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News from ASPAH Executive Committee

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Performing Arts Healthcare

LETTER FROM THE EDITOR

Dear <<First Name>>,

We are sending our newsletter out early to end the year, as we wanted to wish you well over the holiday break! To finish up our year we have a new committee to announce, some reflections on this year's conference and an important reminder to save the date for next year's event - Nov 30th & Dec 1st in Melbourne - among other things!

Members are encouraged to send in their upcoming events, articles, news, and relevant advertisements to be included in this bi-monthly newsletter. Simply email content to media@aspah.org.au by February 28th to be considered for publication in the next issue.

Wishing you all a safe and joyful holiday season!

Camilla

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PRESIDENT'S REPORT

It has been an exciting month for ASPAH with a sensational conference and the formation of a new committee. Thank you to all of the delegates who attended and contributed to the 2018 conference. Special thanks to our invited speakers Shona Halson, Gene Moyle and Leslie Nicholson, as well as all of the speakers who presented their fantastic and diverse work.

My utmost thanks to Paul Duff and Clifton Chan who have stepped down from the committee this year. ASPAH would not be the organisation it is today without Paul and Clifton's 15+ years of combined service on the ASPAH committee.

This year set a precedent for ASPAH with a record number of nominations for the executive committee. I am excited to welcome the new committee members to ASPAH and to report that we have officially formed four sub-committees for the 2019 operations. The sub-committees will focus on the conference, promotion, content development, and membership and partnership development. I am looking forward to working with a full committee for 2019 and all of the work we can perform for ASPAH.

Wishing everyone a safe and happy Christmas and New Year break.

All the best,

Luke

Dr Luke Hopper
ASPAAH President

2019 ASPAAH COMMITTEE

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We are excited to welcome many new faces onto the ASPAH Committee for 2019, as well as to retain some of our fantastic committee members who are continuing their service to the organisation. The contributions and work of those on the ASPAH Committee are given entirely on a volunteer basis and we are excited to continue striving to achieve ASPAH's mission with this strong team in the year to come.



Back row: Dr Mark Seton (Vice President), Dr Luke Hopper (President), Danica Hendry, Amy Naumann

Front row: Peta Blevins, Janet Karin, Prof Leslie Nicholson, Melanie Fuller, Dr Rachel Ward (Treasurer), Camilla Tafra (Administrative Officer)

Absent: Anneliese Gill, Glenn Helmut (Secretary)

READ COMMITTEE MEMBER BIOS

Reflections on Before and After the Spotlight

**ASPAH Conference, 1st & 2nd December 2018
Sydney, Australia
Sofitel Wentworth**

“A bunch of medical doctors, physios, psychologists, dance and music teachers, Alexander technique practitioners, biomechanists and heap of PhD candidates walk into a room..... No joke..... it’s #ASPAH2018” – David Peirce on Twitter.

This tweet made me smile as I read it on my way into the second day of the ASPAH 2018 Conference. As a PhD candidate and physiotherapist working within the performing arts world, a weekend full of insight into the health and wellbeing of those in the performing arts from a broad multidisciplinary perspective was a little bit like being a kid on Christmas morning. I have since spent the last couple of weeks reflecting upon the weekend and would like to share some of my key take home messages and highlights of the weekend. This reflection is by no means exhaustive but allows a little snapshot into what was an inspiring weekend of learning.

Don’t stay up at night for something you wouldn’t get up early in the morning for

Keynote speaker, Dr Shona Halson, kicked off the weekend speaking on recovery, with specific focus on the importance of good quality sleep and the maladaptive effects of sleep deprivation. Consensus exists that athletes generally have less sleep and poorer sleep quality than the general population. What’s more, is due to various changes that occur during adolescence, our young athletes and artists are ALL sleep deprived.

Shona described the significance of sleep for almost every biological factor that we have and, importantly, that sleep and stress have a bidirectional relationship. However, sleep is also important for memory, creativity and learning, as neural pathways are facilitated during our sleeping hours. In my view this has huge implications for performing artists and creators.

The key take home from Shona for me was that sleep is an important part of our conversation with the artist. While there are a number of questionnaires and objective measurements around sleep, our conversation can have a real impact; our key questions should revolve around stress, what the artist does in the hour before they go to bed and how they feel throughout the rest of the day.

The artist can be a master of their own destiny, or a victim of consequence

Professor Gene Moyle opened her session by reminding us that performance is not limited to the stage and track, instead performance is to do with everyday life and how someone trains. As individuals, artists need to take a central role in the control of their own performance, and assess and set goals within the context of all areas of

their performance. As health professionals and coaches working in the arts, our role comes in facilitating this by harnessing this locus of control via a strengths-based approach, whereby the artist is encouraged to focus on the strengths of their performance and then focus on what they would CHOOSE to do differently in the future.

A deep sense of identity

An overarching theme across many presentations was the notion of the artist deeply identifying as an artist with little investment in other aspects of their identity. This investment can adversely affect the artist on many levels. Dr Amy Vassallo and Jillian Descouteaux both recognised the role of identity within the management and perception of injuries experienced by dancers. This was reinforced by Gene, who stated that when an individual identity is invested in the art form this can adversely affect their capacity to deal with injury. Kathleen Connell also recognised the deep sense of identity as a performer held in classical singers, and the influence this had on career transition in this population, where singers tend to resist change in career and will aim to seek further opportunities to continue the work that they feel can never be replaced.

