The Lung Cycle

A day of creative investigation into singing for breathing

Phoene Cave

Thanks to the generous support of both rb&h Arts and The Music Therapy Charity, I was able to facilitate this day of investigation and relection with a sample of participants working alongside health care professionals and creative practitioners to explore the multi-faceted and complex nature of this intervention. I wanted the day to inform further thinking which may, in turn, influence funding and sustainability of this important intervention for the many millions of people in the UK with a respiratory condition.

The aim of the day therefore was to offer a creative focus group for participants with chronic lung disease, researcher Adam Lewis and myself in order to inform further research objectives.

I offered a variety of creative (storytelling) and physical interventions (breathing for singing session) plus discussion to capture the experience of breathlessness and singing for breathing intervention. I wanted to understand from the patient perspective how and what they feel should be evaluated.