



**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 8<sup>th</sup> 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.

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