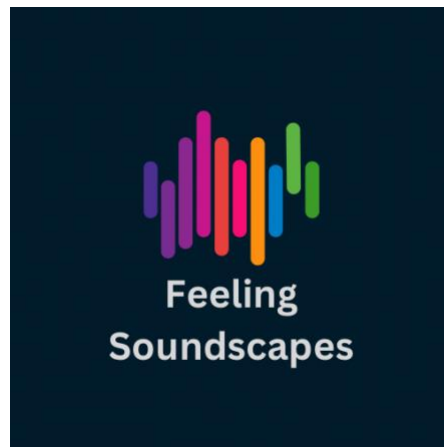


# FEELING SOUNDSCAPES



**Saturday 9 November 2024 @ 10.00 am-2.00 pm**

The MAC, Belfast

*An experiential event to help us to reflect on how we feel about the sounds of daily life, drawing on the working knowledge of therapists, sound artists, and musicians*

## Venue

The Metropolitan Arts Centre (MAC), 10 Exchange Street West, Belfast BT1 2NJ

W: <https://themaclive.com/>

## Registration

Places are free but limited so early registration is advised. Participants are requested to register only if they are available to attend the whole event, as places are limited and this event makes use of a group experience. Contact [n.giffney@ulster.ac.uk](mailto:n.giffney@ulster.ac.uk) and send the following details: (1) Why you are interested in attending this event and (2) what you hope to come away with afterwards.



THE ASSOCIATION FOR PSYCHOSOCIAL STUDIES



THE SOUND SPA



## Description

We are surrounded by soundscapes (the sounds around us), and while each of us might share a soundscape with other people (in the city, for example, or when we walk around a supermarket or travel on a bus), we each have our own unique way of engaging with the soundscapes around us. How aware are we of the sounds around us and their impact on us? How do we experience soundscapes emotionally and unconsciously? Why do we gravitate towards certain sounds while avoiding or rejecting others? In what ways might music and the creative arts and culture more generally be important for our mental health and wellbeing? How might sitting together as a group help us to reflect on the presence and significance of sounds in our lives?

This experiential event invites attendees to reflect on our emotional experiences of sound, focusing drawing on the working knowledge of therapists, sound artists, and musicians. We will begin by engaging in a sound bath, which is an immersive listening experience involving resonant sounds made by a selection of singing bowls, a gong, and a variety of instruments. After which, we will engage in a visual matrix; a gentle experiential, group-based method for helping us to become aware of, and talk about, the way in which sounds evoke thoughts and visual images in our minds, feelings, and sensations in our bodies. The event will conclude with an informal conversation about our understanding of sound over lunch with practitioners in sociology, psychology, psychoanalytic psychotherapy, art psychotherapy, sound art, psychosocial studies, sound therapy, classical singing, sound design, and arts and mental health.

This event will be of interest to artists, curators, psychoanalysts, psychotherapists, psychologists, sound therapists, creative arts therapists, psychiatrists, counsellors, musicians, singers, academics in the social sciences and humanities, and anyone who is curious about how and why they experience the sounds around them in particular ways.

**This cross-border event is convened as part of 'Psychoanalysis +' and in partnership with the Northern Ireland Mental Health Arts Festival.** It is co-sponsored by the ESRC Festival of Social Science; the Centre for Communication, Media and Cultural Studies and the Belfast School of Art at Ulster University; the Association for Psychosocial Studies; the Student Counselling Service at Atlantic Technological University, Donegal; and TESSA UN Ltd.

## Sound Bath

This event includes a sound bath, which is an immersive listening experience involving resonant sounds made by a selection of singing bowls, a gong, and a variety of instruments. Wear warm, comfortable clothing.

**Do I need to bring anything?** You can listen to the sound bath sitting in a chair or you might prefer to lie down on a yoga mat. If you would prefer to recline, please bring your own mat, pillow, and blanket.

