
MUS.I.C.D.A.RE

Music In Creative Detoxification And Rehabilitation

3rd Joint-Staff Training Event

*Key Action 2: Adult Education: Cooperation for Innovation and the Exchange of Good Practices
(Grant Agreement No 2015-1-EL01-KA204-014013)*

18th – 24th April 2017

Media Centre, 1st floor, Lecture Theatre 1

University of Brighton

154 – 155 Edward St, BN2 0JG

Welcome to MUS.I.C.D.A.RE!

This seminar is part of a 3-year partnership exploring the power of music for recovery from addiction. It will be an intense week of learning between individuals and organisations from Greece, France and the UK. Our group includes people currently in recovery, so **this seminar will be an alcohol-free event** and **we ask that all participants do not drink alcohol before sessions.**

Our optional open mic evening will also be an alcohol-free event.

Our aim is to create a safe space for learning and exploration during the week - thank you for joining us!

MUS.I.C.D.A.RE Partners:

General Hospital of Thessaloniki G. Papanikolaou – ARGO Program non-residential rehabilitation programme part of the Greek National Health service, including music and creative methods alongside psychotherapy and other approaches

Partners for Youth Empowerment (PYE) - an international charity working with partners worldwide, sharing techniques to work with groups through creative community for empowerment

University of Macedonia – bringing perspectives from researchers and lecturers from the Department of Music Science and Art of the University of Macedonia, and the Master's Program 'Music and Society', specializing in a) Music Education and B) Music Therapy.

University of Nimes – bringing perspectives from researchers and lecturers from the departments of Neuroscience and Psychology

Facilitators, Teachers and Researchers:

University of Macedonia: Dr Lelouda (Lida) Stamou and Dr Vasileios (Vasilis) Stamou

University of Nimes: Professor Pierluigi Graziani and Dr Jessica Giuffrida

PYE: Kathy Ellwand and Anna Renau

ARGO Program: Panagiotis Georgakakos and Theano Chatzoudi

With thanks to University of Brighton and the One Church Brighton for hosting the UK edition of MUS.I.C.D.A.RE; Molly Mathieson- Chief Executive of New Note Orchestra; Conall Gleeson - Deputy Head of Media, University of Brighton/New Note Orchestra; and Sophie Wilsdon of Bristol Drugs Project

DAY ONE Tuesday 18th April – Lecture Theatre 1, University of Brighton BN2 0JG

14:00 – 15:30 Opening session: Welcome, Pre-testing & Presentation of partners

15:30 – 15:45 **Break**

15:45 – 17:00 Building a learning community through creativity

DAY TWO Wednesday 19th April – Lecture Theatre 1, University of Brighton BN2 0JG

****Musicians please bring your instruments****

09:30 – 10:00 PYE Facilitation Activities – warm up and check-in

10:00 – 10:30 **University of Macedonia: MUS.I.C.D.A.RE Keynote with Dr. Lida Stamou**

10:30 – 11:30 PYE: creative community - Kathy Ellwand

11.30 – 11.45 **Break**

11.45 – 13.00 PYE: creative community - Kathy Ellwand

13:00 – 14:00 **Lunch**

14:00 – 15:30 PYE creative community - Kathy Ellwand

15:30 – 15.45 **Break**

15:45 – 17:30 PYE creative community - Kathy Ellwand

DAY THREE Thursday 20th April – Lecture Theatre 1, University of Brighton BN2 0JG

09:30 – 10:00 Participant-led warm up and check-in

10:00 – 11:30 University of Nimes – CBT, Music & Addiction – Mme Valérie Khodara

11:30 – 11:45 **Break**

11.45 – 13:00 University of Nimes – CBT, Music & Addiction – Mme Valérie Khodara

13:00 – 14:00 **Lunch**

14:00 – 15:45 University of Nimes – CBT, Music & Addiction – Mme Valérie Khodara

15.45 – 16:00 **Break**

16:00 – 17:00 New Note Orchestra presentation - Molly Mathieson & Conall Gleeson

17:00 – 17:30 Participant led reflection & closing

DAY FOUR Friday 21st April – Lecture Theatre 1, University of Brighton BN2 0JG

- 09:30 – 10:00** Participant-led warm up and check-in
- 10:00 – 11:30** University of Nimes: Neuroscience, Music & Addiction – Dr. Jessica Giuffrida
- 11:30 – 11:45** **Break**
- 11:45 – 13:00** University of Nimes: Neuroscience, Music & Addiction – Dr. Jessica Giuffrida
- 13:00 – 14:00** **Lunch**
- 14:00 – 15:15** University of Nimes: Neuroscience, Music & Addiction – Dr. Jessica Giuffrida
- 15:15 – 15:30** Participant led reflection & closing

****Free afternoon ****

DAY FIVE Saturday 22nd April – Lecture Theatre 1, University of Brighton BN2 0JG

- 09:30 – 10:00** Participant-led warm up and check-in
- 10:00 – 11:30** University of Nimes: ‘CBT, Music & Addiction’ - Prof. Pierluigi Graziani
- 11:30 – 11:45** **Break**
- 11:45 – 13:00** University of Nimes: ‘CBT, Music & Addiction’ - Prof. Pierluigi Graziani
- 13:00 – 14:00** **Lunch**
- 14:00 – 15:30** University of Macedonia: Music-assisted Systematic Desensitization
– Dr. Vasileios Stamou
- 15:30 – 15:45** **Break**
- 15:45 – 17:00** University of Macedonia: Music-assisted Systematic Desensitization
– Dr. Vasileios Stamou
- 17:00 – 17:30** Participant led reflection & closing
- 19:30 – 21:30** **Optional activity **OPEN MIC NIGHT @ St Luke’s Church ****

64 Old Shoreham Road, Brighton, BN1 5DD
Please bring instruments, songs, poems & stories!

DAY SIX Sunday 23rd April – Lecture Theatre 1, University of Brighton BN2 0JG

- 09:30 – 10:00** Participant-led warm up and check-in
- 10:00 – 11:30** University of Macedonia: Music-assisted Systematic Desensitization
– Dr. Vasileios Stamou
- 11:30 – 11:45** **Break**
- 11:45 – 13:00** University of Macedonia: Music-assisted Systematic Desensitization
– Dr. Vasileios Stamou
- 13:00 – 14:00** **Lunch**
- 14:00 – 15:30** ARGO: ‘Addiction-Addicted-Rehabilitation’ - Panagiotis Georgakas
- 15:30 – 15:45** **Break**
- 15:45 – 17:00** ARGO: ‘non-verbal communication and creativity in the therapeutic process’
- Panagiotis Georgakas
- 17:00 – 17:30** Participant led reflection & closing

DAY SEVEN Monday 24th April – One Church, Florence Road, Brighton, BN1 6DL

- 09:30 – 10:00** Participant-led warm up and check-in
- 10:00 – 11:30** ARGO: presentation of the ARGO programme - Theano Chatzoudi
- 11:30 – 11:45** **Break**
- 11:45 – 13:00** ARGO: presentation of the ARGO programme - Theano Chatzoudi
- 13:00 – 14:00** **Lunch**
- 14:00 – 16:00** ARGO: Rhythm expression group practical session - Theano Chatzoudi
- 16:00 – 16:15** **Break**
- 16:15 – 17:30** Reflections, Post-testing and Closing