

Center for Music in the Brain guest talk w.

Dr. Suvi Saarikallio

Adjunct Professor of Psychology of Music, Department of Music, University of Jyväskylä, Finland



MUSIC IN THE BRAIN

Date: Tuesday, December 1st, 2015

Time: 11-11:45 AM

**Place: Meeting room, 5th floor, building 10G,
MIB/AUH, Nørrebrogade 44**

The Center for Music in the Brain is happy to host Dr. Suvi Saarikallio from Department of Music, University of Jyväskylä, Finland in a talk titled

Music as emotional competence

Abstract: Music can be considered as a forum for emotional competence. In my recent work I have been aiming to identify the core health-relevant components of this competence (e.g. recognition, expression, awareness, embodiment, sharing & self-regulation of emotion in music). Methodologically, my research involves motion capture, psychometric measures, listening tests, physiological measures (HRV), and neuroimaging (EEG, fMRI). In the talk I will discuss music-related emotional competence as an explanatory mechanism for how and why music relates to adolescent wellbeing, and present examples of my recent findings of how patterns of musical responding & engagement relate to adolescent symptomatology (conduct problems, depression) as well as general emotionality & mental health (emotion regulation, positive affect, empathy).

ALL ARE WELCOME

For more information
about the guest talk,
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