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News from ASPAH Executive Committee

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Performing Arts Healthcare

## LETTER FROM THE EDITOR

Dear <<First Name>>,

We have lots of news to share in this edition, including details of two upcoming webinars and an introduction to our newest committee member. You may have already heard and noticed that we have recently updated our website to include the Members Directory and a new membership renewals system. We will be sending out an email soon with details on navigating through the website and maintaining your own profile.

If you are a member and have an event, article or any news you would like to share through the ASPAH newsletter, please send your content through to [media@aspah.org.au](mailto:media@aspah.org.au) by August 31st to be considered for publication in the next issue.

Keep healthy and well!

Camilla

### IN THIS NEWSLETTER

1. Upcoming Webinars: Performance Anxiety and Actors' Wellbeing
2. ASPAH's Patron Richard Gill Honoured
3. Welcoming Dr Mark Seton
4. Report from Dr Livesey's June Webinar
5. Research Call-out: Ideal Ergonomics for Violin Playing

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## UPCOMING WEBINARS

# Dr Shona Erskine

**Monday, July 25th, 7pm – 8pm EST**

**"Reframing performance anxiety within an artist's practice"**

**Dr Shona Erskine**

**BADance MPsych/PhD MAPS**

Performance psychologist and dance artist Shona will talk about the relationship between arousal and performance and how this can be understood as a function of the rehearsal and theatre environments to help performers manage anxiety.

Dr Shona Erskine is a practicing psychologist who works with performing artists to build performance related skills. Following many years of investigation of and dedication to contemporary dance as a performer, she extended her practice through a qualification as a psychologist. Shona now works with artists to enhance their practices by developing creative thinking and performance skills. Psychology for performing artists utilises applied psychology theory and practices to assist performers develop effective strategies and mental skills to enhance performance. During coaching sessions artists develop mindful practice and performance, building the skills necessary for elite level performing and creating.

**Register Now!**

# Dr Mark Seton

**Wednesday, September 21st, 7pm – 8pm EST**

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## "The price of love: What are the wellbeing costs of pursuing an acting career"

**Dr Mark Seton**

A Webinar featuring a review of findings of the 2013 Australian Actors Wellbeing Study by Dr Mark Seton, Honorary Research Associate, Department of Theatre and Performance Studies, the University of Sydney, and Creative Director, Actors Wellbeing Base Camp, Sense Connexion.

Dr Seton, with colleagues Dr Ian Maxwell and Dr Marianna Szabo, in collaboration with Mary Cotter of the Equity Foundation, initiated a national online survey of professional actors - the first comprehensive study of its kind in the world. 782 actors participated in this survey and shared both their ups and down of making a career. The survey explored physical and psychological wellbeing as well as possible stressors that could upset an actor's long-term productivity.

Mark will outline many of the crucial findings of the study, suggest next actions that the industry needs to take, and offer some of his own practical strategies for actor wellbeing and resilience that he has been teaching both working and student actors.

Read more about Mark in his biography below!

REGISTRATIONS FOR THIS WEBINAR WILL OPEN IN LATE JULY

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# ASPAH'S PATRON HONOURED

ASPAH is honoured to have as our Patron, Richard Gill who was recently appointed in the Queens Birthday honours list to Officer (AO) in the General Division for "distinguished service to the performing arts as a conductor, artistic director and advisor, to the development of music education, and as a mentor of young musicians."

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education, advocating for better training for teachers and increased hours for music education in the curriculum. He is a passionate believer in the numerous scholastic advantages and improvements in childrens' intellectual and psychological development offered by listening to and performing music. Gill is currently the Musical Director of the Sydney Chamber Choir and Artistic Director of period ensemble Orchestra Seventeen88. Gill was previously honoured with a Medal (OAM) in 1994.