## Recommended Reading

There is no preparatory reading required to attend this event, however, you might wish to read something in advance or afterwards. You will receive an electronic copy of the readings below when you register.

1. 'Ear' in Ami Ronnberg and Kathleen Martin, eds. *The Book of Symbols: Reflections on Archetypal Images* (Köln: Taschen 2010), pp. 358-361.
2. Susan Magsamen and Ivy Ross, 'Amplifying Learning' in *Your Brain on Art: How the Arts Transform Us* (Edinburgh: Canongate 2023), pp. 135-164.

3. Amal Treacher Kabesh, 'Soundspace' in Annette Kuhn, ed. *Little Madnesses: Winnicott, Transitional Phenomena and Cultural Experience* (London and New York: I.B. Tauris 2013), pp. 65-76.

## Schedule

- [9.30 am-9.45 am](#) Registration
- [10.00 am-10.15 am](#) Welcome and opening remarks
- [10.15 am-10.45 am](#) Sound bath
- [10.45 am-11.30 am](#) Visual matrix
- [11.30 am-12.00 pm](#) Tea and coffee break
- [12.00 pm-12.45 pm](#) Post-matrix discussion
- [1.00 pm-1.50 pm](#) Informal conversation over lunch
- [1.50 pm-2.00 pm](#) Thanks and closing remarks

## Convener



**Noreen Giffney** MIFPP, MICP, BPC Founding Scholar is a psychoanalytic psychotherapist and a psychosocial theorist. She is a lecturer at Ulster University, Belfast. She is the author of the book, *The Culture-Breast in Psychoanalysis: Cultural Experiences and the Clinic* (Routledge 2021), and the author and/or editor of additional articles and books on psychoanalysis; psychosocial studies; the arts, culture, and mental health; and gender and sexuality studies. Noreen is the Director of 'Psychoanalysis +'. She will take up the position of co-editor of the British Psychoanalytic Council's *New Associations* magazine in January 2025. She is currently working with colleagues in England and Australia on psychoanalysis and VR immersive technologies. In her spare time, Noreen takes opera singing lessons.

E: [n.giffney@ulster.ac.uk](mailto:n.giffney@ulster.ac.uk) W: <https://www.ulster.ac.uk/staff/n-giffney>

## Invited Participants



**Tessa Ann** is a renowned sound artist, therapeutic sound practitioner, teacher, and independent researcher with nearly three decades in the music and creative industries. She founded and directed Beat 'n' Track, a music education centre in Northern Ireland, from 2003 to 2015. In 2013, she established the original Sound Healing Spa, now The Sound Spa. Continuing her mission to raise sound awareness, Tessa Ann founded the Therapeutic Sound Academy in 2020 and received Gold Level Innovator awards from Innovate NI between 2021 and the present for her Sound Art innovations.

She has also collaborated with the Sonic Arts Research Centre at Queen's University Belfast and local councils on projects and events related to sound for wellbeing. Tessa is the author of book for children, *Magical Sounds with Echo Ta Ta & Friends*.

W: [www.tessaunltd.com](http://www.tessaunltd.com) and [www.thesoundhealingspa.com](http://www.thesoundhealingspa.com)



**Siobhán Bereen** MIACAT, MBAAT, MHCP qualified as an art psychotherapist from Goldsmiths, University of London in 2002. Prior to joining Ulster University, she held the role of course coordinator and lecturer for six years at Munster Technological University, Cork on the MA Art Therapy Programme. Previously, Siobhán was programme lead in art psychotherapy, as part of a multidisciplinary team, designing and delivering a pioneering medical facility for the treatment of substance misuse and persistent pain in the Middle East before returning to Ireland and her private practice. She has been both in private clinical practice and worked in psychiatric services for over twenty years, working with children, adolescents, adults and families in group and individual processes.

