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, please contact Bjørn Petersen:

bjorn@pet.auh.dk