For further information on Richard and his extraordinary career visit

[https://en.wikipedia.org/wiki/Richard\\_Gill\\_\(conductor\)](https://en.wikipedia.org/wiki/Richard_Gill_(conductor))

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## DR MARK SETON JOINS THE COMMITTEE



Dr Mark Seton is the director of Sense Connexion [www.senseconnexion.com](http://www.senseconnexion.com), founder of the Actors Wellbeing Base Camp©, and an Honorary Research Associate (Department of Theatre and Performance Studies) at the University of Sydney. He lectures in screen performance at the International Screen Academy and theatre history at Excelsia College. He was the recipient of the 2009 Gilbert Spottiswood Churchill Fellowship and conducted a study tour of actor training healthcare practices in the UK. Mark has previously been a Board member of ASPAH. His research interests include the psychological wellbeing of performing artists and ethical teaching and research practices in Higher Education Creative and Performing Arts. He is also part of the Editorial Board of the Journal of Applied Arts and Health.

Words from Mark:

*I've been passionate for the vision of ASPAH from its beginnings and especially appreciative of how its members have supported and encouraged me in my particular advocacy of actors' health and wellbeing. In 2009 it was my association with ASPAH that gave me the confidence to apply for a Churchill Fellowship because*

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*recognised as a valuable asset in communicating the results of my overseas studies back in Australia. I look forward to serving ASPAH now with special attention to creating forums in which actors and their stakeholders (teachers, directors, producers, casting agents) can meet to work out strategic ways to improve working and training conditions.*

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## DR JONATHAN LIVESSEY ON VOICE INJURY

ASPAH was delighted to offer the first of a series of webinars with a presentation by Dr Jonathan Livesey, a founding member of ASPAH and experienced Ear, Nose and Throat surgeon, entitled Vocal Injuries- Should the show go on? Rather ambitiously for a first presentation, the webinar included both powerpoint and video links. There were a few hitches for some attendees, however the difficulties involved were greatly outweighed by the ability to see videos of vocal folds in action, demonstrating both healthy and injured vocal cords.

Dr Livesey described a range of vocal issues in performers and stressed the need for an accurate assessment and calm appraisal in order to manage and treat injuries and facilitate an injured singer to return to full health. He discussed healthy habits that can prevent an injury from occurring, and described treatments ranging from hydration and reflux control to medication, speech therapy and surgery. The session concluded with an extended Q and A session between participants and Dr Livesey. ASPAH would like to thank Jonathan for his thoroughly prepared presentation, excellent visual presentation, and generosity with his time.

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## RESEARCH PARTICIPANTS NEEDED

Perceptions of ideal ergonomics for violin performance



### Your opinion matters!

This study aims to explore the views of violinists and musicians' health experts regarding the ideal way to support the instrument during violin playing. Your participation may help clarify important health and performance aspects of instrument set-up for violinists.

We would like to hear from you if you:

- are a violinist, violin student, violin teacher, amateur, instrument salesperson or musicians' health professional; and
- have over 10 years of experience involving violin playing or working with violinists; and
- have a clear opinion regarding the way the violin should be supported when playing

#### Where is the interview conducted and How long should it take?

The interview will be expected to last a maximum of 90 minutes. This includes 15 minutes to fill out a questionnaire, and 15 minutes for taking photographs of the violin in the suggested ideal set-up as well as an interview lasting up to 60-minutes.

Interviews will take place at venues arranged by investigator or preferred by participants.

**For more information, please contact Mr Ju-Yang Chi**

Phone: 0421 889 353 Email: [jchi6656@uni.sydney.edu.au](mailto:jchi6656@uni.sydney.edu.au)

Or Dr Bronwen Ackermann at Email: [Bronwen.ackermann@sydney.edu.au](mailto:Bronwen.ackermann@sydney.edu.au)

**All enquires will be treated privately and confidentially**

JOIN ASPAH NOW!

**2016 MEMBERSHIP BENEFITS**

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Becoming a member of ASPAH gives individuals the chance to be part of new developments in the Australian performing arts healthcare landscape. Members are given the opportunity to make a personal contribution to changing the lives of performing artists for the better.

**Membership benefits include:**

- Full annual subscription to *Medical Problems of Performing Artists*
- Association with a network of leading performing arts professionals, clinicians and researchers
- Access to the Health Services Database (in development)
- Access to webinars, podcasts and other resources for professional development
- Discounted registration for ASPAH conferences and webinars
- Access to Local Chapter events
- Opportunity to run Local Chapter events
- Receive regular news about local, regional and national performing arts healthcare events
- The right to vote and hold office in the Society



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