



**GLOBAL
BRAIN HEALTH
INSTITUTE**



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Creative and arts intervention network: A regional hub to connects arts and brain health

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Collegue Dublin (TCD) Ireland
Group Leader, Predictive Brain Health Modelling (PBHM), Trinity Collegue Dublin (TCD) Ireland

@AgustinMlbanez

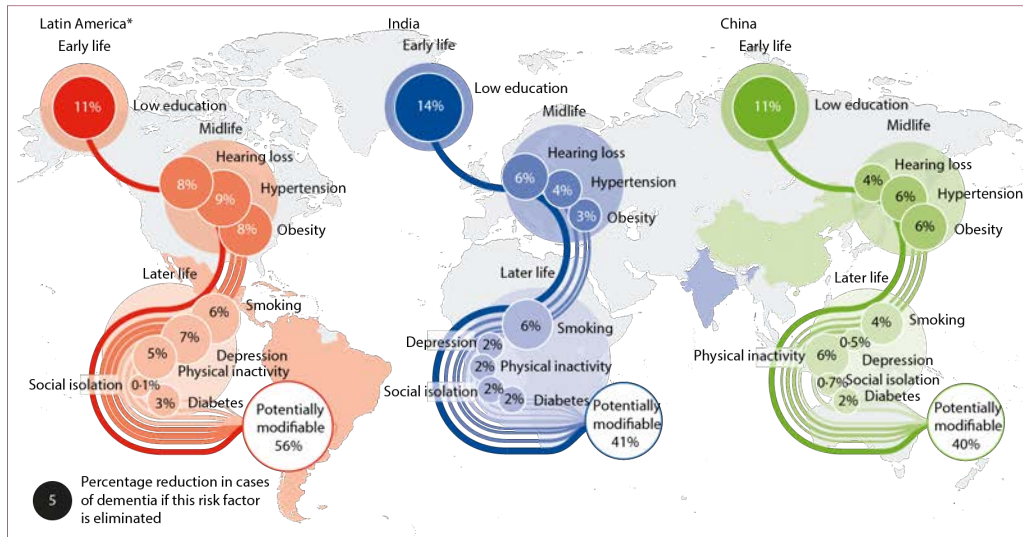
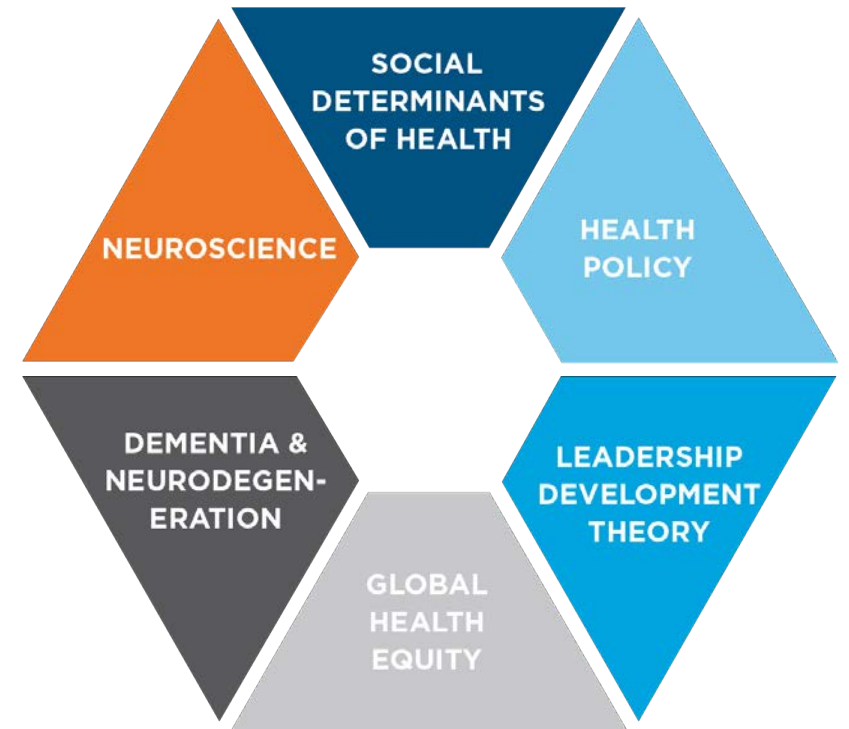


ReD-Lat
Multi-Partner Consortium
to Expand Dementia
Research in Latin America



LAC-CD
LATIN AMERICAN AND
CARIBBEAN CONSORTIUM
ON DEMENTIA

Defining Brain Health



Brain Capital Alliance

Home About Working Groups Publications Events

Neuroscience-inspired investment

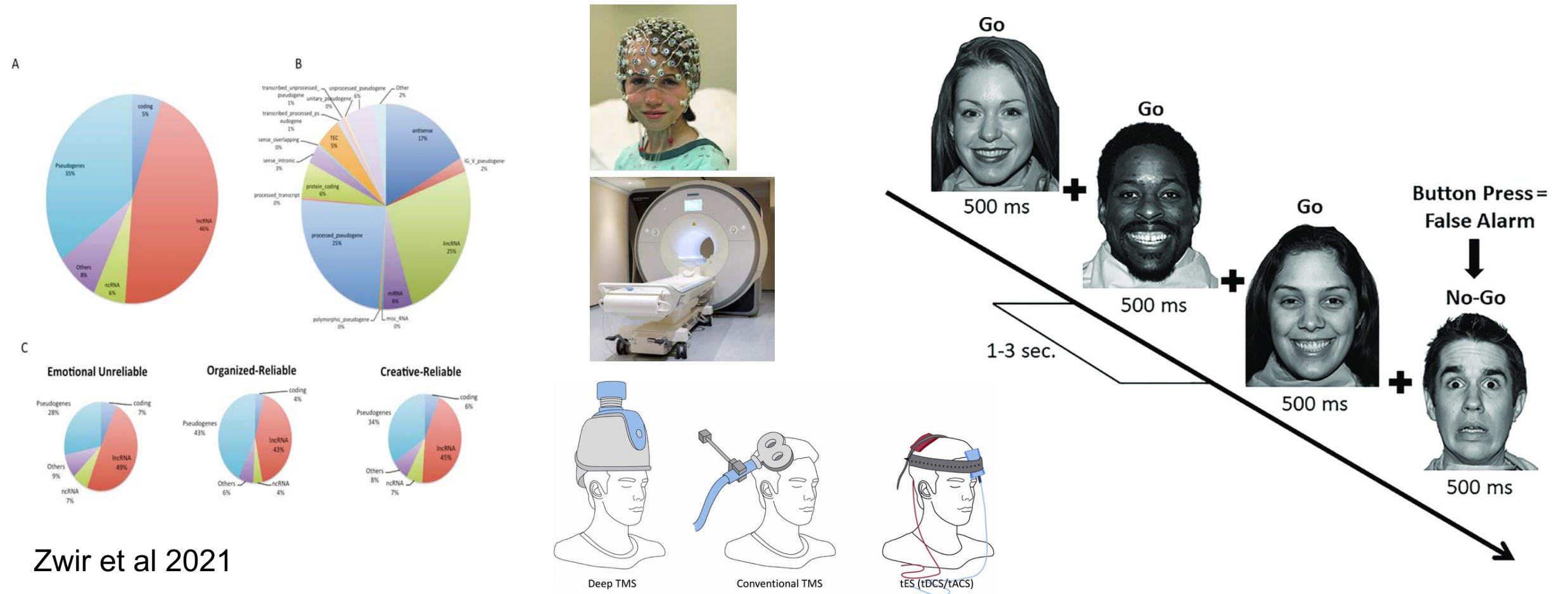
Brain Capital is a new asset class which recognises brain skills and brain health as indispensable drivers of the brain economy.

