Recovery is a small charity, set up in 2013, to support the recovery community in Brighton and Hove. The aim of Cascade Creative Recovery is to provide a community centre with recovery cafe, to give the recovery community a safe space and out of hours support; to set up projects to promote resilience such as drama groups, a recovery choir and art workshops and to provide peer support and advocacy for vulnerable service users. Cascade Creative Recovery is unique in the city of Brighton and Hove, as it is the only project that is run by those in recovery for those in recovery. This allows us to have a real understanding of the issues that our service users face and the potential difficulties in maintaining their journey away from drugs and alcohol .

### **ARGO (Alternative Therapeutic Program for Dependent Individuals)**

ARGO is an alternative drug free, ambulatory (non residential) therapeutic program for dependent individuals. It deals with any kind of dependency from illegal drugs (heroin, cocaine, cannabis, stimulants etc.) and other addictive behaviors (internet addiction, gambling, prescription medicine etc.). ARGO is part of the Greek National Health System and the General Hospital of Thessaloniki G. Papanikolaou - Psychiatric Hospital of Thessaloniki. It has been offering services to adults since 1998. Services are provided free of charge, without any kind of discrimination, regardless of race, beliefs, creed, sex, nationality, sexual preferences, physical disabilities, political tendencies, criminal record or financial status. It is a drug free program. ARGO does not dispense any kind of substitutes during the therapeutic procedures. Service users are not treated as patients, but as a people who are encouraged to assume their responsibilities, to adapt a new way of life and behaviour and a new value system in order to live a life without any kind of dependency. It's based in the therapeutic community movement approach, combining psychotherapy approaches and methods alongside other creative methods, like music, black theater, and art therapy.

### **Partners for Youth Empowerment (PYE) - Kathy Ellwand**

PYE Global's creative community model is a system of facilitation and programme design used in over 15 countries that creates a safe space for self expression and learning from difference. The creative community model uses music, rhythm, engaging the body and creative arts as a human birthright to bring people together and empower individuals. PYE's international network of partners, trainers and practitioners has been growing for over 20 years. Kathy Ellwand is one of PYE's UK team of facilitators. She is an international creative facilitator, trainer and youth worker based in East Sussex, UK. Her passions are music, movement, nature connection and community building, supporting young people and designing programmes around these areas. Current projects are facilitating MUSIC DARE UK activities; delivering training in the UK and Europe in PYE Global's Creative Community model; setting up an inclusive youth arts night in Brighton for local young people and unaccompanied refugees and asylum seekers; and working with LIFEbeat delivering practitioner trainings and youth empowerment programmes using creativity and music to build communities.



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