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quarterly news from ASPAH Executive Committee

[View this email in your browser](#)**ASPAH**Australian Society for
Performing Arts Healthcare**Shifting the timing of the newsletter**

In order to avoid the Christmas rush, we've decided to re-organise the timing of the quarterly newsletter. The next issue is due to go out at the end of May, 2015. Copy deadlines will be set at the 23rd of the month of issue, i.e. 23rd February, 23rd May, 23rd August, 23rd November.

Plenty of news and events to share already, even though it's only February.

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Happy New Year!

Dr Filloyd Kennedy

Editor

Letter from the President

On the weekend of the 7th and 8th February this year the Executive Committee came together in Brisbane for its annual Strategic Planning meeting. The group photo from that weekend now graces our Facebook page – terrible how short focal-length lenses make you look old, balding and fat.

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Narcissism aside, it was a fascinating and challenging weekend where we time travelled back to ASPAH's beginnings then sling shot ourselves forward, imagining ourselves 20 years into the future. Finally we came back to the present and focussed on the coming year, measuring the time and energy around the table and discussing where to best allocate our resources.

This was not an easy question to answer. We of course want to continue to improve upon our current activities. Our Annual Conference will be better than ever (keep the weekend of 21st & 22nd November free and book your flight to Brisbane!), the Healthy Partnerships for the Performing Arts and Career Development Grants will continue through 2015, we will continue to coordinate the distribution of Medical Problems of Performing Artists, this newsletter you are reading right now will be coming to you quarterly and the ASPAH website and Facebook page will be maintained and developed.

Which is all great in its own right but the group felt very strongly that it was time for ASPAH to move beyond our "business as usual". Unable to articulate what we felt was missing we turned to our Mission Statement:

This organisation recognises that all performers, young and old, amateur and professional, have unique needs that may not be met by standard models of health care.

Therefore it **promotes**:

- Accessible high quality holistic health care for all performing artists,
- Education for medical practitioners and other health workers, teachers, performers and students to improve health and well-being,
- Research across disciplines relevant to this field,
- A culture of lifelong preventative health care and safety practices,
- Multidisciplinary discourse among health professionals, educators and performing artists, and
- Increased community awareness of performing arts health care

The emboldening of the word "promotes" is mine, and it was a word I underlined at the start of the meeting. I came to Brisbane wondering if "promotes" was too broad a term. While it does provide us with the freedom of a broad remit did that freedom come with the handicap of diluting our focus?

Thank heavens for fresh eyes and new blood! Much to my embarrassment the group just swept aside my confusion by simply asking back to me, "But isn't that exactly what ASPAH should be doing; *promoting?*"

This was the idea which guided us for the rest of the day and the weekend. We looked at our resources – the website, Facebook, the people around the table and (most important of all) you, the members - and decided that this should be the year we brought those resources together, promulgating the message of performing arts healthcare and bringing the good work that we and so many others are doing in this field to a broader Australian audience.

Put simply, 2015 should be the year ASPAH finds its voice.

Our plans include re-energising the content of our website, publishing a searchable directory of ASPAH members, reinforcing and expanding our information policy and review processes so we can bring you information in the field you can trust, establishing a presence on Twitter and being much more proactive in our conversation with you. It is with this latter aim in mind that we have appointed Camilla Tafra as our administrative officer whose key responsibility will be membership liaison.

If ASPAH is to find its voice it cannot do so without its membership. One of the strongest and loudest voices is always going to be a representative one. We look forward to increasingly being a conduit for your thoughts, your opinions and your endeavours as we bring the performing arts healthcare world, and particularly of Australia, to you.

Regards,

Paul Duff
President

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Performing Arts Healthcare

9th ASPAH CONFERENCE – CALL FOR PAPERS

*A Career In The Spotlight –
Enhancing Performance Health & Wellbeing*

21 – 22 November 2015
QUT Brisbane, Queensland AUSTRALIA



This two-day conference comprises presentations, workshops, and discussion panels, and will provide participants with the opportunity to connect and further explore best-practice information and solutions regarding the health and wellbeing of performing artists.

Oral and workshop presentation submissions are now open. We invite researchers, educators and clinicians who are passionate about the health and wellbeing of performing artists (e.g., vocalists, musicians, dancers, theatre, and circus performers) to submit an abstract of no longer than 225 words. Your presentation will add new insights into sustaining performing artists' career through evidence-informed practice.

Submissions are due by 5pm Friday 1st May 2015

For abstract guidelines or other conference information please visit – www.aspah.org.au

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Call for Expert Advisers

A request for ASPAH members with expertise in dealing with performance anxiety to participate in documentary film maker Caren Brand's research

I am a psychologist collaborating with a documentary maker to make a training/educational film looking at performance anxiety in performing artists. We anticipate that the audience will be performing arts students (secondary and tertiary), their educators and allied health professionals. It may also have broader appeal - ABC etc. As far as we are aware, there is currently no resource such as this available. We currently have letters of support from ANAM, the Melbourne Conservatorium of Music and the VCA.

We are currently undertaking research for the film, including looking for 'experts' to talk about performance anxiety

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end career) who might be willing to share their experiences on film - this might include those with debilitating anxiety who were unable to pursue a career as a performing artist because of this problem, or those with anxiety that have overcome their nerves - including how they have achieved this.

