

Trauma, rehabilitation and breathing: Ways into and out of violence, crime and substance abuse

Monday 23rd September 2019, 9.15-13.00

National Institute of Public Health, University of Southern Denmark, Studiestræde 6, Kbh. K

- The purpose of the seminar is to present preliminary results of two new research projects focusing respectively on young women and male gang members' lives marked by trauma, crime and substance abuse and their rehabilitation processes involving breathing techniques.
- Two participants in the Breathe SMART programme – a woman and a former gang member – present their personal stories including lives with violence and crime and their way out.
- The director of Breathe SMART will talk about the body and breathing techniques as central tools in rehabilitation.
- Ethical dilemmas when researching sensitive topics are discussed by Professor Ross Deuchar, Professor Tine Tjørnhøj-Thomsen and Senior Researcher Nanna Ahlmark based on their ethnographic work.

Registration: naah@si-folkesundhed.dk, by 18th September. The seminar is free. Limited seats available.

Programme

9.15 Registration, tea, coffee.

9.30 Welcome. Professor, *Tine Tjørnhøj-Thomsen, National Institute of Public Health, University of Southern Denmark.*

9.35 Painful lives, Breathing and Boundaries: preliminary results of an ethnographic exploration of young women's ways into and out of violence, substance abuse and self-destructive behavior. *Senior researcher, Nanna Ahlmark, National Institute of Public Health, University of Southern Denmark.*

10.05 'I get more in contact with my soul': Breathing, Transitional Masculinity and Desistance 'Signals' among Male Gang Members in Denmark. *Professor of Criminology, Ross Deuchar, University of the West of Scotland.*

10.35 Discussion and questions (facilitator, *Tine Tjørnhøj-Thomsen*).

10.50 Break.

11.00 Breathing and the body. *Therapist and director of Breathe SMART, Jakob Lund.*

11.10 Djoanna's story.

11.25 Previous gang member's story.

11.40 Discussion and questions (facilitator, *Nanna Ahlmark*).

11.50 Break and light snacks.

12.15 Ethical dilemmas when researching sensitive topics. *Ross Deuchar and Tine Tjørnhøj-Thomsen, (facilitator, Nanna Ahlmark).*

13.00 Goodbye.

Speakers

Ross Deuchar is Professor of Criminology and Criminal Justice at the University of the West of Scotland, a former Fulbright scholar and an Affiliate Professor of Criminology and Criminal Justice at Florida Atlantic University, USA. He is an internationally renowned scholar of gangs, street violence, organised crime and gang desistance and has conducted qualitative, ethnographic research on gang disengagement programmes across three Continents of the world. He is the author of four books, including his most recent 'Gangs and Spirituality: Global Perspectives' (2018), and has published numerous articles in peer-reviewed journals.

Nanna Ahlmark is Senior researcher at the National Institute of Public Health, University of Southern Denmark. Nanna's research explores health and well-being among marginalized groups, including socially vulnerable, youth in crime and substance abuse and war veterans. Her research also examines alternative and therapeutic health promoting methods, including the use of breathing exercises, yoga and body therapy.

Tine Tjørnhøj-Thomsen is Professor in ethnographic and qualitative research at the National Institute of Public Health, University of Southern Denmark. Her research focuses on research ethics; social relations and health; health among socially disadvantaged groups; youth and training, intervention-, implementation- and evaluation-research. She is the co-author of several books on qualitative research and has published numerous peer-reviewed articles.

Jakob Lund is a body therapist and director of Breathe SMART, a Danish branch of the International Association for Human Values (IAHV). Breathe SMART teaches breathing and meditation techniques as a way to reduce stress and promote mental health among people living with crime, drugs or social problems. Breathe SMART holds courses in and outside of Danish prisons as well as prisons around the world.