

3. EAMI Conference

The power of music

***- embodiment, trauma healing,
spirituality.***

21.-25. September 2022

Trinity, Southern Denmark



The conference will honor the spiritual qualities and affordances of music as the center of the GIM method, and the ways in which the music moves and transforms our body, emotions, mind, and spirit, changes our ways of being in relationships and as citizens. The urgency of living in a world facing global conflicts, pandemic, climate crisis, trauma and terror challenges us in both private life and on collective levels. How can the music empower GIM clients to find their path?

The conference will be a **hybrid conference**, with possibilities for participating and presenting physically or online.

Welcome to a conference brimming with music, dialogue, and empowerment of the growing GIM community!

Theme of the one-day pre-conference 21.9.22: GIM and trauma healing

We invite workshops and papers that relates to the adaptation of GIM for the stabilization and processing of trauma. Contributions focused on specific experiences and methods, related to bodily states and dissociation, and to different kinds of trauma are invited, as well as presentations related to self-care to avoid vicarious traumatization in the therapist.

All participants in the pre-conference are offered a workshop concerning how to avoid therapist vicarious traumatization “Selfcare for the therapist working with traumatized clients”.

Call for papers: Deadline December 1, 2021.

The Chair of the Scientific Committee is Prof. Leslie Bunt, Bristol, UK. Please send your abstracts to: Leslie Bunt <leslie_bunt@hotmail.com>

Requirements for proposals

Please indicate the category of your contribution and whether it will be a live presentation or a digital (online presentation):

Paper presentation: research, clinical, theoretical, music program

Workshop (workshops are either for participants at the conference venue, or they are online, open for all online subscribers to the conference.

Roundtable panel (please specify presenters and chair)

Poster (can be showed digitally and/or live).

An abstract of maximum 250 words should include:

- a) A precise title
- b) Background: A short description of the question or theme addressed in your presentation, with background and aim
- c) the method used to answer the question/ to approach the theme
- d) if relevant any preliminary results or findings or conclusions of inquiry or project
- e) name(s) of presenter(s)

You may add up to 5 references.

Please add 3 to 5 keywords that characterize the content of the presentation.

Please also add a statement on how your contribution is related to the theme of the conference.

Please accompany the abstract with a short CV (max 60 words) including GIM credentials and contact address.

Please also indicate equipment needs.

Deadline: 1.12.2021, Decisions will be reported during February 2022.

Durations:

Paper: 30 min + 10 min. discussion, Workshop: 90 min, Panel: 90 minutes, Poster presentation: 3 minutes in a shared session.

Conference organization

Inge Nygaard Pedersen, Catharina Messel, Charlotte Dammeyer, Julie Exner, and chair Bolette D. Beck.

Contact person: Bolette Beck: bolette.d.beck@gmail.com, +4527283692

Scientific committee:

Head of scientific committee: Leslie Bunt, (GB) Members: Lars Ole Bonde (DK), Gro Trondalen (NO), Christa Steingruber (CH), Barbara Zanchi (IT), Svein Fuglestad (NO).

Ethics

It is important that standards of good ethical and scientific practice are followed at the 3rd European Guided Imagery and Music Conference. GDPR: Furthermore, respect for a persons rights and dignity must be demonstrated in all conference contributions that include, or refer to, material of individual persons. If you are planning to include any video or audio material in your contribution, please make sure to have the written informed

consent of involved persons (respondents, clients, patients and/or their carers) ready to show upon request by the Scientific Committee, and that your clinical data is safely kept on either encrypted USB-stick or external hard disk.

The presentations will be recorded with written consent from the presenter and shown only as streaming in 30 days following the conference, in a protected environment.

Venue

Trinity Hotel & Conference Center A/S, Gammel Færgevej 30, Snoghøj, 7000 Fredericia, DK

Homepage: www.trinity.dk



Green key sustainable hotel

Trinity is awarded with a Green Key, which is the international ecolabel for tourism. It means that the hotel has an environmental leadership, reduced use of energy and water, waste sorting, supports ecological products, uses environmentally friendly washing and cleaning products, avoids chemical herbicides, and much more.

The conference center is placed at the old bridge between Funen and Jylland, with a view to the water (Lillebælt), where it is possible to take walks in the forest and a morning swim, and there are also options to go to a larger nature area nearby where you can see white deer.