W: <https://www.ulster.ac.uk/staff/s-bereen>



**Niamh Callaghan** is a PhD researcher in Psychoanalysis and Culture at Ulster University. Having previously attained a BSc in Therapeutic Communication and Counselling Studies at Ulster, she then went on to receive an MSc in Developmental Psychology from Queen's University, Belfast. Niamh's PhD is a psychosocial analysis of cultural public landscapes and their unconscious role in conflict transformation and identity navigation in the North/Northern Ireland. Her research is particularly focused on exploring mural art and the emotional and unconscious impact murals have on us when we look at them. In addition to her studies, Niamh has previously worked in trauma support, co-facilitating group workshops in trauma, stress responses, coping mechanisms, and experiential art.

W: <https://pure.ulster.ac.uk/en/persons/niamh-callaghan>



**Damien Coyle** MBE is the former Chief Executive and Artistic Director for the University of Atypical. He has served in management and leadership roles across the arts, education, public and voluntary sectors including: Head of Operations for the Community Fund, New Opportunities Fund and Big Lottery Fund; and Deputy Director of the Stroke Association. He established Queen St Studios, and the PGD/MA Cultural Management at Ulster University, has been Chair of the Arts and Disability Forum, *Circa Arts Magazine*, and Kabosh Theatre Company, and was Vice-Chair of the

Arts Council of Northern Ireland (2008-2016). An award-winning visual artist, Damien's significant contribution to the Arts in Northern Ireland was recognised by an MBE (2016). Damien is disabled, neurodivergent, and has experienced hearing loss since early adulthood. W:

<https://www.ulster.ac.uk/alumniandsupporters/allstate-student-and-graduate-awards/graduate-of-the-year-award-winners/damian-coyle-mbe-2022-distinguished-graduate-of-the-year-award-winner>



**Lynn Froggett** is Professor Emeritus of Psychosocial Welfare at the University of Central Lancashire. Over the last twenty years she has led a succession of research programmes concerned with the 'uses' of art and the nature of aesthetic experience in settings as diverse as health, social care, criminal justice, education, communities, and museums. She has developed arts sensitive research and evaluation methodologies for this purpose. She is one of the founders of the field of psychosocial studies and a co-developer of the visual matrix methodology. Recent work focuses on the interface between art and technology. She is a Founding Scholar of

the British Psychoanalytic Council (BPC), a Fellow of the Academy of Social Science, and Chair of the UK Association for Psychosocial Studies (APS).

W: <https://www.researchgate.net/profile/Lynn-Froggett>



**Noelle McAlinden** is Chair of the Northern Ireland Mental Health Arts Festival and Vice-Chair of the Centre for Contemporary Arts, Derry~Londonderry. She has been active as a creative adviser, artist, curator, arts educationalist, and human rights activist for almost four decades, working across Ireland, the UK, and Internationally, with statutory, voluntary, youth and community sectors. She was formerly Chair of Creative Youth Partnerships NI; Chair of the Forum for local Government and the Arts; Board member of the Arts Council NI, Void Gallery, Nerve Centre, and Beckett, Wilde, and FLive arts festivals; and High Sheriff of Fermanagh (2023). She was creative adviser to Derry~Londonderry's first UK City of Culture (2013). She is a recipient of the Sir Ken Robinson Individual Award. She is a Hope ambassador and founder member of Hope, Healing and Growth. She is an ambassador for positive mental and emotional wellbeing, dedicated to the prevention of suicide, and a member of Ohana ZERO suicide. Noelle is a [TEDx speaker](#).

W: <https://www.nimhaf.org/>



**Michael McKnight** is a Lecturer in Screen Production at Ulster University. His creative practice in the sonic arts encompasses works of sound design and composition, which also underpin his research. This explores themes around the perceptual experience of sound, that intersect the areas of film, arts, music, and extended realities, with a particular focus on spatial audio and emerging technologies as it relates to these fields. Michael has accumulated seventeen years professional experience in the film and television industry, having held head-of-department positions in both production and post-production environments. This work has been disseminated nationally and internationally via BBC, C4, RTÉ, TG4, Discovery, Netflix, and Universal Pictures.