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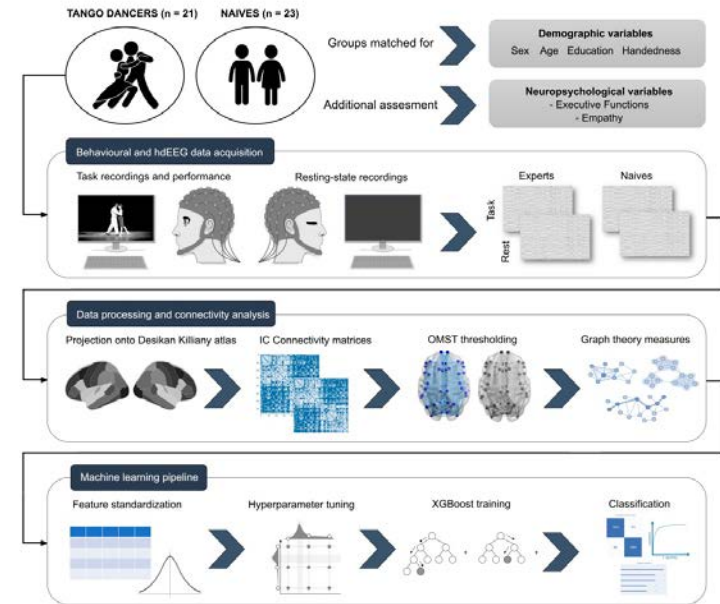
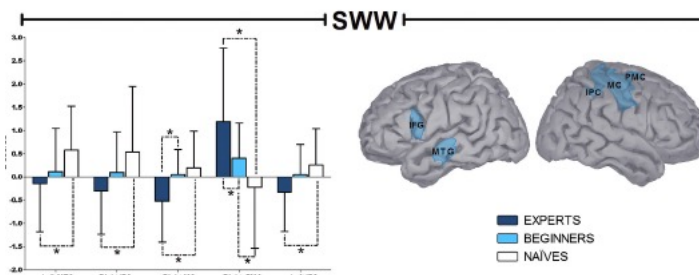
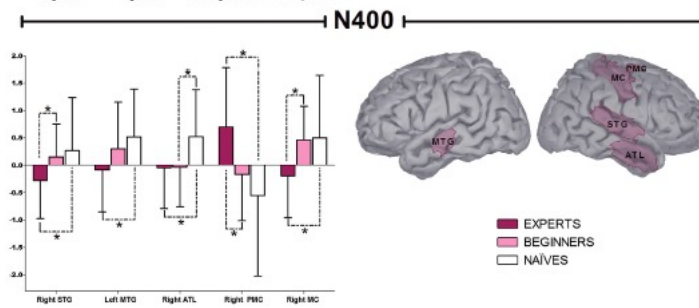
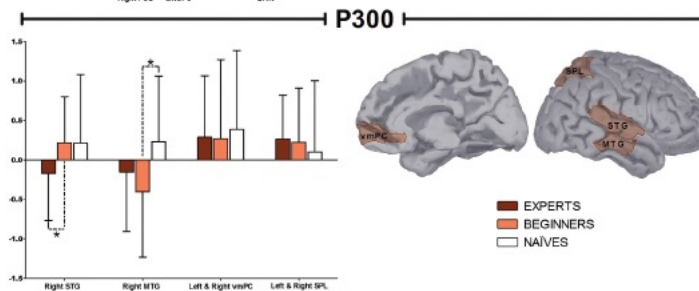
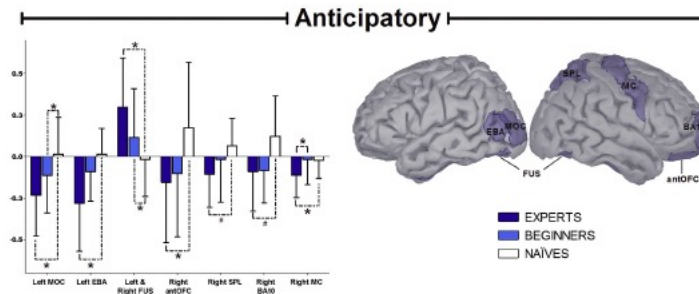
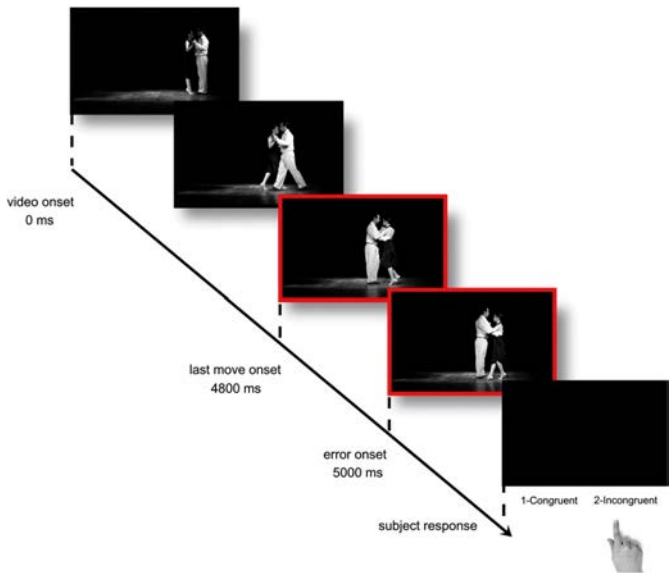
Neuroscience and arts

