

Mentalizing, Musicality, and Embodiment in Music, Dance and Art Therapy

Join **Prof Dominik Havsteen-Franklin, Jenni de Knoop, Andrew Darlison** and **Sara Stayne** for an enriching day of workshops focused on *Mentalizing, Musicality, and Embodiment* within arts therapies.

Designed for art, dance and music therapists, this event will explore the profound impact of mentalizing in therapeutic practice and the dynamic interplay between aesthetics, relational processes, group, and team development.

When: Thursday November 14th, 2024

Time: 09:30-17:00 (including seminars, workshops and experientials)

Location: Kungliga Musikhögskolan, Valhallavägen 105, Stockholm

Price: 1200kr. Coffee and tea will be provided morning and afternoon. Restaurants are available close by.

For more information and to register please write to info@musikterapeut.se

Upon registration you will be provided with payment information. **Register before 17th of October.**

Key insights include

- Understanding the difference between mentalizing and non-mentalizing states, in specific therapeutic settings.
- Exploring creative strategies to foster mentalization, improve emotional regulation, and build relational attunement.
- Developing embodied and relational mentalizing through movement and body-based interventions.
- Investigating the therapeutic significance of music, movement, and imagery in developing mentalizing capacities.
- Examining therapeutic processes as forms of implicit mentalizing within arts therapy.
- Appreciating the role of aesthetics from psychobiological, social, and political perspectives.
- Identifying and addressing non-mentalizing states within team dynamics.
- Exploring how mentalizing fosters collaborative and effective team environments.
- Practical tools for integrating mentalizing principles into team development and supervision.

Training Leads

Prof Dominik Havsteen-Franklin is a British Art Therapist and works as Professor of Practice in Arts Therapies at Brunel University London and as a Consultant in Arts Psychotherapies for CNWL NHS Foundation Trust. Dominik is the project lead for the [CaRE Project](#), a systemic and art-based team development intervention.



Jenni de Knoop is a UKCP registered dance movement psychotherapist, clinical supervisor, educator, and doctoral candidate. She is working as a clinician in adult psychiatric rehabilitation within the UK National Health Service and is the practice lead for the [CaRE Project](#).



Andrew Darlison is a British Music Therapist who currently is working in Sweden. Andrew will be assisting prof Dominik Havsteen-Franklin and Jenni de Knoop throughout the course and discuss mentalization from a music therapy perspective as well as speaking of his own experience with mentalization within music therapy.

Sara Stayne is an Art therapist and a psychotherapist. She is the president of the Swedish Association of Art Therapists (Svenska Riksförbundet för Bildterapeuter) and works within Stockholm Child and Adolescent Mental Health Services (BUP).