

## Call for Case Studies

### Selected projects

#### **Patrizia Nalbach**

##### ***Sparks***

Born in 2014 as a result of studies and work experience in the social, artistic and cultural field of its creator and conductor Patrizia Nalbach, mediator, singer and music therapist, *Scintille (Sparks)* is a project aimed at people with cognitive impairment at the onset of senility, including Alzheimer's disease and other forms of dementia.

It intends - through Art and the creation of new stories by the participants - to encourage as much as possible the integration of people with dementia, together with their families, in that relational, social and cultural framework that everyone needs to live, according to the cultural realities of the territory and the places of care in it.

#### **Paolo Paolantonio**

##### ***Music in the community***

This project is based on a program of 10 group music sessions involving residents in homes for the elderly and conservatory students, and aims to investigate the experience of the participants and any perceived effects on health and well-being.

Each session was conducted by a teacher from the *Conservatorio della Svizzera italiana* supported by students who received specific training. The musical activities were based on singing and the use of appropriate percussion instruments. The sessions also included short performances by the students.

After a preliminary study involving 20 residents of 6 homes for the elderly in Ticino (average age 84.6) with the aim of exploring how residents access music and what function it plays in their lives, the music program was implemented in 4 facilities in Ticino, involving 22 residents (average age 83.6) and 9 students in the data collection.

#### **Roberta Pedrinis**

##### ***Art therapy in the rehabilitation of the cancer patient***

This study aims to compare the effectiveness of a multidisciplinary oncology rehabilitation program and explore participants' subjective experience and perceived benefits through art therapy.



The study shows that the intervention of art therapy in the context of cancer rehabilitation can help cancer patients with different clinical profiles, different personal characteristics, and needs by implementing a feasible, cost-effective, and efficient tool.

### **Rita Pezzati**

#### ***TINCONTRONLINE***

The project aims to create an innovative practice using theater, breathing and gentle movement techniques for groups of people with Alzheimer's and their family caregivers.

The Tincontronline project offers online sessions through the proposal of videos based on emotional and body stimulation activities.

The caregiver and the patient are accompanied to discover a point of view that explores people's behaviors and emotionality.

The novelty lies in the creation of an amalgam of languages that integrates the communicative and expressive potential of theater with the knowledge and the technical psychotherapeutic look to obtain a precision in the offer and a depth in the work.

### **Patrizia Berger**

#### ***Neighborhood Theatre***

Neighborhood Theater is a play that shares and stages stories of family members and people who live with the condition of neuro-diversity, in a sort of imaginary journey that brought us to significant events that have marked our history.

A journey to discover the mysterious universe of the autistic spectrum, but above all the emotions, desires, dreams in order to feed the hope of a happy life despite the diagnosis.

Art as a means of healing from the wounds that cause us the daily confrontation with the communicative limitation of our children.