



SHOWCASING WSU ARTS, HEALTH AND WELLBEING RESEARCH WITH EXPERT PANEL DISCUSSION



Western Sydney University aims to create a vibrant and well regarded arts and health research culture. Our interdisciplinary teams of researchers focus on bringing creative practice to healthcare, navigating arts engagement in challenging times, and using art for our collective wellbeing.

You are invited to our inaugural Arts, Health and Wellbeing research showcase on **Wednesday the 8th December 10 AM – 12PM**

The 2-hour event showcases innovative arts, health and wellbeing research. These rapid fire presentations will be followed by an expert panel discussion about how to support arts, health and wellbeing practice, research and policy in Western Sydney and beyond.

In our challenging times, it is perhaps now more critical than ever to better understand how art can benefit the health and wellbeing of societies and environments. We aim to build upon cultural wellbeing frameworks to enable better implementation art, health and wellbeing practices and policies and resultant policy directions.

[REGISTER HERE](#)

10.00-10.15	<p>Welcome: Professor Virginia Schmied (Research Theme Champion, Health and Wellbeing) Acknowledgement of Country: Alison Barnes Opening address: Professor Kate Stevens Pro Vice Chancellor STEM cluster</p>
RAPID FIRE PRESENTATIONS: Chairs Paul Breen and Karin Mackay	
10.15–11.05	Karin Mackay: Stories, Art and Cultural Wellbeing in Diverse Communities
	Rachel Jacobs: Art, Wellbeing and Sustainability in South West Sydney
	Cali Prince: Innovations In Embodied, Sensory, Narrative, Poetic, Performative & Relational Methodological Approaches: Reveals A Multiplicity of Voices (that are often not heard).
	Alison Short: Using music to reduce anxiety in gynaecological and fertility treatment
	Sandra Garrido: Working with young people to develop a smartphone app for mental health
	Sarah Versitano: Consumer experiences and effectiveness of art therapy in acute inpatient child and adolescent mental health
	Francis Owusu: Dance for Life: Expressive arts and Cultural Wellbeing
	Dafna Meron: Social Dancing for Improving Physical, Cognitive, and Mental Health Of Older Adults
	Nora Masige: Finding home: African Australian young people's stories of home and hope
Diana Jefferies: Mockingbird: Understanding lived experience of perinatal mental health through drama	
Ann Dadich: How to Promote Knowledge Translation via Arts-Based Methods	
PANEL DISCUSSION: Chair: Virginia Schmied	
11.05-11.50	Jade Lillie: Head of Industry Development, Development and Strategic Partnerships Australia Council for the Arts
	Brett Adlington: CEO, Museums and Galleries NSW
	Leanne Tobin: Dharug Multidisciplinary Artist and Educator
	Josephine Chow: Director Strategy & Partnerships and Director of SWS Nursing & Midwifery Research Alliance and Deputy Director Research SWSLHD
	James Arvanitakis: Executive Director: Australian American Fulbright Commission and Adjunct Professor Institute for Culture and Society, WSU
Janette Perz: Professor and Director, WSU Translational Research Institute (THRI)	
11.50-12.00	Closing remarks: Karin Mackay and Virginia Schmied