All meals are included in the conference fee, and there are options for special food requests.

Double rooms and single rooms are available at the conference center (see Registration).

The hotel is experienced and technically equipped to take care of hybrid conferences. We will have technical assistance to optimize the online streaming. Links for participation will be mailed 1 week before beginning of the conference.

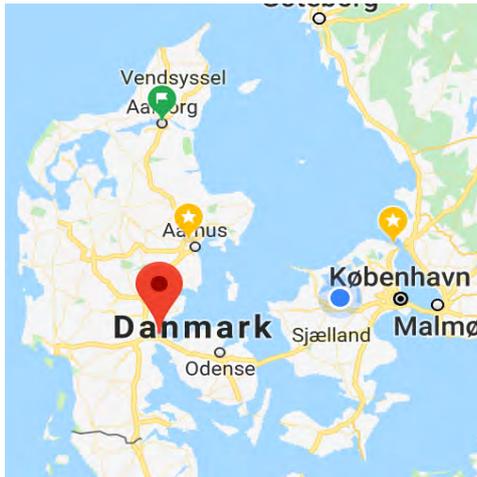
Transportation

The hotel is situated 6 km from Fredericia station.

Airport Billund: distance 56 km. 1,5 hours with bus/train.

Airport Copenhagen: distance 216 km. 3 hours with train.

Fly to **Billund airport**. Taxi: +4548484848



Or bus no 43 to Vejle station (30 min.), train to Fredericia station (15 minutes), bus no 3 to Snoghøj (25 min.)

Plan your trip with www.rejseplanen.dk

Fly to **Copenhagen (Kastrup) airport.**

Train (track 2) to Copenhagen central station (København H). Train to Fredericia every hour, 2 h 18 min.

Bus no 3 to Snoghøj (25 min.). Or taxa (order online on taxasyd.dk or via app)

Driving: take E20 and take off at 60 Fredericia V
Free parking at the hotel.

Registration

Registration and payment:

Please register at the GIM 2022 homepage at Nemtilmeld (a Danish company) – see links below
For Danish participants: (link will be uploaded December 2021)

For all other participants: (link will be uploaded December 2021)

For the fee structure of EAMI GIM 2022 conference, the local organisation committee finds it important that fees are affordable for all attendees, and that music therapists from low-income countries and students are encouraged to participate, especially in today's harsh economic conditions in Europe. To achieve this, all members of the local organising team are working in an honorary capacity, and being a non-profit organisation, we simply try to cover the costs in hosting this conference. 10 tickets are available for participants from low-income countries/students, by the principle of firstcomers. Please write a mail to the organizing group: bolette@hum.aau.dk for a request of having one of these tickets before registration and payment.

REGISTRATION FEES for online participation INCLUDE

Streaming of keynotes, presentation, panels, general assembly, poster presentation, online workshops, and music performances, with the permission of the presenters/musicians.

Streaming is open 30 days after the conference.

Online participation: early bird (until 01 April 2022) 175 €

Online participation: late bird (after 01 April 2022) 200 €

ALL REGISTRATION FEES for live participation and accomodation (budget is being reworked, prices will come December 2021)

Conference fee include: Conference attendance, all meals, dinner with 3 courses Saturday evening, coffee/tea breaks with fruit and cake, participation in new fellows' ceremony including transportation, music performances. Accomodation in the hotel Trinity is paid together with the fee.

We divide participation in three different options: Preconference (only), Main conference (only), Full conference (both). It is possible to book an extra night at the hotel from Tuesday to Wednesday – please write in the registration information.

Preconference fee includes participation in special workshop on Selfcare when working with traumatized clients

Early bird registration is open until April 01, 2022.

MAIN CONFERENCE (Wednesday 18.00- Sunday 14.00)

Conference fee

PRE-CONFERENCE (Wednesday 9.00-18.00)

Includes small breakfast, lunch and coffee/tee + trauma workshop

Preconference fee

FULL CONFERENCE: MAIN + PRECONFERENCE

Full conference fee

Special conference fee for participants from countries with a GDP per capita below EUR 20,000/students (10 tickets)

Late bird registration 01 April - 01 August 2022

PRE-CONFERENCE

MAIN CONFERENCE

FULL CONFERENCE Pre+main conference

Accommodation:

HOTEL ROOMS: is booked with the registration with conference rates (please don't book directly with the hotels, as we have special rates).

