



iMPAC 2024

SYMPOSIUM & FESTIVAL

21 - 24 March

Programme

Creative and Expressive Arts in Therapy, Education,
Professional Practice, Community and African Culture

WEDNESDAY 20 March

PRE-CONFERENCE TRAINING WORKSHOP

Venue: Open Window University campus

14:00 - 17:30

The uses of creative and expressive arts therapies in education, therapy, community, health, and mental health
Vivien Marcow Speiser, Phillip Speiser and Nsamu Moonga

18:00 ■ **Networking Event**

PROGRAMME

THURSDAY 21 March

08:00 - 09:00 ■ **Registration** *Urban Hotel: Corner Leopards Hill Road, 10101 Lake Rd, Lusaka*

09:00 ■ **Opening** *Prof George Angelopulo: Vice-Chancellor Open Window University*

09:15 - 09:45 ■ **Welcoming Address** *Mr Fumba Chama: The Permanent Secretary of Arts, Ministry of Youth, Sport and Arts*

KEYNOTE

09:45 - 10:45

The Evolution of the Creative and Expressive Arts in Therapy, Education and Community within Southern African Culture-Potential

Vivien Marcow Speiser, Phillip Speiser and Nsamu Moonga

Tea (10:45 - 11:00)

PANEL

TRANSFORMATIONS

11:00 - 12:30

Art Therapy Training for Social justice at the University of Johannesburg

Kim Berman

Perceptions of Transformation: A Comparative Study Incorporating Spontaneous Improvisation in Multimodal Arts Research

Nonkululeko Vilakazi

Playing with institutions: theatre and disruptions of colonial psychiatric practice

Alexandra Sutherland

Lunch (12:30 - 13:30)

WORKSHOPS

Parallel Sessions

13:30 - 14:30

The knowing of the hands: An arts-based, embodied and healing-centered approach to community mental health and wellbeing

Marlize Swanepoel

Healing Childhood Trauma Through Experiential Group Work

Gabriel Marchand

A Personal Journey of Mourning

Nsamu Moonga

PLENARY

14:30 - 15:30

The Flying Foot: Healing through Art

William Miko and Andrew Mulenga

Tea (15:30 - 16:00)

ROUNDTABLE

Online

16:00 - 17:00

Art-Based Research: The Art of Using Art as a Primary Mode of Inquiry

Shaun McNiff and Ross Prior

PRESENTATIONS

17:00 - 18:00

Artist, Heal Thyself: Exploring the artists' health advocacy imperative in diverse settings

Bridget Rennie-Salonen

So you make plays?: A brief reflection from an emerging, Southern African Applied Drama/Theatre practitioner working across Southern Africa, from 2013-2023.

Hamish Mabala Neill

PERFORMANCE

18:00 - 18:30

The Irreducible Maternal Body

Tossie Nobonke van Tonder

DISCUSSION

09:00 - 10:00

Performance and/as/for Making*jacki job, Mwenya Kabwe, Neo Muyanga, and Alexandra Sutherland**Tea (10:00 - 10:30)*

PANEL

RESEARCH AND CURRICULUM DEVELOPMENT

10:30 - 11:45

Arts research methodologies as a way of giving voice and empower marginalized*Nereida Ripero-Muñiz and Kate Shand***Preserving Narratives: Fostering Co-Presence and Improvisation in a South African Drama Therapy Curriculum and Pedagogy***Lireko Qhobela***Exploration on Factors Affecting Hands-on Skills in Music Education:****A Case in Selected Secondary Schools of Mbala and Kasama Districts, Zambia***Moses Nonge*

PROVOCATION

11:45 - 12:00

And Then...*jacki job*

ROUNDTABLE

12:00 - 12:30

Empowering Indigenous Arts Research: A Roundtable Discussion on Cultural Heritage and Tourism in Zambia*NAHA Cultural, Arts and Tourism Centre**Lunch (12:30 - 13:30)*

WORKSHOPS

Parallel Sessions

13:30 - 14:30

Biodanza your way through all social and language barriers into more health and vitality - experience a movement on music modality*Eleen Polson***Arts-Based Therapeutic Interventions with Stress and Generalized Anxiety***Rebecca Zarate***From ABC to SRHR and selfies: how to use theatre to safely address difficult questions related to sexual health education***Hamish Mabala Neill*

PANEL

WORKING WITH COMMUNITIES

14:30 - 16:40

Ezempilo Mental Health Arts Festival*Sibusiso Fihlani***Playing in multifaceted trauma: reflections on embodied dramatherapy in South Africa***Margie Pankhurst and Jessica Mayson**10 min break***Exploring teenage pregnancy through collaborative music-making activities with adolescent girls in Zambia***Foster Mumba***PhotoCovidZambia – reimag(in)ing pandemics in Zambia***Kerstin Hacker**Tea (16:40 - 17:00)*

PRESENTATION

17:00 - 17:30

Transformative Approaches to Mental Health in the SADC Region: Integrating African Expressive Arts, Behavioural Science, and Technology to improve health seeking behaviours*Pathmanathan Govender*