W: <https://pure.ulster.ac.uk/en/persons/michael-mcknight>



**Nicole Murray** CPsychol PsSI, CPsychol AFBPsS is a chartered counselling psychologist with eighteen years' experience working in primary care settings. She has additional training in clinical leadership and Critical Incident Stress Management (CISM). She has been working with young adults in the Student Counselling Service at Atlantic Technological University, Donegal since 2015. She has a particular clinical interest in the influence of the body and the nervous system in clinical presentations, most notably in anxiety and depression. She has served on the executive of the Psychological Counsellors in Higher Education Ireland (PCHEI), was formerly a director of MABS North Donegal, and is a member of Connecting for Life Donegal and the HSE Partner Agency Psychosocial Group. W: [www.lyit.ie/Student-Hub/Health-Wellbeing/Student-Counselling-Service](http://www.lyit.ie/Student-Hub/Health-Wellbeing/Student-Counselling-Service)



**Pamela Whitaker** MIACAT, MBAAT, MHPC trained as an art therapist in Vancouver and has worked in Canada, Malaysia and Ireland. She is the founding co-editor of *Polyphony: Journal of the Irish Association of Creative Arts Therapists* and past editor of the *Canadian Art Therapy Association Journal*. She also served on the editorial board of *Art Therapy: Journal of the American Art Therapy Association*. Pamela has written chapters for books, editorials, and articles on environmental art therapy, visual culture, festival art therapy and art therapy pedagogy. She is interested in contemporary art and creative health, art therapy in museums and galleries, environmental art therapy, the walking studio, and the art of gatherings.

W: <https://www.ulster.ac.uk/staff/p-whitaker>

## Tea and Coffee

Tea and coffee will be provided at the break.

## Lunch

Lunch will not be provided. You need to order and purchase your own lunch in the MAC café bar. See the menu, so you can order your lunch in advance: <https://themaalive.com/cafe-bar>

## Event Convener

### Psychoanalysis +



Psychoanalysis + is an international, interdisciplinary initiative founded and developed by Noreen Giffney, a psychoanalytic psychotherapist and psychosocial theorist, in 2013. It foregrounds psychoanalysis as a clinical practice and a theoretical tool for understanding culture, society and politics. Psychoanalysis + brings together individuals interested in clinical, theoretical and artistic approaches to, and applications of, psychoanalysis. Psychoanalysis + points to the collaborative and interdisciplinary nature of activities and events forming part of the initiative. Psychoanalysis exists in an interdependent and mutually enriching relationship with the cultures and societies within which we as clinical and theoretical practitioners find ourselves. The '+' in the title gestures towards the fact that psychoanalysis is always more than itself. In other words, psychoanalytic practitioners have always drawn on and incorporated insights from other clinical and non-clinical fields into our work, for example, literature, psychiatry, music, neuroscience, art, psychology, drama, mathematics, medicine, philosophy, nursing, classics, social work, film and so on. The space between 'psychoanalysis' and '+' recognises the gap needed for productive things to happen which cannot be known in advance. The '+' also symbolises an openness to new possibilities and collaborations. I am interested in forming interdisciplinary collaborations (clinical, theoretical, artistic), especially collaborations that focus on bringing psychoanalysis into creative and productive dialogue with other disciplines and creative practices around psychosocial and psycho-cultural issues.

