Creating Music to Promote People’s Health: A Dialogical Workshop
Sponsored by FIOCRUZ Foundation to Help Students Who Carry Chagas
Disease and Their Respective Families in Rio de Janeiro (Brazil)

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The recent (ABR) Method – Art-Based Research our approach that uses the performance as a way to expand the “data” possibilities. Our transdisciplinary group from FioCruz Institution organized the first ABR workshop in Rio de Janeiro, 2016 to reflect upon the possible exchange between Science and Art. We have had over 10 sessions on this issue ever since. The use of music in qualitative research can be viewed less as an experiment and more as a realization. The Objectives are: Assess the acceptance and participation of the patients to make them aware oft he importance of Music to promote their health; investigate the articulation between science and Art- in this case making music together with the patient that become Students and their families at FIOCRUZ – RJ and make a valuable contribution to non-formal education, so that the health system, incorporate the Music making process into their strategies. The methodology we use is the Art-Based Research, that is considered one of the possibilities of Qualitative Research. Five researchers participate in the research. The “data”, in this case, can also be presented as “Musical Performances“, thus art can be regarded as a way of knowledge by itself. ABR method unify the research self with the artist self and give the qualitative researcher alternatives to the traditional method of making questions and also present the results. We raised patient awareness to become familiarized with the properties of the sound, as a preparation and warm-up for the final activity. During the last activity, we performed together and played Brazilian popular songs by using different rhythms from our vast culture (e.g. Samba etc.). At the end of the workshop, we collected testimonials from volunteering student. A fair number of workshops were held adopting an experimental approach. Their outcome showed that the participants involved got quite pleased and reported that music can actually help them search for a better quality of life. In addition, it expands the possibilities of non-formal education and promotes health through musical language. It is worth mentioning that music gives additional meaning to life and brings aspects from our culture through an aesthetic bias. It not only strengthens our collective ties, but also makes us care for one another. Ultimately, patients and family members feel stronger as they develop a network to face life hardships and treatments. The workshops held during the research demonstrated how practical activities using music benefit people’s health as well as develop them emotionally.

Keywords: health promotion, music creation, Art based Research, performance