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Latest news from ASPAH Executive Committee

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Performing Arts Healthcare

Dear <<First Name>>,

Here is the third issue of the ASPAH quarterly newsletter. The last three months have been incredibly busy for the committee, updating the website, organising the Symposium and allocating the HPPA grants, just for starters. We are putting the final touches to the Professional Directory of ASPAH members, which will be going live online shortly. If you haven't already responded with your professional profile, please do so as soon as you can. This is a benefit of your membership, to have an online, searchable presence via the website.

A new addition in this issue is the Members' Column where you, the members, can share your news and learn more about each other's activities. I encourage you all to think about submitting something for the next (December) issue, just a sentence or two - or a paragraph or two. And do feel free to send in an image to enhance your entry. Then I won't feel obliged to drop in crazy photos of myself in action...

In other news, Richard Gill has happily agreed to continue as our Patron.

Until next time

Floyd

ps If you are reading this on your smart phone, you might try rotating it to landscape view for an easier read.

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## HEALTHY PARTNERSHIPS FOR THE PERFORMING ARTS

### 2014 winners announced

Congratulations to the recipients of our 2014 Healthy Partnerships for the Performing Arts grant. We are very pleased to support two fantastic programs this year:



Dr Catherine Grant and Dr Gian-Franco Ricci will use the awarded

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and-wellbeing focus in the curriculum at the [School of Creative Arts, University of Newcastle](#). This is a course which reaches across the performing arts fields of music, theatre and drama. A dedicated half-day seminar on health and wellbeing will be held for students, teachers, and the wider Hunter Valley performing arts community and will comprise a set of introductory workshops by experienced healthcare professionals. The seminar will be video-recorded and this resource made available to all performing arts students on the university's online learning platform.

Dr Luke Hopper and Shona Erskine will use the awarded funds to establish a network in the Western Australian dance community dedicated to healthy dance training practices, and to facilitate a number of evidence-based workshops for improving health practices within the newly formed network. The project will be conducted in collaboration with the [Western Australian Academy of Performing Arts](#), [Ausdance](#) and [Strut Dance](#). It will include a free two-day interactive workshop with local dance teachers, students, performers and clinicians, as well as monthly workshops from January to May covering a range of key topics of psychological practice that promote the healthy vocational training of dancers.



#### **Classical musicians take to Yoga and Pilates to resist injury**

Read more:

<http://www.smh.com.au/entertainment/music/classical-musicians-take-to-yoga-and-pilates-to-resist-injury-20140804-zyh39.html>



**Early Bird extension for 2014 ASPAH Symposium Registration**

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The deadline for registration at the 2014 National ASPAH Symposium has been extended to 20th October.

The event will be held on Saturday 29th November 2014 at the University of Sydney, New South Wales.

We are planning a full day of practical and thought provoking presentations, guaranteed to give you something to change your practice as a performing artist or healthcare practitioner.

Our speakers and workshop presenters include Victor Popov, sports physiotherapist who will present current research to help us understand why injuries occur and how to better plan management and recovery programs. Bronwen Ackermann will share some of her extensive practical and research knowledge on musician injuries and Gerald Marko will address vocal mechanics and remedial voice training.

The ASPAH Annual General Meeting will be held during the afternoon and in keeping with past conferences there will be plenty of opportunity for networking and catching up over meal breaks. Our event-packed day will conclude with a dinner at Brixton Lounge and Dining, Glebe, with guest presenter Michel Hryce, In-house Counsel, People and Culture at Sydney Symphony Orchestra.

Please register through the ASPAH website at <http://www.aspah.org.au/web/index.php/events/aspah-symposium-2014>

We look forward to seeing you there!

## **It's All About You**

### **Members' Column**

Taubman expert Therese Milanovic performed Messiaen Visions de l'Amen with Sonya Lifschitz as part of the Australian Piano Duo Festival, at the Queensland Conservatorium and also University of Queensland. She will be presenting at the forthcoming full weekend workshop on the Taubman Approach to Piano Technique in Brisbane on the 10th and 11th January, 2015. John Bloomfield of the Golandsky Institute, USA will lead the workshop, with online lectures from his colleagues Edna Golandsky, Bob Durso and Mary Moran. For more information about the workshop, please go to [bit.ly/Taubmanworkshop](http://bit.ly/Taubmanworkshop) or go to [www.theresemilanovic.com](http://www.theresemilanovic.com).

Dr Mark Seton and his research colleagues at the University of Sydney are continuing to analyse the data collected from the 2013 Actors Wellbeing Survey (supported by the Equity Foundation of

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the Media Arts and Entertainment Alliance) and write up various articles on their findings. Mark has recently written a peer-reviewed article "TRAUMAS OF ACTING PHYSICAL AND PSYCHOLOGICAL VIOLENCE: HOW FACT AND FICTION SHAPE BODIES FOR BETTER OR WORSE" to be published in an upcoming issue of *Performing Ethos* journal.

Actor and voice coach Filloyd Kennedy celebrated graduating from UQ with a PhD in Theatre by taking off on a 3 month trip around the world that included training in New York to become a Certified Knight-Thompson Speechwork teacher, a one week workshop in France with John Britton of Duende-Ensemble and busking on the green in front of the Royal Shakespeare Theatre at Stratford upon Avon.

THIS SECTION IS FOR YOU, THE MEMBERS, TO SHARE YOUR NEWS WITH EACH OTHER. PLEASE SEND ME A NOTE IN GOOD TIME FOR THE NEXT (DECEMBER) ISSUE!



*KTS training in New York*

## Symposium booklet advertising

If you would like to promote your organisation or event at this year's ASPAH Symposium in Sydney on 29<sup>th</sup> November, please contact us at [secretary@aspah.org.au](mailto:secretary@aspah.org.au) Rates for advertising are shown below:

Full page in brochure	\$ 450
Half page in brochure	\$250
Quarter page in brochure	\$125
Back cover of brochure	\$500
Display table- full day	Enquire with committee

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