Basic approaches

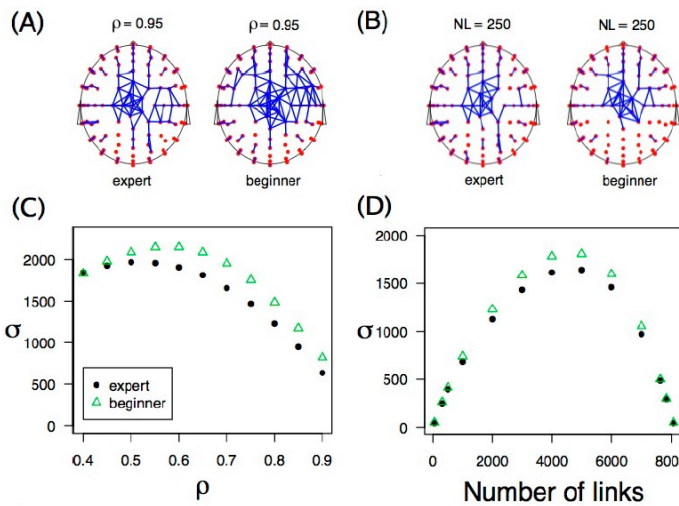
Genetics – Animal research – Cognitive neuroscience



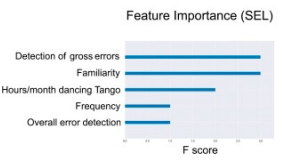
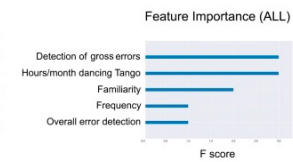
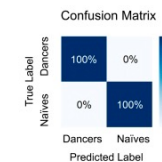
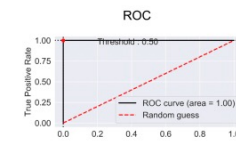
One example: Tango Dancer Experts



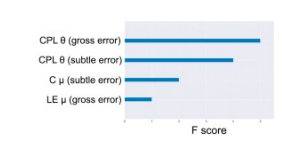
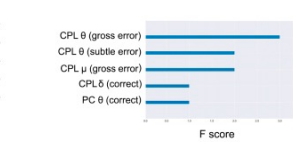
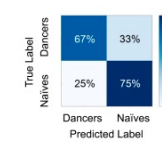
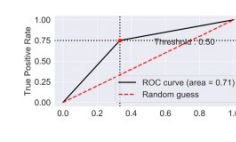
Tango dancers vs. Naïves



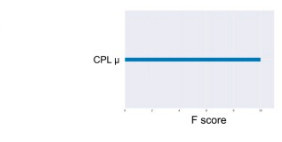
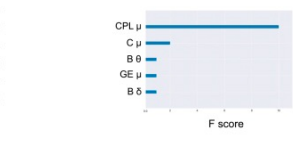
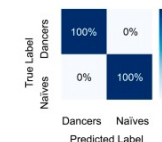
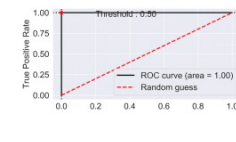
(A) Behavioural Model



(B) Task model

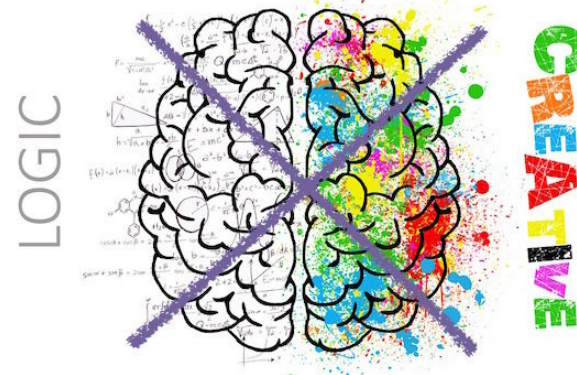
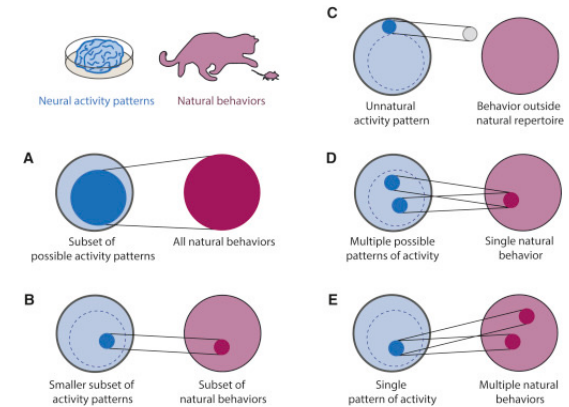
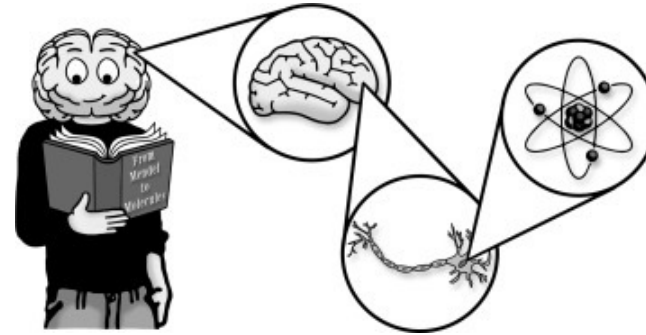


(C) Rest Model



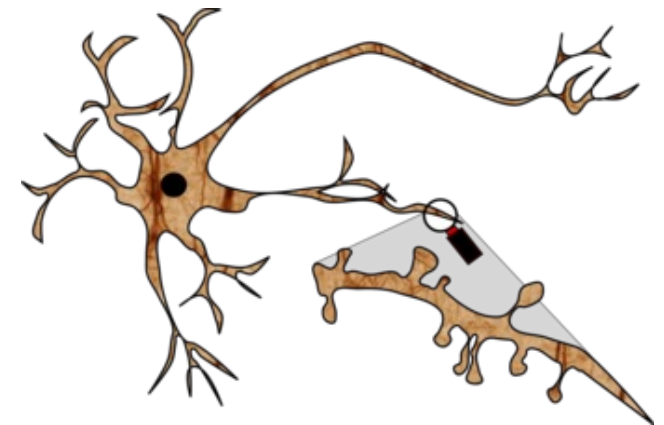
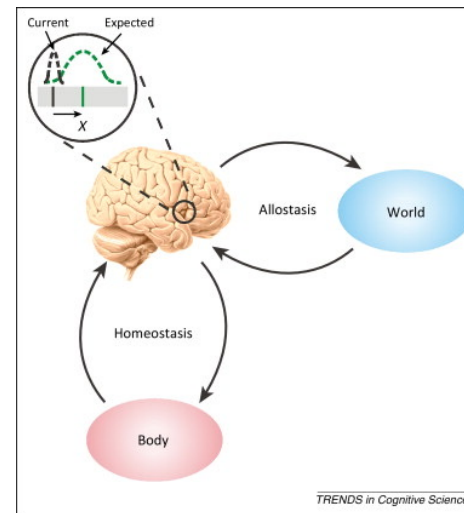
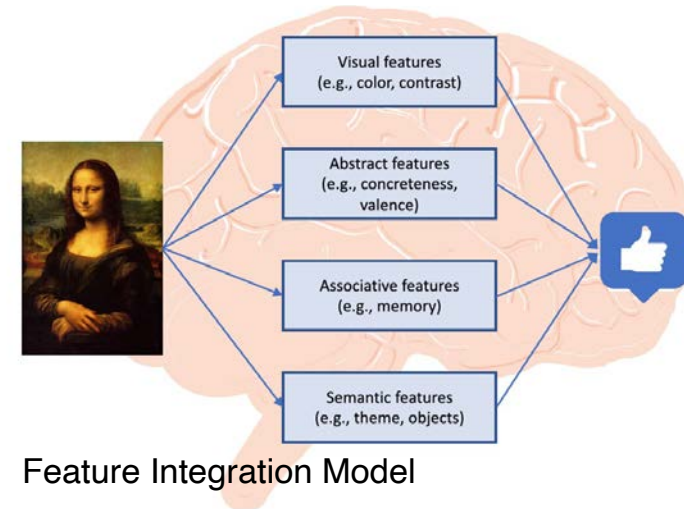
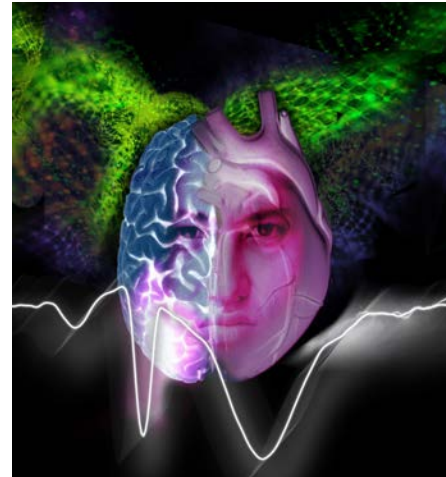
Myths and limitations

