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## **Exploring the Influence of Music Listening on Conscious Thoughts and Imagination**

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**4:30 – 6:00 pm**

**LG04, Hui Yeung Shing Bldg, CUHK**

### **Prof. Liila Taruffi**

**Assistant Professor, Academy of Music, Hong Kong Baptist University**



Liila Taruffi is Assistant Professor in Music Psychology at the Academy of Music of Hong Kong Baptist University. After receiving her PhD in Psychology of Music from the Free University of Berlin, Liila has held various research and teaching positions in a number of international institutions including the Free University of Berlin, the Humboldt University of Berlin in Germany, and Durham University in the UK. Her core recent work focuses on music's capability to influence emotion and consciousness (specifically, internally oriented mental states such as mind-wandering and imagination), as well as their relationship to health and well-being. Liila has recently co-edited the volume "Music and Mental Imagery" (Routledge, 2022). Ultimately, her research is driven by the goal of practical applications of music for therapeutic practices and for enhancing well-being in daily life.

### **Synopsis:**

Music's capability to influence conscious thought has not been systematically explored yet. While some mental phenomena, such as autobiographical memory and/or involuntary musical imagery, have received attention from researchers, less is known about other types of internally-oriented cognition, including mind-wandering and visual imagery. However, within the various ways people incorporate music into their daily lives, it is common for individuals to listen to music to engage in fantasies, daydreams, mind-wandering, escapism, or introspection, highlighting the significance of internally-oriented mental processes for musical experiences. In this talk, I will present an overview of recent empirical music research that focuses on mind-wandering and visual imagery. I will show that music acts as a trigger to shape the occurrence and phenomenology of people's mental experiences, discuss the relationship between music-evoked thoughts and emotions, as well as the relevant practical applications of this new strand of research.

**Delivered in English**  
**All are Welcome**