Are there any ASPAH members who might be interested in sharing their expertise on film or point us to 'talent' in the areas of music, drama or dance who may wish to convey their stories on film?

If members do have interest and/or contacts, I can be contacted on my mobile number [\(0400 876 347\)](tel:0400876347) or they can email me at caren@smatchat.net.au.

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Your Committee - Profile - David Peirce

David is a Physiotherapist in private practice in Brisbane. His career started primarily in sports Physio with involvement in elite level rugby union. His interest in performing arts healthcare was triggered when meeting his wife Lisa Wilson, a well-known contemporary dancer and choreographer. He has worked officially with Queensland Ballet, Expressions Dance Company and is now consultant Physio to the Qld Symphony Orchestra. David also works with Qld Theatre Company and visiting QPAC musicals. 40% of his company's ([Pondera Physiotherapy & Pilates](#)) income is now derived from the performing arts sectors. He hopes to bring the experience of 23 years in clinical care and business to ASPAH and help grow the membership through developing membership benefits for researchers, clinicians, students, teachers of all sectors.



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Your Committee - Profile - Cate Madill

Cate Madill is a Certified Practising Speech Pathologist and University of Sydney lecturer and researcher. She has worked as an actor and singer. She specialises in voice disorders and their remediation in professional voice users, and the process of changing the voice and learning vocal skills. She works part-time in private practice in Sydney and is Director of Voicecraft International.



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Local Chapters

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This year we are hoping to re-ignite our Local Chapters around the country. The chapters aim to empower communities to create spaces for networking, discussions and workshops on a local level. The meetings can range from casual coffee meet-ups with other local ASPAH members, to formal workshops/lectures with industry experts; each chapter can drive the group however they feel is best suited to them.

If you're interested in being more actively involved in ASPAH events around Australia, please get in touch at secretary@aspah.org.au to start a Local Chapter in your area; or if you live in any of the areas with existing chapters you can contact the organisers through the details below!

PERTH CHAPTER

On February 1st Dr Luke Hopper and Dr Shona Erskine coordinated the first meeting of the ASPAH WA local chapter. The meeting was supported by the ASPAH Healthy Partnerships for the Performing Arts Grant and the Western Australian Academy of Performing Arts. Over 20 local dance teachers, students and clinicians attended the event titled, Power to the Performer: self directed training practices for healthy dancers. The seminar comprised two sessions lead by Dr Hopper and Dr Erskine which focussed on their specialisations in dance science, motion analysis and performance psychology. Round table discussions were also held to establish the format and structure of future meetings. The next meeting will be held in August and will include a guest speaker, journal discussion and networking sessions. If you would like to attend future ASPAH WA meetings please contact Luke Hopper at l.hopper@ecu.edu.au

SYDNEY CHAPTER

Contact: cate@catemadill.com.au

BRISBANE CHAPTER

Contact: judy.wood@qso.com.au

MELBOURNE CHAPTER

Contact: camilla.tafra@gmail.com

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Free Workshop at Newcastle University

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Ever stopped to consider how important your body is to your performance? You need to make sure your body and mind stay in top condition!
 ... So join us for a series of short sessions by qualified healthcare professionals: a GP, physiotherapist, Feldenkrais practitioner, and specialist in mental wellbeing. Take away some handy practical tips for keeping your body and mind at its best! Tea and coffee provided.

9 AM – 1 PM
 Thurs 26 March @
 Concert Hall, The
 Conservatorium

FREE WORKSHOP
HEALTH AND WELLBEING FOR PERFORMING ARTISTS

The School of Creative Arts (University of Newcastle), in collaboration with the Australian Society for Performing Arts Healthcare, invites you to join us for a free half-day workshop on optimising your health and wellbeing as a performing artist.

Enquiries and RSVP (by 14 MARCH 2015) to Dr Catherine Grant catherine.grant@newcastle.edu.au / 4921 5838

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Performance Enhancement and Health Call for Papers – Performing Arts

Performance Enhancement and Health (PEH), an Elsevier peer-review journal, is seeking papers that explore the performance and/or health implications of involvement in performing arts, including dance, drama, music or singing. Please see the link for more details.

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<http://www.journals.elsevier.com/performance-enhancement-and-health/call-for-papers/special-issue-on-performing-arts/>

How to find out more:

A/Prof Gene Moyle, Associate Editor *PEH* (g.moyle@qut.edu.au or @genemoyle)

Dr Jason Mazanov, Editor *PEH* (j.mazanov@adfa.edu.au or @jmazanov)

Please forward the call for papers to people in your network you feel would be interested in either contributing to or reading the articles in this special issue.

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SAVE THE DATE

DANSCIENCE FESTIVAL/2015

DANscience - bringing together dance artists and scientists in an exploratory celebration of two fields of creative excellence

21-23 August 2015

Hosted by Queensland University of Technology
Directed by Liz Lea and Associate Professor Gene Moyle

The 2015 DANscience Festival is a curated series of events over three days that brings together national and international scientists, artists, researchers, educators, and the general public to further explore and celebrate the synergies between these two fields of creativity. Participants will be able to engage in panel discussions, present papers, observe demonstrations and watch performances. DANscience will explore the breadth of the growing connections between these fields and the innovative approaches and projects scientists and artists are already undertaking both in Australia and overseas.

DANscience focuses upon the areas of Cognitive Psychology, Applied Dance

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