- Single associations with brain regions
- Creativity as a thing, not a process
 - “creativity brain”, “creativity area”
- Left-right association
- Soft reductionism
- Idealistic assumptions of mental health
- When people are engaged in creative tasks, the same brain areas are active that are active in many everyday tasks
- Importance of domain specific expertise



Opportunities

- No single brain region that drives creativity. The entire brain contributes to creative cognition.
- Plasticity, exercise and allostasis
- Blending of the socio-cognitive-embodied frameworks
- Beyond reductionism in neuroscience and multidisciplinary insights



Network

Arts
and Brain

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Inspirational examples of successful creative practice to promote brain health and wellbeing which might be applied around the world.



Examples of successful creative practice to promote brain health and wellbeing which might be applied around the world.

Case Studies

We have gathered together a wide variety of case studies which reflect a variety of resources, situations and cultures from around the world. We believe there are methods and learnings here that can be widely applied.

We have grouped them by the country they originated in, click below for case studies from each. You can also use the search function at the top right hand of this page to look for case studies under the following tags:

- › In the community
- › In care homes
- › In care settings
- › Internet/online
- › Intergenerational
- › Dance
- › Books
- › Music
- › Sensory Boxes
- › Dementia Cafe
- › Resources



Argentina

Please click on links below for case studies from Argentina.

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Rest of World

Please click on links below for case studies from the rest of the World.

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UK

Please see a selection of case studies from around the UK.

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Member Login

TOGETHER WITH MUSIC

It starts with a song!

About What's On Map of Connection Member Zone

Training aims to inspire, support and empower care homes, schools and community groups

To find out more get in touch with our team

Contact us!

MOVE & GROOVE

Together with Music are thrilled to announce an exciting new partnership with Youth Sports Trust. This is an innovative pilot project combining the worlds of music and sport to deliver health and wellbeing outcomes for both the young and the older generations.

Find out more about the project and to express interest here!

Find out more

Curious Shoes

A collaborative performance for people living with dementia and their loved ones

Playlist for Life 10 YEARS

Contact Donate Training

Music & dementia Make a playlist Help and inspiration Get involved

A playlist of personally meaningful music can help people living with dementia

Dementia Creatives

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Dementia Craftivists

What is Craftivism?

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Creative Aging International
We Celebrate Aging



ORIGINAL REPORT

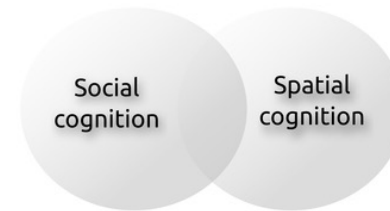
EFFECTS OF DANCE ON MOVEMENT CONTROL IN PARKINSON'S DISEASE:
A COMPARISON OF ARGENTINE TANGO AND AMERICAN BALLROOM

Madeleine E. Hackney, BFA¹ and Gammon M. Earhart, PhD, PT^{1,2,3}

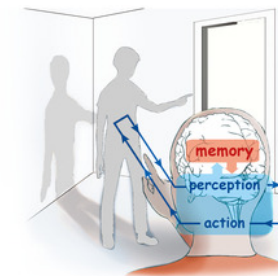


Motor and non-motor manifestations in Parkinson's disease (Romenets et al., 2015)

Community-based tango



Depression & well-being



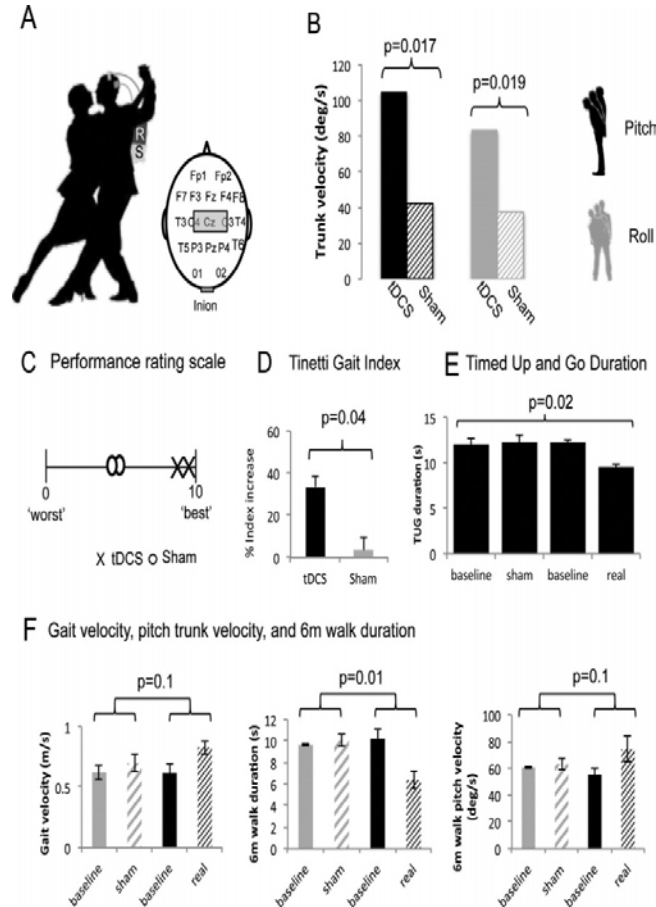
Argentine tango dance compared to mindfulness meditation and a waiting-list control: A randomised trial for treating depression

Rosa Pinniger^{a,*}, Rhonda F. Brown^a, Einar B. Thorsteinsson^a, Patricia McKinley^{b,c}



- Six-week program.
- **Depression** levels were significantly reduced in the tango (effect size $d=0.50$, $p=.010$), and meditation groups (effect size $d=0.54$, $p=.025$), relative to waiting-list controls.
- **Stress levels** were significantly reduced only in the **tango** group (effect size $d=0.45$, $p=.022$).
- Mindfulness-meditation and tango dance could be effective **complementary** adjuncts for the treatment of depression/stress programmes.

