

**Catherine de Jaroueh**

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**Keynote speech title: Music for the Pain for the World**

**Abstract** (max 1600 character with spaces)

For this lecture, I propose a partly academic, partly non-academic presentation of the final research project I carried out for my Master in Degrowth. My project was based on arts-based research, which is a formal qualitative research method in which an artistic process is observed in order to extract knowledge about human experience. In this research, I investigated the individual and collective relationship to socio-environmental conflicts with the composition and performance of music. The aim of this work is to open the room for psychological and emotional processes in relation to socio-environmental conflicts. Some of my songs tell real stories of real cases of socio-environmental conflicts, and some express the emotions that come with being confronted with such conflicts and our responsibility for change: confusion, overwhelm, fear, grief, anger, hope.

In the lecture, I will first shortly the theoretical backgrounds of the research, and the methods I applied. Then, I would invite the audience for a collective witnessing of three environmental cases I wrote music about. For this, I would first explain the cases, and then play my music (singing and playing the guitar). After that, I would open the room for discussion and reflection: what did this performance do to the audience? Could they connect to the cases in a different way than if they had read about them in the news? How does such a process of collective witnessing through art change their relationship to the case? How could such methods be relevant to their work as coaches and supervisors?

**Profile** (max 600 characters with spaces)

My name is Catherine de Jaroueh, and I am 26 years old. I come from an interdisciplinary academic background, interconnecting different fields from social sciences. I recently finished a Master of Degrowth, and am currently enrolled in an EASC-certified business coaching formation. Next to this, I am an eager meditation practitioner, passionate about different practices and their neuro-scientific background. As for my current position, I am in a transition phase, applying for PhD's and jobs. Meanwhile, I share my music, my academic and performative work as a scholar-activist and artist.