



SingWell's Symposium 2023

Friday, November 10, 2023 || Toronto Metropolitan University

EVENT AGENDA

All times listed are Eastern Standard Time (GMT -5.00)

- 9:30 AM – 9:45 AM** Opening remarks from SingWell's Scientific Director Dr. Frank Russo
- 9:45 AM – 10:45 AM** Keynote speaker
- Dr. Anna Zumbansen, Assistant Professor, *University of Ottawa*, and
Associate Director, *Music & Health Research Institute*
“Singing for Speech and Language Disorders in Aged-Related Pathologies:
From individual to group singing research”
- 10:45 AM – 11:05 AM** SingWell project updates, led by Lead Researcher Dr. Arla Good
- Short break**
- 11:15 AM – 12:15 PM** Research Presentations, Part I
- Tara Raessi, *Toronto Metropolitan University*
“Biopsychosocial benefits of group singing in chronic obstructive pulmonary disease”
- Dr. Simone Falk and Catherine Des Rosiers, *University of Montréal*
“A choir for people who stutter: Potential for well-being and communication”
- Dr. Annabel Cohen, *University of Prince Edward Island*
“Improving Automated Pitch Analysis of Online Singing Test Results: Can a post-processing algorithm for pYIN data reach the accuracy of Praat-assisted Human analysts?”
- 12:15 PM – 12:25 PM** VIDEO: “Chorale Respire-Choeur en mode Hybride – Étude pilote 2023”
Produced by Louise Drouin and Dr. Nicole Marquis, *University of Sherbrooke*
- 12:25 PM – 1:25 PM** **Reflection (lunch break)**
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1:30 PM – 2:30 PM

Research Presentations, Part II

Dr. Mette Kaasgaard, *Aarhus University*

“Sing-a-Lung: Singing as training modality in pulmonary rehabilitation for patients with Chronic Obstructive Pulmonary Disease (COPD): A multicenter, randomised controlled trial”

Ellen Bernstein-Ellis, *California State University: East Bay*, and
Christy Thies, *Choir Director, Aphasia Tones Choir (CSU: EB)*

“‘I tell people, I’m a chorus person’: Exploring the impact of long-term aphasia choir participation on renegotiating positive post-stroke identity”

Alison Talmage, *University of Auckland*

“How can action research improve professional practice to maximise the benefits of community singing for adults with acquired neurogenic communication difficulties?”

Short break

3:00 PM – 4:00 PM

Workshop

Natasha Beaudin, *Alliance for Healthier Communities*, and
Dr. Jane Gosine, *Memorial University*

This presentation will examine how and why group singing for diverse populations should be part social prescribing programmes in Canada

Short break

4:15 PM – 5:00 PM

Research Presentations, Part III

Dr. Janeen Loehr, *University of Saskatchewan*

“‘Acting as one’ as a motivator and mechanism for coordination and connection in group singing”

Dr. Dawn Merrett, *University of Montréal*

“Tools for physiological and behavioural data collection in multi-subject singing research”

Closing remarks

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SingWell's Symposium 2023

Keynote

“Singing for Speech and Language Disorders in Aged-Related Pathologies: From individual to group singing research.”

Because we use the same vocal apparatus to sing and speak, singing appears to be particularly interesting as a therapeutic tool in speech-language pathology. This presentation will discuss clinical research in this field, particularly for communication disorders frequently encountered with age, such as aphasia (language impairment) or dysarthria (speech impairment) after stroke or in neurodegenerative conditions. We will show how singing has been used for 50 years by speech therapists in individual therapy, and why group singing is an important avenue of research for this population. Experimental methodologies for evidence-based clinical practice using group singing will be discussed.

About Dr. Anna Zumbansen

Anna Zumbansen, Ph.D. is an Assistant Professor at the University of Ottawa and Associate Director of the Institute for Research in Music and Health (MHRI). She worked for 11 years as a clinical speech-language pathologist. The NSERC and CIHR supported her doctoral (U of Montreal) and post-doctoral (McGill) training, focusing on clinical research on singing and aphasia rehabilitation. Dr. Zumbansen now leads the MHRI research initiative on the practices and effects of singing on health and well-being and the SSHRC-funded SingWell multisite study on the effect of group singing in post-stroke aphasia rehabilitation.

About SingWell

The SingWell project considers group singing as a meaningful social activity for people living with communication challenges that appears to have potential to support communication function.

While other effective interventions already exist for supporting communication deficits in communication challenges, they tend to be costly to deploy, not widely available in remote communities, and generally not effective with regard to combating social well-being issues related to communication challenges. Thus, group singing for communication challenges appears to be an important complementary intervention worthy of further consideration from scientific, practical, economic, and ethical standpoints.

To learn more, visit www.singwell.org

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