Technology: Friend or foe?

From three-dimensional motion analysis systems being used to measure turnout in dancers, ergonomical set up of saxophonists and violinists' playing biomechanics, to accelerometers and machine learning algorithms being applied to dance to measure physical activity and training volume, the use of technology had a prominent space within the conference proceedings. As technological advances continue, the application to performing artists' health care appears infinite in opportunity and it is an exciting space to work in.

On the flip side, technology was also highlighted as a major contributor to negative mental and physical health outcomes. From late night Netflix binges and the dopamine hit from flicking through Facebook resulting in sleep deprivation, to the ever-present pressures of social media resulting in stress, anxiety and unrealistic expectations, advancing technology and its applications also come with side effects that can be detrimental to the health of those in the performing arts.

Bringing it all together

A powerful statement from Kareena Hodgson as she spoke around contemporary circus was "The tricks stay the same, but as humans we are constantly evolving". Based on my reflections from this mentally stimulating weekend I would take this one

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step further. The tricks do stay the same, but as humans and as a culture surrounding performing arts health care we are constantly evolving, learning and adapting our practices to look after artists and other industry workers in an evidence-informed, contemporary setting. While challenges continue to exist in this space and gaps still exist within the literature, conferences like ASPAH2018 allow us to meet like-minded clinicians, researchers and performers allowing for a collaborative learning space to inspire continued research and learning within this exciting area of healthcare.

Thank you to everyone who came along and shared this space and energy, see you in 2019!

By Danica Hendry (2018 Career Development Award recipient)

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ASPAH 2019
CONFERENCE

NOV 30
& DEC 1
2019

MELBOURNE

**SAVE
THE
DATE**

 **ASPAH** Australian Society for
Performing Arts Healthcare

2018 AGM Minutes

Minutes from ASPAH's 2018 Annual General Meeting are available for viewing [here](#). Any members who were present at the meeting and feel the minutes do not accurately reflect the proceedings can contact us with suggested edits at admin@aspah.org.au

INTRODUCING NEW ASPAH MEMBERS!

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Welcome aboard Paul!

Would you like to introduce yourself but forgot to do so when you joined?

[Just follow this link](#)

Not a new member but want to let us know what you've been up to?

[Share an update for our next newsletter here](#)



PAUL SCOTT-WILLIAMS

I am the CEO / Artistic Director of the Goulburn Regional Conservatorium (GRC) in NSW. The GRC is one of 17 regional conservatoriums spread across NSW delivering music and arts education and performance programs to regional communities. Our region reaches across the Southern Highlands and Tablelands of NSW encompassing a diverse community numbering just over 200, 000 people. I have been in this role for nine years and am highly challenged and inspired by the people and community around me. I studied at the Sydney Conservatorium and the Guildhall School of Music and Drama in London and in 2010 I completed a Masters of Counselling degree at Monash Uni. Prior to commencing my role at the GRC I worked in the independent education system in Victoria for almost 20 years. During this time I had the privilege of being part of the founding faculty of Aitken College in Greenvale, a Prep to YR, Uniting Church School which was built on a farm and is now surrounded by housing estates! I served on the state subject associations for music and drama and

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(except dance) to VCE level. Prior to this I was a professional singer and actor and still indulge my passion for performance when I can. I have always maintained a strong interest in mindfulness and the holistic impact of music education. At the GRC we have created a Wellness Space which the community, students and staff can access. Along with our regular Arts programming we also offer weekly sessions in mindful meditation, yoga and Pilates. As an Arts leader, I strongly believe in and advocate for the importance of music in the life of every person as a crucial factor in maintaining wellness and achieving mindful behaviour in a busy and challenging world. I am very excited to have become a member of ASPAAH and look forward to becoming part of this enriching community of practice.

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MEDICAL PROBLEMS OF PERFORMING ARTISTS

LATEST RESEARCH TITLES!

Access to the MPPA database can be included in an ASPAAH membership - click the below JOIN ASPAAH NOW button to read this latest research in performing arts healthcare, if you are not already a member.

[Body Satisfaction, Performance Perception, and Weight Loss Behavior in Young Female Dancers](#)

Marina G. Gearhart, Dai Sugimoto, William P. Meehan III, Andrea Stracciolini

[Muscle Activation in the Main Muscle Groups of the Lower Limbs in High-Level Dancesport Athletes](#)

Encarnación Liébana, Cristina Monleón, Raquel Morales, Carlos Pablos, Consuelo Moratal, Esther Blasco

[Pain Perception in Clarinetists with Playing-Related Pain After Implementing a Specific Exercise Program](#)

Clara Gallego Cerveró, Julio Martín Ruiz, Laura Ruiz Sanchis, Concepción Ros Ros

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2018 MEMBERSHIP BENEFITS

Becoming a member of ASPAAH 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:

- Professional Listing on ASPAAH's online Directory of Members

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- Full annual subscription to *Medical Problems of Performing Artists*
- Association with a network of leading performing arts professionals, clinicians and researchers
- Access to webinars, podcasts and other resources for professional development
- Discounted registration for ASPAAH conferences and other events
- Free advertising in ASPAAH bi-monthly e-newsletters
- 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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