

PhD Opportunity

Arts-led Approaches to Trauma, Memory and Healing

Supervisory team

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[Arts and Health Research Group](#)

The PhD Opportunity

The Covid pandemic led to a worldwide increase in physical and mental health needs, particularly amongst the young, the elderly and minority groups. There is subsequently a critical bottleneck in supply and demand for mental health services in the UK and further afield, especially for child and adolescent mental health [1]. There is growing evidence that art therapies (including art therapy, music therapy, dance and movement therapy, and dramatherapy) can have direct impact on mental and physical wellbeing [2] however practicing professional art therapists are currently oversubscribed with referrals from the NHS.

Dance and movement therapies, as well as wellbeing-focused dance and movement interventions, position dance as a way to make sense of an emotional state rather than a performance art form (Payne, 2003). There is a wide, published research base supporting this approach, including dedicated journals, however a systematic review of published work found generally poor-quality evidence within published work that is used to support the therapeutic benefits (Strassel et al., 2011).

We are interested in projects that aim to address these shortcomings through well founded and well-structured interventions/approaches. Through this we will create a stronger evidence base allowing for more acceptance of them within the psycho-medical community. These projects might take the form of a targeting of a particular at-need community group, or more general interventions.

We are also interested in supervising projects that investigate the upskilling of front-line community workers to include this kind of work within their own projects. Through this kind of project potentially many more at-risk groups could access the benefits than the currently practising professionals can reach.

As a PhD student in the School of Arts at Worcester you will be part of the Arts and Health Research Group, a transdisciplinary community of artists, educators and health professionals exploring the overlaps of art, culture and wellbeing. The Arts and Health group organizes symposia, research events and exhibitions which you can participate in and contribute to. There will also be opportunities to exhibit your work in the Window

Application Process

To begin the application process please go to [Art and Design MPhil/PhD Webpage](#)

time or full time basis so please select the relevant application link. On the application form please make it clear that you are applying for one of our advertised projects so we can direct it straight to the relevant people.

The Interview

All successful applicants will be offered an interview with the proposed Supervisory Team. You will be contacted by a member of the Research School Team to find a suitable date. Interviews can be conducted in person or over Microsoft Teams.

Funding your PhD

For more information about Doctoral Loans please visit:

<https://www.worc.ac.uk/study/fees-and-finance/doctoral-loans.aspx>

During your PhD you can access the Research Student Support Scheme to support dissemination costs associated with your research, up to £500 a year.

Research at the University of Worcester

Research difference in everything that we do. We are committed to delivering excellent research which extends the

better health outcomes, improving food security, developing environmentally sustainable solutions for crop production and socially sustainable solutions to our

Our commitment to our students is reflected in the results of the Postgraduate Research Experience Survey (PRES), which we ranked 1st for overall research student satisfaction nationally. Key to our success in this area is the Research School.

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