

Critical thinking & health in music education

A NWCDTP-funded event, RNCM, 14 November 2017

09.30 – 10:00 - Registration with tea/coffee

10.00 – 10.55 - Introduction to the day: aims and objectives; What do we know about musicians' health so far? What might be some of the myths and misconceptions in music education? What is critical thinking and why should we care? What does the literature tell us about interventions aimed at critical thinking? Is there a gap between research and practice in music education? What is the relationship between critical thinking and health literacy in health promotion?
(Raluca & Keith)

10.55 – 11.15 - Tea/Coffee break

11.15 – 11.45 – *Prof. Jane Ogden – A critical thinking toolkit*

11.45 – 12.00 – Q & A

12.00 – 12.45 – *Prof. Reinhard Kopiez – Critical thinking in music education and music psychology*

12.45– 13.00 – Q & A

13.00 – 14.00 – Lunch

14.00– 15.00 – Group work

15.00 – 15.20 – Feedback + Larger group discussion

15.20 – 15.40 – Tea/Coffee break

15.40 – 16.40 - Group work

16.40 – 17.00 – Feedback to the group

17.00 – 17.30 – Panel discussion & questions from the audience with:

Prof. Jane Ogden – Prof. of Health Psychology, University of Surrey

Prof. Jane Ginsborg – Associate Director of Research, RNCM

Dr. John Habron - Head of Music Education, RNCM

Dr. Floriana Grasso – Lecturer in Computer Science and e-health, University of Liverpool

Ben Whybrow – NHS Musculoskeletal Physiotherapist & Contributor to the Bass Guitar Magazine, Cambridge

17.30 – 17.40 – Conclusions & End

Speakers



Jane Ogden is a Professor in Health Psychology at the University of Surrey where she teaches psychology, vet, medical, nutrition and dietician students to think more psychologically about health. She has also run a critical thinking module for about 10 years to encourage students to feel that it is legitimate to criticise what they are reading. Her research focuses on eating behaviour and obesity management and she has published over 180 papers and 7 books and is a regular contributor to the media.



Reinhard Kopiez received a degree in classical guitar from the School of Music in Cologne (1982), and a masters and PhD (1990) in musicology from the Technical University in Berlin. Since 1998 he is professor of music psychology at the Hanover University of Music and Drama, Germany and head of the Hanover Music Lab. His latest journal publications concern psychological research on the relationship between

music performance and handedness, historiometric analyses of Clara Schumann's repertoire, groove in popular music, and the evaluation of audio-visual music performance. He is co-editor of the German standard handbook on music psychology (*Handbuch Musikpsychologie*, 2018, Hogrefe). From 2009-2012 he was president of the European Society for the Cognitive Sciences of Music (ESCOM) and since 2013 he is the editor of the journal *Musicae Scientiae*.

Speakers & Organisers



Raluca Matei is currently an AHRC-funded final year PhD student in Music Psychology, at the Royal Northern College of Music (RNCM), with a focus on health promotion among musicians. Her PhD is part of the wider Musical Impact project, and supervised by Prof. Ginsborg, Prof. Goldbart and Dr. Broad. She holds first degrees in psychology and music, and an MSc in Health Psychology from University College London. She has also studied violin at the Menuhin Academy in Switzerland. The British Psychological Society (Division of Health Psychology) has awarded her both the Public Engagement Grant 2015 and the Research Seminar Grant 2015 for her interdisciplinary workshops and research seminars aimed at tackling musicians' health. In 2014, she initiated the first, still ongoing annual health psychology conference (*Health Now*) in Bucharest, Romania. Raluca also acts as Research Manager Volunteer for *Get Britain Standing*, a national campaign aimed at reducing sedentary behaviour. She has strong interests in the public engagement with science (psychology, most notably), as well as the incorporation of research and evidence into education.

