

Turku University of Applied Sciences

## Arts, Health and Well-being

### Research group leader



[Anna-Mari Rosenlöf](#)

[None](#)

[Phone: +358 50 598 5257](#)

[Email: None](#)

[Group Email: anna-mari.rosenlof@turkuamk.fi](mailto:anna-mari.rosenlof@turkuamk.fi)

[Unit: Arts Academy, Projects, Fine Arts](#)

### Contact person

[Liisa-Maria Lilja-Viherlampi](#)

### Partners

Arts Promotion Centre of Finland

City of Tampere

City of Turku

Cultural Centre PiiPoo

Finnish Society for Music Therapy

Association Kirjan talo

Regional Council of Southwest Finland

Regional Dance Centre of Western Finland

The Well-being Know-how Center of Eastern Finland, the Well-being Power Plant (VOIMALA)

Turku University Hospital

Turun Lähimmäispalveluyhdistys ry/Kotikunnas

University of the Arts Helsinki (Uniarts Helsinki)

University of Tampere

University of Turku

Varavoimaa - Regional Arts & Health Network

Association Varsinais-Suomen Muistiyhdistys ry

### International partners

Clinical Research Center, Region Skåne, Sverige

Centre for Culture & Health, Aalborg University

Norwegian Centre for Arts and Health (Nord University), Norway

Volda University College, Norway

Royal College of Music, Stockholm

Staffordshire University, United Kingdom

## Ongoing projects

[MOMU, Moving towards Multiprofessional Work](#)

A Hundred Apple Trees - Multicultural Finland

[Taikusydän The heart for arts, culture and well-being in Finland](#)



## Arts, Health and Well-being

**Arts and culture can improve our health and well-being in many ways. Turku University of Applied Sciences promotes the significance of art as part of a good life throughout the whole life course.**

The goal of the research group Arts, Health and Well-being is to strengthen contents, methods and good practices created in multiprofessional co-operation between professional artists, health care and social workers. The research group has participated in several projects aimed at improving the well-being of people in several target groups through means of art and culture.

For example, students of Social Services and Performing Arts work together with practical nursing students and teachers using art-based methods and community art. Another line of development work is to support the use of music in hospital and health care services.

Arts, health and well-being is seen as a nationally important and fast developing field of expertise. Turku University of Applied Sciences is a significant development partner in this field both in the Southwest Finland and nationally.

Since 2015 the research group has been administrating the national communication centre project Taikusydän. Taikusydän is a multisectoral coordination and communication centre for activities and research among

the field of arts, culture and wellbeing in Finland. Find out more: <https://taikusydan.turkuamk.fi/english/info/>

A long-standing, continuous chain of projects focused on the connections between art, health and well-being has yielded Turku University of Applied Sciences new forms of expertise in addition to networks, publications, theses and research on the function and potential of art as part of a good life.

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## **Community Musician - Specialization Education (30 credits) & Master's degree programme Creative well-being (60/90 credits)**

In order to reinforce competence and opportunities for working life, TUAS has developed new ways of training professionals in the field of arts and health. Community Musician - Specialisation Education is aimed to experienced musicians who are interested to develop their practice in hospital and health care environments. The education is arranged together with several other Universities of Applied Sciences in Finland.

A new multiprofessional Master's degree programme *Creative well-being* will be launched in 2020. The programme is aimed to professional artists and social and health care workers who have already at least three years' work experience.

### **Research group members**

Read more

[Anna-Mari Rosenlöf](#)

[Liisa-Maria Lilja-Viherlampi](#)

[Marja Susi](#)

[Jaana Tomppo](#)

[Outi Linnossuo](#)

[Elise Vanhanen](#)

[Liisa Laitinen](#)

### **Arts, Health and Well-being projects at TUAS**

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**The MOMU project (2015-2018):** The main objective of Moving towards Multiprofessional Work, MOMU was to define and develop new multiprofessional working skills and environments for professionals in art and social work. These skills will respond to the needs of the European

labour market in a rapidly changing society. The project was carried out together with partners from the UK, Estonia and Spain.

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**The Agency for Cultural Well-being (2015-2018)** (Hyvinvoinnin välitystoimisto in Finnish) was a three-year-long EU-funded project that aimed to develop the field of participatory art services by bringing Finnish artists, cultural managers and professionals of social work and health care together. The Agency for Cultural Well-being offered two one-year-long courses for the professionals of cultural and healthcare sector. The project focused on productization, marketing, entrepreneurship and creative financial planning. The coordinator of the project was HUMAK University of Applied Sciences, TUAS being as one partner organization.

- [Read more](#)

**The MIMO project** - Moving In, Moving On! (2010-2013) offered training for future and present professionals working with young people in the cultural, social and health care and youth work sector. The educational focus was in art-based methods, multiprofessional working methods and in the skills and knowledge needed when encountering and supporting young people. The project was carried out in co-operation with Estonian partners.

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## Other projects

Between 2009 and 2011, an ESR project focused on the development of correspondence between musical training and working life was undertaken as part of the Musicare network, where the first community music pedagogues received training. This was done in co-operation with the residential home Kotikunnas and the Turku University Hospital Pediatric Clinic. Additionally, a pilot study of a musical therapy training leading to a higher education degree took place between 2009 and 2013, where two students participated in the national Hymykuopat (Dimples) project by working at the interface of health care music and musical therapy at a residential home in Turku in 2011.