Trinity conference centre:

Single room: per night
Double room: per night (for 2 persons)

Medio Hotel:

Nearby (across the road) is a hotel with 4-6 bed rooms with options for very cheap accommodation. Hotel Medio <https://www.hotelmedio.dk/>

For availability and booking: Please contact the organizing group bolette@hum.aau.dk

New fellows' ceremony

Please write a mail to the organizing group if you want to be included in the ceremony as a new fellow: bolette@hum.aau.dk

EAMI general assembly

Will be scheduled

Social programme:

Bridge walking
Concerts

Keynotes

Together in Music: Phenomenological Explorations of Musical Absorption

By Simon Høffding

In this talk, I present some key findings from my phenomenological investigations on musical expertise as summed up in my monograph *A phenomenology of Musical Absorption*. For the last 8 years or so, I have been touring with, interviewing, and conducting experiments with The Danish String Quartet (DSQ) – one of the world's leading classical ensembles today. Having performed together as a tightly knit group for 10-15.000 hours has, I show, changed the structure of their consciousness. Their minds have become resilient to stress, robust yet flexible, but also subject to mental experimentation into zones of dissociation, out-of-body experience, hyper-reflection, amnesia, and sleep-like or blackout-like states.

After presenting a general topography of such musical absorption, I focus on the DSQ's sense of togetherness and analyze the different ways in which they partake in a single performance and a single mind. Here it becomes evident that processes of cognitive empathy, of "putting oneself in the other's musical shoes" cannot essentially explain the constitution of such a shared mind, which is better understood through analyses of pre-reflective bodily self-awareness and a sense of resonant affect.

Finally, I ask whether we can find any important structural similarities between the musical journeys of such an expert ensemble and that of therapist and client's relation and development over the course of GIM interventions.

Simon Høffding is a post-doctoral researcher at the Department of Musicology and the RITMO Centre for Interdisciplinary Studies in Rhythm, Time and Motion, University of Oslo. He obtained his ph.D from the Centre for Subjectivity Research, University of Copenhagen in 2015 and has since held positions at the Interactive Minds Centre, University of Aarhus, and at the Department of Psychology, University of Copenhagen. His main interests are in phenomenology, 4E cognition,

(bodily) self-awareness, aesthetic experiences, musical absorption, expertise studies, shared minds, and improvisation. He pursues these interests through interdisciplinary methodologies combining phenomenological analysis, ethnographic fieldwork and psychophysiological experiments. This work is published in *Phenomenology and the Cognitive Sciences*, *Journal of Consciousness Studies*, *Topoi*, *Synthese*, *Mind & Language*, and *Musicae Scientiae* and in his first monograph, *A Phenomenology of Musical Absorption* (Palgrave Macmillan).

Simon Høffding is a postdoctoral researcher at the University of Southern Denmark. He obtained his PhD from the Centre for Subjectivity Research, University of Copenhagen in 2015 and has since held positions at the Interactive Minds Centre, University of Aarhus, and at the Department of Psychology, University of Copenhagen. His main interests are in phenomenology, 4E cognition, (bodily) self-awareness, aesthetic experiences, musical absorption, expertise studies, shared minds, and improvisation. He pursues these interests through interdisciplinary methodologies combining phenomenological analysis, ethnographic field work and psychophysiological experiments. This work is published in *Phenomenology and the Cognitive Sciences*, *Journal of Consciousness Studies*, *Topoi*, *Synthese*, *Mind & Language*, and *Musicae Scientiae* and in his first monograph, *A Phenomenology of Musical Absorption* (Palgrave Macmillan).

Tones of Devotion and Freedom – A Musicians Perspective

By Katrine Gislinge

Based on her experiences as an international renowned chamber music and solo concert pianist, Katrine Gislinge will unfold her thoughts on music and the way it touches us. She will tell how life with heart blood and crises has been interwoven with her explorations of many facets of music. She will focus on her definition of freedom of expression, and how this freedom can be heard in the music. This will be illustrated with excerpts of recordings of GIM-repertoire music pieces from concerts with different musicians. She will also talk about the phenomenon of the point of surrender, opening for an experience of being one with music – with a parallel to the GIM experience.