NIBS during tango dancing in Parkinson's disease Kaskia et al, 2014

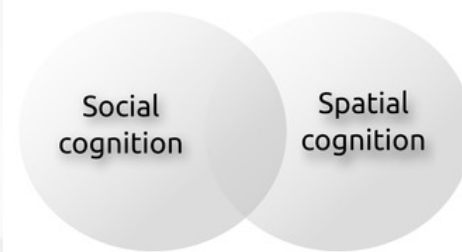
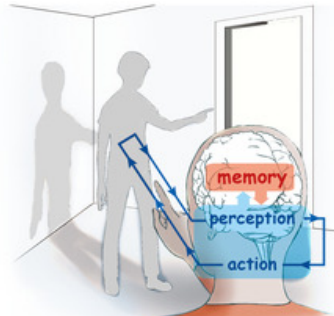


Community-based Argentine tango dance: increased participation of individuals with PD (Foster 2013)



Increased participation in **complex daily activities**, **recovery of activities lost** since the onset of PD, and **engagement in new activities**.

Spatial Cognition and Disease Severity in PD (McKee, 2013)



Compared to classical motor cognition therapy, Improved on **disease severity** ($p=0.008$), **spatial cognition** ($p=0.021$), **balance** ($p=0.038$), and **executive function** ($p=0.012$). Gains were maintained 10–12 weeks post-intervention.

Therapeutic Argentine tango dancing for people with mild Parkinson's disease: a feasibility study



- **Depression & well-being**

TABLE 1 | Class structure and content.

Section	Time (min)	Activity	Objectives
Warm up	0–10	Large amplitude movement of each joint through full range Rib/pelvic dissociation movements	Prepare the body/muscles for dance Increase range of motion at joints Decrease trunk rigidity
Individual step practice	10–25	Introduction to rhythm and beat of music Stepping forwards, backwards, sideways in patterns following dance instructor Seated practice footwork	Training ear to identify external cues to movement Practice movement coordinated to rhythm of music Practice weight shift, large amplitude steps, challenging balance Practice of complex foot and ankle movement patterns while seated
Break	25–30	Seated rest	Prevent fatigue
Partnered Practice tango steps	30–50	Partnered practice with modified tango “embrace” Shared leading and following roles Practice of stepping patterns in time with music Encouraging postural awareness with respect to position partnered “embrace” Practice turning, change of direction	Address motor difficulties with gait speed, step length, movement initiation coordination, weight shift Aerobic training Balance retraining Teaching movement strategies for complex movement such as turning/walking backwards
Break	50–55	Seated Rest	Prevent fatigue
Cool down	55–60	Breathing Gentle stretching Close with applause	Relaxation Encourage deep breathing with basal expansion Establish sense of accomplishment

- **Health-related Quality of Life and Alternative Forms of Exercise in Parkinson Disease (Hackney et al., 2009)**
- Tango significantly improved on **well-being** ($p=0.03$), **social support** ($p=0.05$) and **social interaction** ($p<0.01$) at post-testing.

Amazonian Dance in PD – Aline Hass

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Can creative arts projects help people deal with trauma from personal or group conflict?

Role of creative activities and projects in helping recovery from trauma due to personal or group conflict was a strong theme of 2023 Creative Brain Week

Expand



A way out of no way



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Music for Brain Health in Latin America and Beyond with Copa Y Vida - An Atlantic Fellows project

hace 4 meses | Ver más

Atlantic Fellows + Seguir

Más de Atlantic Fellows

Reproducir de forma automática ei



Music for Brain Atlantic Fellows



Yadiki meet Ui Atlantic Fellows

Violence and Peace in Colombia



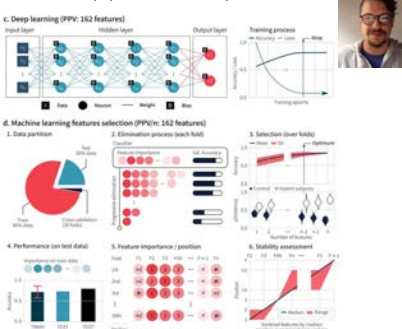
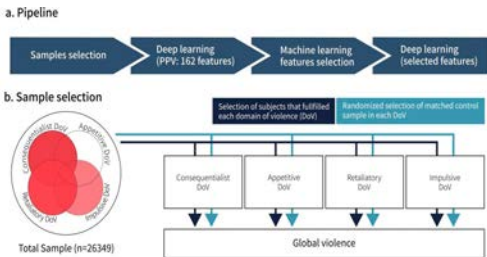
Débora Arango: Envigado, 2005

Article Uncovering social-contextual and individual mental health factors associated with violence via computational inference

Hernando Santamaría-García,^{1,2,3,7} Sandra Baez,^{2,4,7} Diego Mauricio Aponso,^{1,5,7} Guido Orlando Pasciarollo,^{4,7} Patricio Andrés Donnelly-Kehoe,^{1,7} Gabriel Maggioni,¹ Diana Matallana,¹ Eugenia Hesse,^{6,10} Alejandra Neely,^{1,11} José Gabriel Zapata,¹ Winston Chiong,¹² Jonathan Levy,¹³ Jean Decety,¹⁴ and Agustín Ibáñez,^{1,10,11,15,16,17,18,*}



Viviana "Sometimes when I'm alone I remember things and cry."
Wilson "I do not want to constantly remember... the execution of people."
Juan Carlos "There were children on the list. But I didn't execute myself."