Our partnership with the Institute de Musique et Santé in Paris launched in 2009 and nourished the beginning of the Leonardo TOI funded project Music in Health Settings: training trainers which was implemented in 2010-2012. The Finnish sub-project Music and well-being was implemented in co-operation with the Unit of Health Care at TUAS, Turku University Hospital and Kotikunnas. During the project, three music professionals were trained as pedagogues in hospital and health care music. The Care Music project was carried out with ERDF funding between 2011 and 2013, in conjunction with TUAS, Lahti University of Applied Sciences and the Sibelius Academy of the University of the Arts Helsinki. The purpose of the project was to study,

develop and promote the use of music in hospitals and health care as a profession.

In 2010–2012, the *Hyvä arki vanhukselle* ('good daily life for the elderly') project was implemented between the Unit of Health Care at TUAS and the Arts Academy. In the project, Master's degree students from the Unit of Health Care organised workshops where art students worked with senior citizens by utilising music, visual arts, etc.

In 2012–2013, the *Kulttuurin vapaaehtoiset* ('volunteers for culture') and *Kulttuurin saavutettavuus* ('availability of culture') functions, initiated by the Turku 2011 Foundation, were continued. The Arts Academy developed volunteer activities and sent volunteers to different events until the end of 2013. At the same time, the different levels of availability were developed in six different sub-projects. The *Saavutettavuus* ('availability') project saw the production of a multisensory circus performance, supported mental health rehabilitation with co-operation between visual artists and occupational therapists, developed available marketing and carried out accessibility surveys in cultural institutions, among other things.

The research group of Arts, Health and Well-being was also involved in the *Kohtaamisia – Rohkeutta maahanmuuttajien työnhakuun taiteen keinoin* ('Encounters – Courage for the job search of immigrants by means of art') project funded by the European Fund for the Integration of Third-country Nationals and implemented in 2014–2015. It helped unemployed immigrants in the middle of their integration process to identify their skills and gave them courage for the job search by means of art-driven, approachable methods. The development of cultural well-being work aimed at immigrants is continued in co-operation with the Faculty of Health and Well-Being in the Hundred apple trees – multicultural Finland project (2016–2018) funded by the Ministry of the Interior.

## **Development task of hospital and health care music at TUAS**

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The Arts, Health and Well-being research group studies, develops and promotes the applied use of art in different well-being contexts. The projects implemented in the development task of hospital and health care music work have built operational models and prerequisites for regular and continuous musical work in treatment and health care environments. The aim has been to profile the operations as a new type of job description for music professionals and as an effective part of nursing. Musical operations at different facilities are not simply meant to entertain; they have other, strong effects on the well-being of both the patients/residents and also the staff and families. This is realised in multiprofessional co-operation where music professionals can act on the basis of their basic task as a musician or a musical pedagogue.

Music professionals, educational experts and professionals in the treatment and health care industry have been involved in the development work. The

educational piloting and international co-operation have been an essential part of the operations. Musical work in hospitals and health care is seen as an excellent part of multiprofessional co-operation in different operating environments.

The music and well-being section of the project focused on the development of correspondence between musical training and working life in the Musicare network, funded by the European Social Fund and the Centre for Economic Development, Transport and the Environment for Southwest Finland, piloted systematic and continuous musical operations at the Turku University Hospital Pediatric Clinic and the residential home Kotikunnas. In the Music in Health Settings: training trainers project funded by Leonardo Transfer of Innovation, Institute de Musique et Santé in Paris collaborated with music professionals from Turku, Dublin and Manchester, training the educators of the industry. The ERDF-funded Care Music project, in turn, focused on musical work in hospitals and health care as a profession in co-operation with Lahti University of Applied Sciences and Sibelius Academy. In this project, musical work was implemented and analysed in a hospital and in residential homes. In addition, the organisation of the work and the earning was modelled and the educational path of musical workers was constructed.

Musical work in hospitals and health care covers not only music brought to patients, customers and residents in different operating environments by music professionals but also the personal relationship of hospital and health care personnel with music and encouraging the opportunities it presents. Supplementary training can be offered to hospital and health care industry personnel to enhance and strengthen their relationship with music: to see the opportunities of music and, for instance, to utilise singing in their work. Musically training personnel can have its influence on the occupational well-being of the entire health care community, the atmosphere of a hospital ward, the calmness of the customers and work stress.

## **Most recent publications and products**

Read more

MOMU - Moving towards multiprofessional work. Handbook for Moving towards Multiprofessional Work (2018): <http://julkaisumyynti.turkuamk.fi/PublishedService?file=page&pageID=9&itemcode=9789522166760>

MOVING ON! Encounters and Experiences in Arts - Working Multiprofessionally with the Youth: MIMO Project 2010-2013 (2013) <http://julkaisut.turkuamk.fi/isbn9789522164285.pdf>

Moving In! Art-Based Approaches to Work with the Youth - MIMO project 2010-2013 (2012) <http://julkaisut.turkuamk.fi/isbn9789522162267.pdf>

[National publications can be found on the Finnish website.](#)

Picture: TUAS/Kristiina Välimäki