Programme for pre-conference activity: Music therapy and prevention

Host: **Medical School Hamburg**

Address: **Schellerdamm 22-24, 21079 Hamburg**

Organisers: **Lisa Prechtl, Cordula Reiner-Wormit, Andreas Wölfl**

Date & time: **23 July 2025, 09:30 am – 04 pm**

09:30 - 10:00 Registration, sign up for workshops and coffee

with welcome from Lisa Prechtl, Cordula Reiner-Wormit & Andreas Wölfl

10:00 – 11:30 Dr. Andreas Wölfl, Dr. Ewa Bacia & Lars Tuastad

„Structural conditions of music therapeutic preventive work. Aspects of research in arts therapies and how preventive programs can be included in schools. Preventive effects of community music therapy."

11:30 – 12:15 Lunch

12:15 - 13:15 Workshops Part I

- *Sounds and deep relaxation*: A program for adults and also for children combining autogenic training with the music therapy technique *sound-trance* (Urte Reich).
- *Pupils with a migration background and poor local language skills:* The aim is to make an experience as a valuable and self-effective part of the group (Ingrid Geresch & Andrey Jesús Colmenárez Perníaz).

13:15 - 13:30 Coffee/tea

13:30 - 14:30 Workshops Part II

- *Drumming groups*: A group setting for adults concentrating on the social context. Guided drumming and improvisation are used (Cristina Chiosea).
- *Dementia & burnout:* This workshop introduces the so-called *dementia choir* for people suffering from dementia (experience competences) and their relatives (burnout prevention) (Anette Mahlberg).

14:30 - 14:45 Coffee/tea

14:45 - 15:30 World Café

15:30 – 16:00 Summary & discussion of findings from World Café

Registration is possible until 9 July 2025.

Please contact: preconference-prevention@mailbox.org

Service charge: 35 Euro (for catering)