Outcome-oriented moral evaluation in terrorists

Sandra Baez^{1,2,3}, Eduar Herrera^{1,3,4}, Adolfo M. García^{1,3,5}, Facundo Manes^{1,3,6}, Liane Young⁷ and Agustín Ibáñez^{1,3,6,8,9,*}

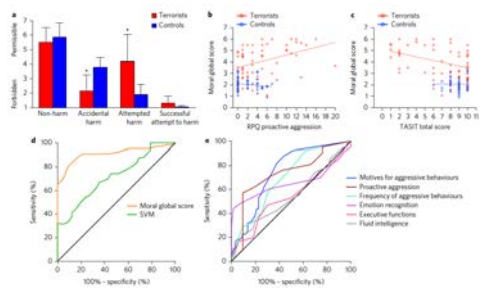


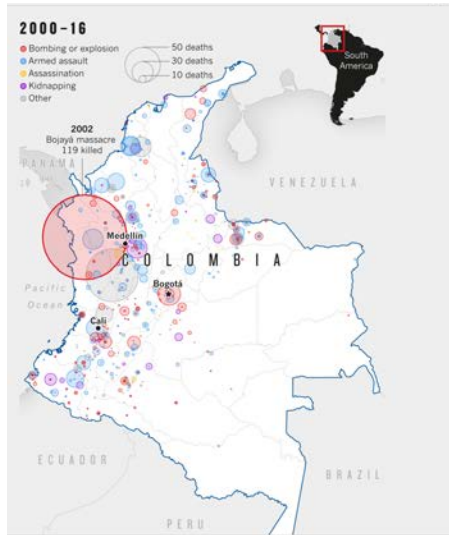
Table 2 | Standardized coefficients of the multiple regression model (N=122).

Predictors	Beta coefficient	p-value
Group	-0.30	0.000
Fluid intelligence	-0.01	0.97
IS total score	-0.03	0.52
MAU	0.57	0.44
SAB aggressive behaviours subscale	-0.06	0.29
SAB situations subscale	-0.05	0.88
RPQ proactive aggression	0.23	0.000
RPQ reactive aggression	0.06	0.32
TSTST total score	-0.24	0.000
IS situation scores: OMA, Consequentialist Moral Agency, Aggression, Altruism, and Trust		

Baez et al., 2017, *Nature Human Behaviour*

Understanding and countering terrorism

The steep rise in global terror necessitates a deeper scientific understanding of the terrorist profile and evidence-based deradicalization programmes.



Disarming the mind: Reintegrating ex-combatants in Colombia

DISARMING THE MIND

<https://www.nature.com/articles/d41586-018-05044-w>

Colombia: after the violence

Peace efforts in the country have ended 50 years of intense conflict. Now, scientists are studying former fighters and victims as they attempt to heal.

By Sara Reardon

The skin of the conflict



LA PIEL DEL CONFLICTO

Voces de Vista Hermosa

Isabel Cuellar Ríos

Diana L. Matallana Eslava

Carlos Gómez-Restrepo

.e editorial
Pontificia Universidad
JAVERIANA



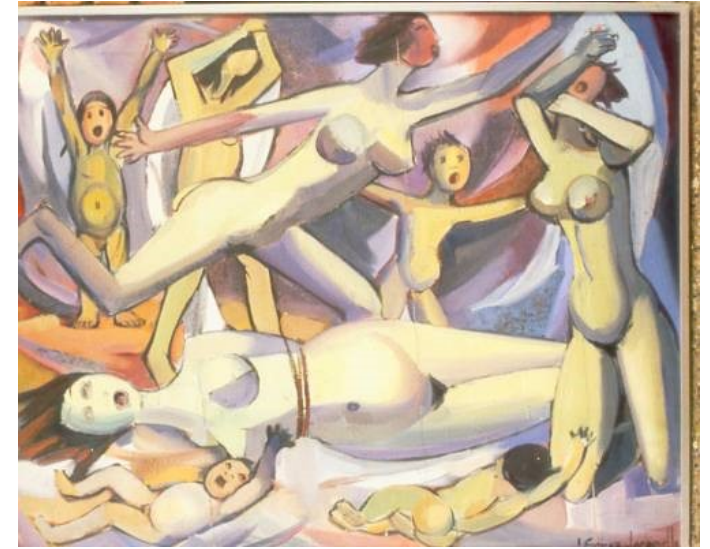
Arango, Débora. Modern Art Mus.



Drawing by Rafael Posso, artist and victim of the Las Brisas massacre



Gómez Jaramillo. La Violencia



'Magdalenas por el Cauca', Art initiative that pays tribute to the disappeared people and their mothers