In 2019 Katrine was a host in the Danish radio series “Music in the laboratory”. One of the broadcasts were dedicated to classical music and health, in which she interviewed Bolette Beck about GIM. In this keynote the roles will be reversed, as the keynote will unfold as a dialogue.

Katrine Gislinge is a concert pianist from the Royal Danish Music Academy (1992), who has performed as soloist and in chamber music concerts in all parts of Europe and USA during three decades. Katrine Gislinge has an extensive work as a chamber musician at both chamber music festivals and as a permanent member of "The Danish Piano Trio", which from the beginning of their collaboration has received great recognition. Katrine Gislinge's repertoire ranges from Bach to the very latest music; her most recent recording being Mozarts piano concerts 11-13 with the Swedish Stenhammer Quartet. Katrine Gislinge has collaborated with musicians and conductors such as, Gustavo Dudamel, Gidon Kremer, Augustin Dumais, Jin Wang, Kurt Sanderling, Andreas Brantelied and more, and played at festivals such as Lockenhaus, Bergen, Trondheim, Cervantino, London, radio France Montpellier, as well as in concert halls such as Carnegie Hall, Concertgebouw etc. Katrine has always been interested in the deeper dimensions of music and existence and currently studies philosophy at Copenhagen University.

Is music a hidden therapist in psychedelic therapy?

Dea Siggaard Stenbæk

Serotonin 2A receptor stimulation with the psychedelic compound psilocybin is emerging as a promising novel therapeutic for treating depression and other neuropsychiatric illnesses. The psilocybin-induced psychedelic experience (i.e., altered state of consciousness, sensory distortions/synesthesia, mystical type experiences and ego dissolution) lasts ~6 hours and is in current best practice supported by carefully selected music. However, we need a better understanding of the proposed synergy between music and acute effects of psilocybin, and whether music can also be used to prepare research participants for the psilocybin intervention. Such knowledge would critically inform us about the clinical utility of music in psychedelic therapy. In my presentation, I will present a series of five studies, where we 1) evaluated the emotional response to music induced by psilocybin as compared to serotonin 2A receptor blocking with ketanserin, including 2) underlying functional changes in brain dynamics of this emotional response, and 3) the association between participant's perceived effects of music during the acute effects of psilocybin and other prototypical psychedelic experiences such as mystical type experiences and ego-dissolution. I will also 4) present an ongoing study of a novel GIM-inspired music exercise which we are currently testing as part of the preparation for the psilocybin intervention, and I will 5) briefly describe a novel music program which we developed for use during psilocybin interventions. During my presentation results from other of our psilocybin studies at Rigshospitalet will be also presented.

Dea Siggaard Stenbæk is a licensed clinical psychologist with a PhD in neuroscience. She is Associate Professor in Consciousness Studies at University of Copenhagen and Rigshospitalet, and conducts research from an integrated experimental approach with the aim of contributing to an interdisciplinary understanding of neurobiological and psychological factors in human health. Her research focus is the study of pharmacological manipulations of the serotonin (5-HT) system, where she mainly focuses on effects of the serotonin 2A receptor (5-HT_{2A}R) agonist psilocybin. To understand how 5-HT more broadly is involved in neurocognition in the healthy and disordered brain, she has also studied associations of various 5-HT receptors using PET imaging, i.e., 5-HT_{2A}R, 5-HT₄R, 5-HT_{1A}R and 5-HT_{1B}R with personality and neurocognition. As lead psychologist across psilocybin studies at Rigshospitalet, Dea trains students and clinicians in safe administration of psilocybin and study the effects of 'extra-pharmacological' factors, e.g., use of music and psychological setting, on the clinical effects of psilocybin.



Internationally, she is closely affiliated with the Centre for Psychedelic Research at Imperial College, London, where she is also clinical lead in a study of neurocognitive mechanisms of psilocybin therapy for obsessive compulsive disorder. In addition, Dea is currently finishing her four-year training as GIM therapist.

Preconference workshop

The workshop will be about selfcare and how to avoid vicarious traumatization when working with traumatized clients.