W: [www.pschoanalyticpsychotherapyclinic.ie/psychoanalysis](http://www.pschoanalyticpsychotherapyclinic.ie/psychoanalysis)

## Event Partner

### The Northern Ireland Mental Health Arts Festival (NIMHAF)



The Northern Ireland Mental Health Arts Festival (NIMHAF) was established in 2013. It was registered by the Northern Ireland Charities Commission in January 2016. Initially the focus of NIMHAF involved working creatively with individuals and communities with mental health problems. Traditionally NIMHAF has brought people together, both physically and more recently in the virtual realm, creating inspiring conversations about mental health, challenging stigma, and ultimately promoting wellbeing through active creativity. With an annual programme of varied, vivid arts events, the Festival aims to:

- Create a platform for high-quality artwork that positively addresses mental health with compassion
- Provide open, welcoming spaces where people can gain insight and share experiences
- Involve the wider community in accessible, interactive and empowering projects, promoting the impact of arts on wellbeing
- Make lasting connections between artists, audiences and advocated across Northern Ireland and internationally
- Support arts-driven mental health projects and workshops beyond the Festival
- Provide peer-support to the participating artists, all of whom have been impacted personally by mental health problems

In addition to the Board and Organising Committee members, we aim to ensure that all artists participating in the Festival have lived experience of mental health problems.

W: <https://www.nimhaf.org/>

## Event Sponsors

This event is sponsored by the ESRC Festival of Social Science; the Association for Psychosocial Studies; the Centre for Media, Communication and Cultural Studies at Ulster University; the Student Counselling Service at Atlantic Technological University, Donegal; and TESSA UN, Ltd.

### ESRC Festival of Social Science



The ESRC Festival of Social Science is an annual, UK-wide, free celebration of the social sciences. The festival consists of a series of events run each autumn, delivered by ESRC's 'festival partners', higher education institutions spread across the UK. Events range from exhibitions, lectures and panel debates through to performances, guided walks and workshops. The festival is an opportunity for anyone to explore topics relating to social science, from health and wellbeing to crime, equality, education and identity, through events run by researchers from UK universities. The 2024 festival is taking place from 19 October 2024 to 9 November 2024 with hundreds of events delivered by 41

partner institutions across the UK. The 2024 festival theme is our digital lives, with a number of events exploring this area as well as many others covering a wide range of social science topics.  
W: [www.ukri.org/what-we-do/public-engagement/public-engagement-esrc/festival-of-social-science/](http://www.ukri.org/what-we-do/public-engagement/public-engagement-esrc/festival-of-social-science/)

## Centre for Communication, Media and Cultural Studies at Ulster University



Ulster University pioneered the development of Communication and Media Studies in higher education, introducing one of the first communication and media studies degrees in the UK and Ireland in 1978. In REF 2021 an impressive 77% of our research was judged either world-leading or internationally excellent. We are particularly proud of our quality profile of our research outputs, nearly tripling the amount of our world leading outputs during the last REF cycle, placing our research unit second of the nine research units in the faculty of Arts, Humanities and Social Sciences and fourth overall of the eighteen research units across Ulster University as a whole. We welcome applications for PhD and postdoctoral research in cultural studies; television; film studies; screen studies; psychoanalysis; psychosocial studies; arts, culture and mental health; radical politics and social movements; cycling cultures; the politics of everyday life; emerging media; media policy; and political communication. The Centre is directed by Dr Helen Jackson.

W: <https://www.ulster.ac.uk/doctorscollege/find-a-phd/research-areas/media-and-communication>

## Belfast School of Art



The Belfast School of Art is the largest art and design facility on the island of Ireland, hosting a wide range of disciplines across the fine and applied arts, design and screen-based subjects, such as games and animation. The Belfast School of Art is the oldest provider of design education on the island of Ireland as well as being one of the oldest creative art schools in the UK. 2024 marks its 175<sup>th</sup> anniversary. Some key past students include Anne Acheson, Deborah Brown, TP Flanagan, Paul Henry, John Luke, Gladys McCabe and, more recently, Phil Collins, Alice Maher and two Turner prize winners from the Array Collective. Staff and students play an active role in civic and cultural life in Belfast and beyond. Many are also research active, contributing to a series of core thematic strands including: Art and Design for Health; Art and Conflict; Art Space and Place; and the Creative Industries. This work has been highly ranked within the UK's Research Excellence Framework assessments, with the School scoring among the top three for Research Environment and Impact in Art and Design. While locally grounded, The Belfast School of Art is also a global institution. We regularly host international artists, designers and visiting scholars, and staff are active in global art and design networks including Cumulus and ELIA. The MSc Art Psychotherapy offers a clinical training in art psychotherapy in the Belfast School of Art. This event forms part of the MSc Art Psychotherapy's contributions to the 175<sup>th</sup> Anniversary of the School.