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Keith Phillips is a final year PhD student in music psychology, at RNCM, under the supervision of Michelle Phillips and Simon Parkin. His research focuses on the phenomenology of improvisation and the cognitive processes involved. He has been a musician (jazz guitarist) and composer as well as a tutor for over 25 years. His work in a variety of styles has included live performance, radio and television appearances and recording engagements. His first CD, the Keith Phillips Quartet's *The View from Nowhen*, was released in 2003, funded by the JazzLife label. One of his compositions was later published in Real Book North West. Keith also holds a BSc Hons in Computer Science and Mathematics and a PGCE. He has strong interests in philosophy and critical thinking.

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Groups – Formula 1

Group 1 (Seminar Room 2)	Group 2 (Seminar Room 2)	Group 3 (Seminar Room 3)	Group 4 (Seminar Room 3)	Group 5 (Conference Room)	Group 6 (Conference Room)
Sally Anderson	Reinhard Kopiez	Marianna Cortesi	Jessica Duckworth	Michael Loughran	Angela Birt
Matthew Hill	Jane Ginsborg	Despoina Gkountara	Naomi Martin	Jane Ogden	Peter Jones
Valerie Langfield	Keith Phillips	John Habron	Floriana Grasso	Duncan Wilkins	Maggie McNeill
Stephanie Oatridge	Nellinne Ranaweera	Federico Pendenza	Julie Parker	Rebecca Sundhu	Kate Scott
				Raluca Matei	Edwin Walsh
					Ben Whybrow

Groups – Formula 2

Group 1 (Seminar Room 2)	Group 2 (Seminar Room 2)	Group 3 (Seminar Room 3)	Group 4 (Seminar Room 3)	Group 5 (Conference Room)	Group 6 (Conference Room)
Sally Anderson	Marianna Cortesi	Despoina Gkountara	Stephanie Oatridge	Federico Pendenza	Valerie Langfield
John Habron	Michael Loughran	Kate Scott	Edwin Walsh	Ben Whybrow	Maggie McNeill
Matthew Hill	Peter Jones	Jessica Duckworth	Duncan Wilkins	Naomi Martin	Julie Parker
Floriana Grasso	Jane Ginsborg	Keith Phillips	Jane Ogden	Nellinne Ranaweera	Angela Birt
				Raluca Matei	

Delegates

Sally Anderson , Royal Liverpool Philharmonic Orchestra	sally.anderson@liverpoolphil.com
Prof. Sorin Baiasu , Professor of Philosophy, Keele University	s.baiasu@keele.ac.uk
Angela Birt , Consultant Obstetrician	angelathanda.birt@btinternet.com
Marianna Cortesi , Postgraduate student in Music Education at University of York	mc1739@york.ac.uk
Jessica Duckworth , MSc Student, Medical Humanities	Jessica.duckworth-2@student.manchester.ac.uk
Prof. Jane Ginsborg , Associate Director of Research, RNCM	jane.ginsborg@rncm.ac.uk
Despoina Gkountara , MA student in music education, University of York	dg928@york.ac.uk
Dr. Floriana Grasso , Lecturer in Computer Science, University of Liverpool	floriana@liverpool.ac.uk
Jane Gray , Student Wellbeing Advisor, RNCM	jane.gray@rncm.ac.uk
Dr. John Habron , Head of Music Education, RNCM	john.habron@rncm.ac.uk
Matthew Hill , Psychology student & musician, MMU	matthew.hill3@stu.mmu.ac.uk
Peter Jones , Community Mental Health Nurse & Researcher	peter.jones@lancashirecare.nhs.uk , h2cmng@yahoo.co.uk
Claire Judd , Physiotherapist, Chetham's School of Music	clairejudd@hotmail.co.uk
Prof. Reinhard Kopiez , Hanover University of Music, Drama and Media, Germany	reinhard.kopiez@hmtm-hannover.de
Dr Valerie Langfield , Instrumental tutor, University of Manchester	piano@valerielangfield.co.uk
Michael Loughran , PhD student in health psychology, University of Manchester	michael.loughran@postgrad.manchester.ac.uk
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Raluca Matei , PhD student, RNCM	raluca.matei@hotmail.com
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Stephanie Oatridge , Oboist & Running Coach	steph.oatridge@ntlworld.com
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