Stinkfish, Street art, Medellin



Art and cultural agency to transcend pain and transform conflict



The universe within: The body's internal appraisal of environmental demands

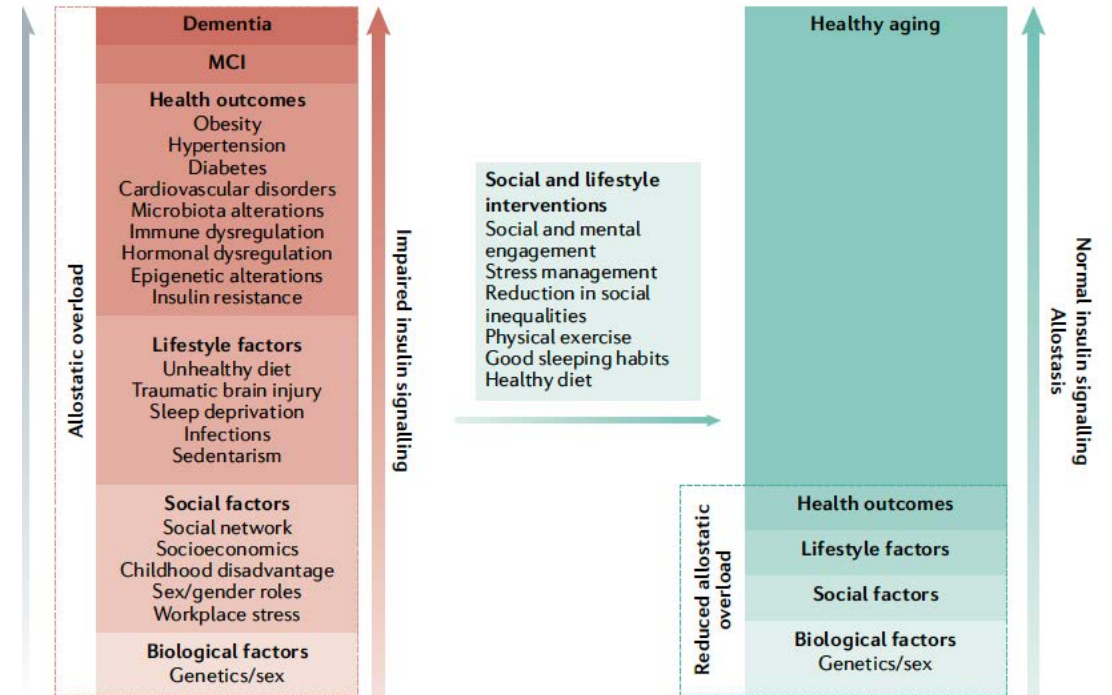
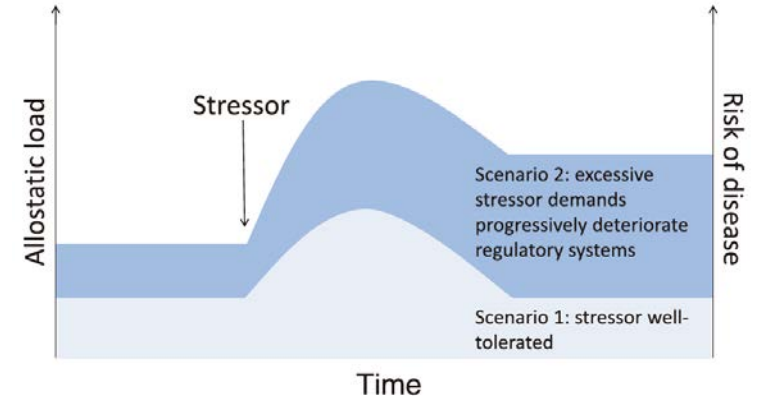
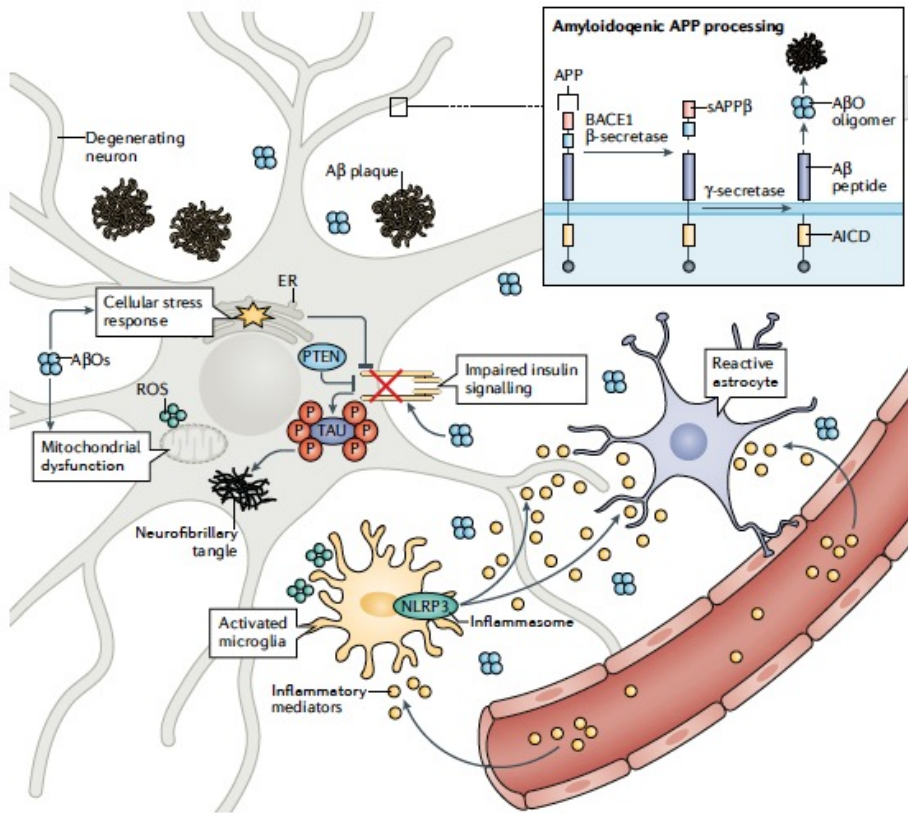
Immortal Beloved (1994 film)



Allostasis and neurodegeneration

Impaired insulin signalling and allostatic load in Alzheimer disease

Fernanda G. De Felice^{1,2,3}, Rafaella A. Gonçalves¹ and Sergio T. Ferreira^{3,4}



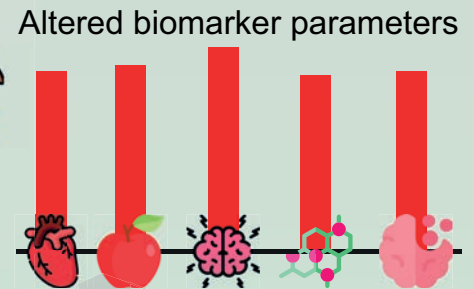
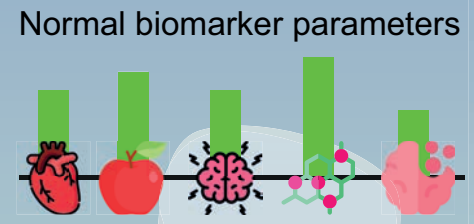
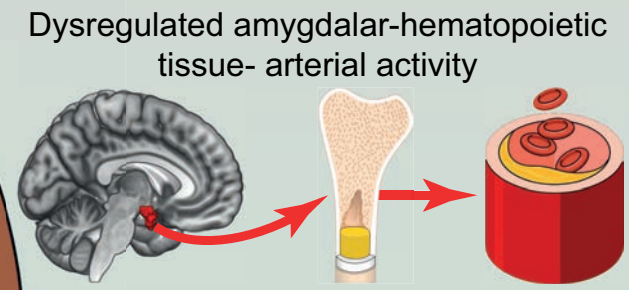
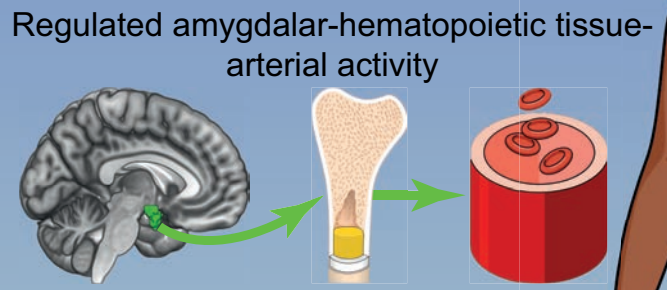
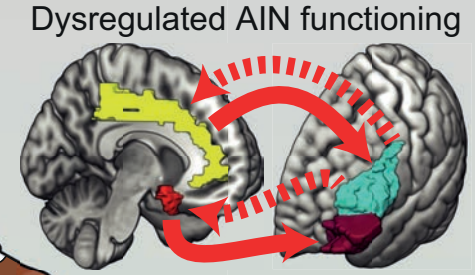
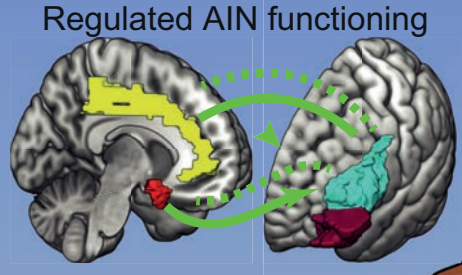
Healthy environment