W: <https://www.ulster.ac.uk/bsoa>



## The Association for Psychosocial Studies (APS)



THE  
ASSOCIATION  
FOR  
PSYCHOSOCIAL  
STUDIES

The Association for Psychosocial Studies was formed in 2013 in order to formalise and carry forward the work of developing Psychosocial Studies in the UK. The APS is a charitable trust and is recognised as a Learned Society by the Academy of Social Sciences. Psychosocial Studies is a vibrant field of academic inquiry that has been emerging in the UK since the 1980s, and that is increasingly attracting international interest. It studies the ways in which subjective experience is interwoven with social life. Psychological issues and subjective experiences cannot be abstracted from societal, cultural, and historical contexts; nor can they be deterministically reduced to the social. Similarly, social and cultural worlds are shaped by psychological processes and intersubjective relations. Psychosocial Studies is characterised by (a) its explicit inter or trans-disciplinarity, (b) its development of non-positivistic theory, method and praxis and (c) its orientation towards progressive social and personal change. Psychosocial research draws inspiration from a range of sources including sociology, psychoanalysis, critical psychology, critical theory, post-structuralism, process philosophy, feminism, post-colonial theory, queer theory and affect theory. Various “dialects” are in the process of emergence. Psychosocial Studies has a strong link with several fields of practice, particularly psychotherapy and counselling, psychoanalysis and group analysis, social work and social policy, group relations and organisational consultancy.

W: <https://www.psychosocial-studies-association.org/>

## Student Counselling Service at Atlantic Technological University, Donegal



Atlantic Technological University (ATU) is a multi-campus technological university in the west and northwest of Ireland with approximately 24,000 students. ATU is dedicated to enabling sustainable, economic, social and cultural development, connected to the region and with a mindset that reaches far beyond it. ATU’s commitment to students’ wellbeing as they navigate their academic journeys can be seen in the extensive suite of student support services offered across its campuses. This includes on-site, embedded support services, such as the Student Counselling Service, the Student Health Service, the Student Access Service, the Student Disability Service, the Student Careers Service, and the Chaplaincy. The Student Counselling Service at ATU Donegal offers a free counselling service to registered students. Its primary aim is to offer one-to-one counselling. Clinicians also contribute to counselling and university initiatives and national frameworks which endeavour to ensure the continued development of a healthy campus dedicated to student and staff health and wellbeing.

W: [www.lyit.ie/Student-Hub/Health-Wellbeing/Student-Counselling-Service](http://www.lyit.ie/Student-Hub/Health-Wellbeing/Student-Counselling-Service)

TESSA UN Ltd.



TESSA UN Ltd offers sound for wellbeing products and services, including experiential, certified, and accredited sound-based courses. These courses promote 'The Essence of Sound Space Awareness', encouraging an exploration of personal connection with the immediate sound environment. Participants learn to interpret cues from sound vibrations and understand their experiences through hearing, perception, and embodiment. By developing these skills, individuals enhance their personal growth and gain the tools to apply sound for wellbeing techniques within their professional practice. At TESSA UN Ltd, we empower clients to harness the transformative power of sound for deeper self-awareness and holistic wellbeing.

W: [www.tessaunltd.com](http://www.tessaunltd.com) and [www.thesoundhealingspa.com](http://www.thesoundhealingspa.com)

## Upcoming Events

To join the mailing list for upcoming theoretical-experiential events related to psychoanalysis, psychosocial studies, and the arts and culture, email [n.giffney@ulster.ac.uk](mailto:n.giffney@ulster.ac.uk)