Art, Health and Well-being: Sharing Research across Sectors

Friday, November 9, 2018

THE MONTREAL MUSEUM OF FINE ARTS
Maxwell Cummings Auditorium
1379 Sherbrooke Street West
Research combining art, health and well-being is an emerging field in Quebec, and recent innovations are drawing a growing interest across diverse spheres of society. This first symposium, Art, Health and Well-being, is the fruit of a collaboration between the Montreal Museum of Fine Arts (MMFA) and the Faculty of Arts of Université du Québec à Montréal (UQÀM). Its goal is to present Montreal-based research that takes into account the human experience in all its complexity and that stands out for its approach and methodology. More fundamentally, this symposium invites researchers, practitioners and decision makers to consider art and culture’s contribution to health, healing and well-being on both individual and collective levels.

Cover:
Patrick Beaulieu (born in 1974)
The Arcs (detail)
Two part installation made up of 1,111 birds gathered into 15 groups
2016
Brass, copper and aluminum, automobile paint, bent laser cut birds buffed with an abrasive brush; LED light fixture by Jutras Bathalon
3.7 x 10.7 m and 3.7 x 17.8 m (each part of the installation, respectively)
MMFA, created in accordance with the Government of Quebec’s policy on the integration of art and architecture
Photo Swann Bertholin
9.30 a.m.  
Welcome

9.45 a.m.  
Greetings and overview of the day
MARILYN LAJEUNESSE  
Educational Programmes Officer – Adults and Community Groups, MMFA
MONA TRUDEL  
Professor, School of Visual and Media Arts, UQÀM

10 a.m. Opening remarks
NATHALIE BONDIL  
General Director and Chief Curator, MMFA
MAGDA FUSARO  
Rector, UQÀM

10.15 – 11.45 a.m.  
(including Q&A)
Round table 1: Measuring the impact of educational activities on patients with eating disorders

Research has suggested that creative-art therapies can produce short-term improvements in self-concept, mood and perceived well-being in various patient populations. However, evaluation of such improvements in eating disorder patients has received little attention to date. In this presentation, we will describe the impact of an art therapy program on patients. Consisting of visits to the Montreal Museum of Fine Arts followed by art therapy workshops, the program was provided to several groups of adult patients from the Douglas Institute’s Eating Disorders Program.

Participants:
DR. HOWARD STEIGER  
Chief, Eating Disorders Program, and researcher, Douglas Institute
JOSÉE LECLERC  
Associate Professor, Concordia University
CATHERINE-EMMANUELLE DRAPEAU  
Art therapist
NADINE FERENCZY  
Clinical activity specialist, Douglas Institute
STEPHEN LEGARI  
Art therapist, Educational Programmes Officer – Art Therapy, MMFA
MARILYN LAJEUNESSE  
Educational Programmes Officer – Adults and Community Groups, MMFA
GWEN BADDELEY  
Museum Mediator, MMFA

Moderator:
ADRIANA DE OLIVEIRA  
Professor, School of Visual and Media Arts, UQÀM

11.45 a.m. – 1.15 p.m.  
Lunch break
1.15 – 2.45 p.m.  
(including Q&A)  
**Round table 2: Artistic interventions with marginalized people**

In this discussion, we will present qualitative research, complemented by a quantitative component, produced jointly by art and medical researchers. The overall goal of this research was to identify and comprehend the meaning that artistic activities (dramatic arts, visual arts, dance, music) assume in people presenting with psychiatric or medical issues, as well as psychoactive-drug use problems. We will then examine artistic approaches that are most effective with these populations.

**Participants:**  
MONA TRUDEL  
Professor, School of Visual and Media Arts, UQÀM  
Sylvie Fortin  
Professor, Department of Dance, UQÀM  
Carole Marceau  
Professor, School of Theatre, UQÀM  
Adriana de Oliveira  
Professor, School of Visual and Media Arts, UQÀM  
Dr. Didier Jutras-Aswad  
Researcher and psychiatrist, CHUM, and assistant clinical professor, Department of Psychiatry and Addiction, Université de Montréal  
Dr. Olivier Farmer  
Psychiatrist, Chief of Urban Psychiatry, Notre-Dame hospital (CIUSSS Centre-Sud).  

**Moderator:**  
Marilyn LaJeunesse  
Educational Programmes Officer – Adults and Community Groups, MMFA

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2.45 – 3.15 p.m.  
**Break** (coffee, tea, herbal tea)

3.15 – 4.15 p.m.  
**Round table 3: Espace Transition**

In this presentation, we will outline the evaluation of the Espace Transition (ET) program at the Montreal Museum of Fine Arts. Led by Dr. Patricia Garel and based at the CHU Sainte-Justine, ET brings together various programs that use different forms of artistic expression to promote rehabilitation and reduce the stigmatization of youth with mental health issues. The ET program at the Museum is the fruit of a collaboration between ET and Sharing the Museum, an educational program initiated by the MMFA in 1999.

**Participants:**  
Dr. Patricia Garel  
Psychiatrist, CHU Sainte-Justine  
Kim Archambault  
Psychoeducator and associate researcher, CHU Sainte-Justine  
Sylvie Gauthier  
Clinical Coordinator, Espace Transition  
Jérémy Paré-Julien  
Museum Mediator, MMFA  

**Moderator:**  
Mona Trudel  
Professor, School of Visual and Media Arts, UQÀM

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4.15 p.m.  
**Closing remarks**  
Rémi Quirion  
Chief Scientist of Québec

4.30 p.m.  
**Tour of a community exhibition at the Art Hive**