Healthy habits

Exercise habit

Financial stability

Assurance of basic needs



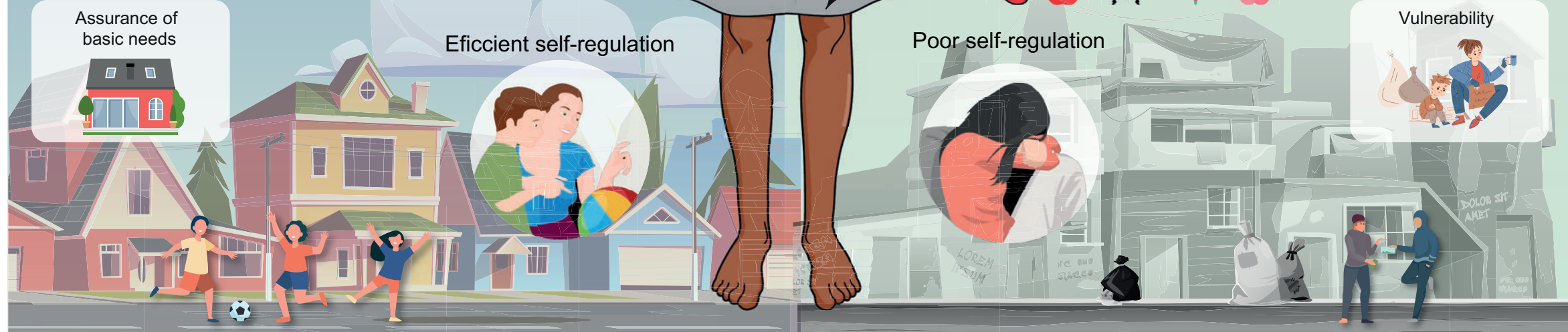
Polluted environment

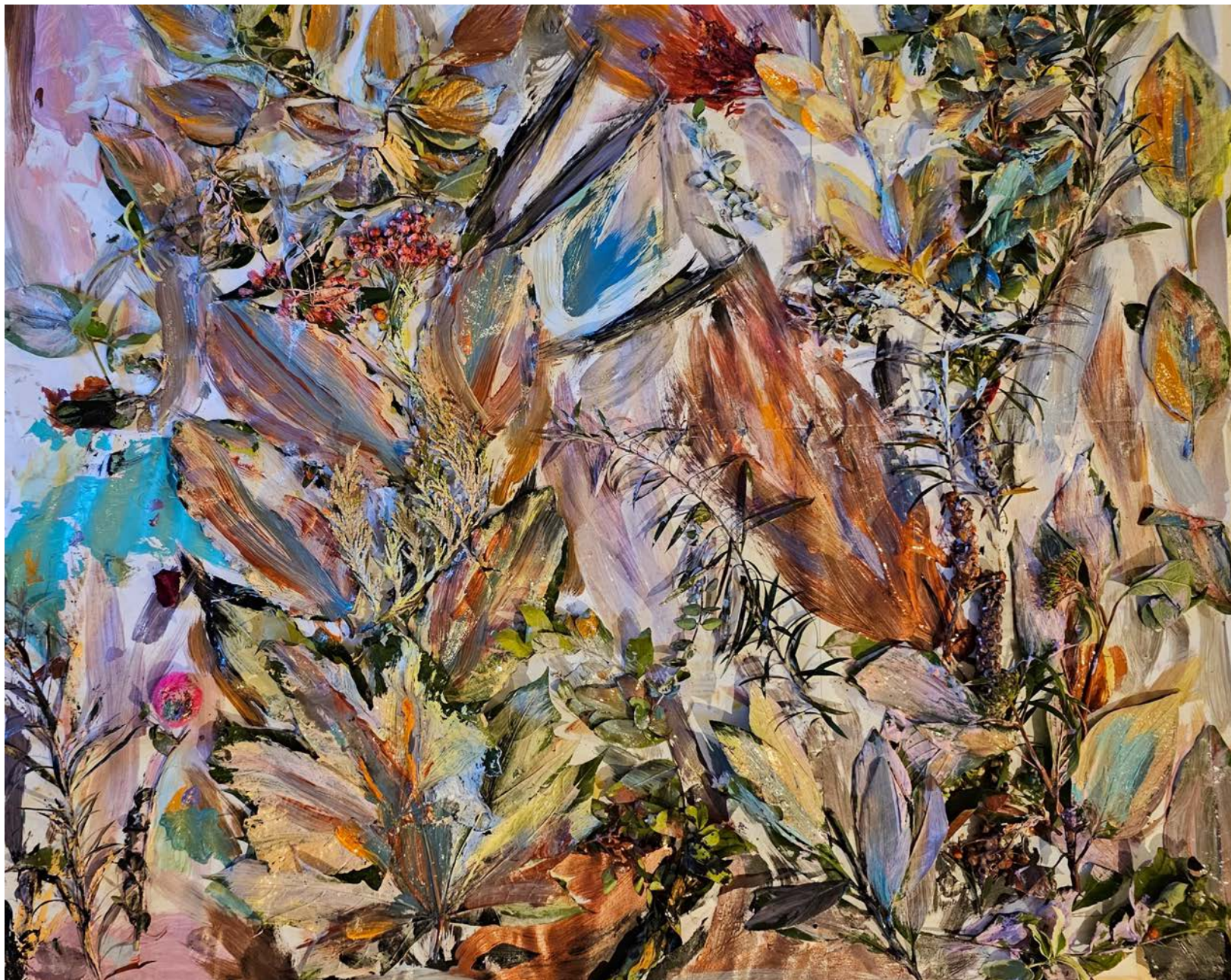
Unhealthy habits

Sedentarism

Financial strain

Vulnerability





Agustin Ibanez, Aline Haas, and Nisha L Sajjani. Conflict, arts, and health: Moving beyond traditional academic divisions between biology and culture. Accepted

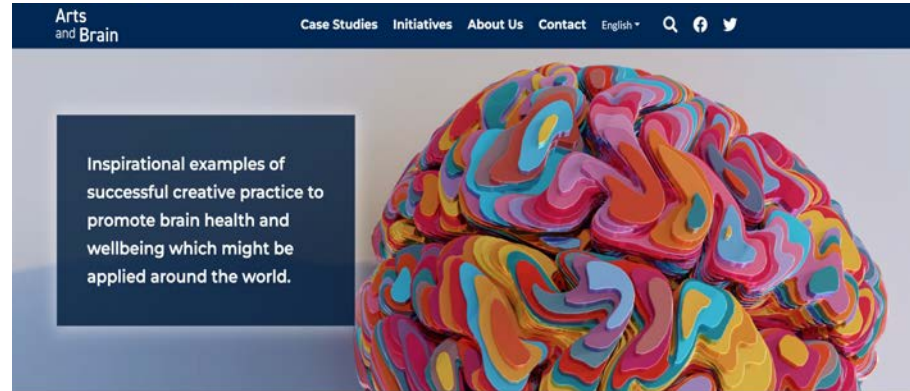
How we can use this knowledge to know how?

- Rational minds?
- Creativity and health
- Creativity and conflict

- Transdisciplinarity

- Self-regulation, biology, and adversities

Miller 2002, 2018; Seeley et al 2008;
Lucchiari et al 2020, Daswson et al, 2020





Thank you! Muchas Gracias!



alzheimer's association™



Tau Consortium



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