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News from ASPAH Executive Committee

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ASPAAH

Australian Society for
Performing Arts Healthcare

LETTER FROM THE EDITOR

Dear <<First Name>>,

Welcome to a new year with ASPAAH! We have kick-started our year, locking in a venue and keynote speaker for our 2020 Conference and gearing up for a strategic planning meeting in February, to set the agenda for the next year or two. This newsletter includes a welcome letter from the newly elected ASPAAH President, Janet Karin; details about our 2020 Conference; and some news from Music Australia.

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

Keep healthy and well!

Camilla

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PRESIDENT'S REPORT

Dear ASPAH members, friends and colleagues,

I feel privileged to write my first Newsletter Report as your new President. In doing so, I must pay tribute to Dr Luke Hopper, ASPAH President from 2016 to 2019. Luke's initiative and strategic thinking have guided ASPAH along a journey that started thirteen years ago, in response to recognition that performing artists have unique needs that may not be met by standard models of healthcare. Fortunately for me, Luke will still contribute his wisdom and energy in his new position as Vice President.

We are very happy to announce that ASPAH's next conference will be held from 28-29 November 2020 at the Brisbane Convention & Exhibition Centre (BCEC). In 2016, the International Association of Congress Centres named BCEC 'The World's Best Convention Centre'. Australia's highest ranked researcher, Professor Paul Hodges, will be our Keynote Speaker. Professor Hodges attracted international renown as a very young researcher for his pioneering work on abdominal stability, and he continues to lead the world with his research on pain neurology and rehabilitation. Even though he holds three doctorates and countless international fellowships and awards, Professor Hodges is a charmingly charismatic speaker, with a great sense of humour and a talent for making complexities seem simple.

Our 2019 conference attracted a record-breaking number of delegates and presenters, with many from interstate and overseas. Hearing international viewpoints enriches each of us, personally and in our work, so we hope that we can expand this diversity even further each year. You can help with this aim, by promoting ASPAH to your colleagues and friends. We will all benefit.

I look forward very much to working with you all to fulfil our vision, 'to serve nationally and internationally as the peak body in Australia for the promotion of holistic healthcare for all in the performing arts industry'.

Janet

*Janet Karin OAM
ASP AH President*

ASPAH 2020 CONFERENCE

We are thrilled to announce dates, venue and keynote speaker for our conference this year. If you loved this year's event or couldn't make it and felt you were missing out, make sure you put these dates in your diary now!

Date: Saturday 28 - Sunday 29 December, 2020

Venue: Brisbane Convention and Exhibition Centre

Keynote Speaker: Professor Paul Hodges

Professor Hodges is a recognised world leader in movement control, pain and rehabilitation. His research discoveries have transformed rehabilitation and improved outcomes for back pain; a common problem for performing artists.

Addiction Challenges and Musicians: New Publication

Paul Saintilan is the current CEO of Music Australia, and has also been the driving force behind a remarkable project addressing the struggles many musicians face with addiction. The book *Musicians & Addiction: Research and Recovery Stories* gathers local and international experiences and scholarship that provide insight into contributing factors, as well as practical solutions, related to addiction in this population.

Paul started life as a musician, and went on to work as an international Marketing Director at EMI Music and Universal Music in London in the 1990s. His own dependency problem was solved, initially, through AA as well as through Buddhist Recovery.

His new book, published with support from Music Australia, includes excerpts from

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previously published autobiographies/interviews with artists, including Jimmy Barnes, Bertie Blackman, Eminem, James Freud, Herbie Hancock, Paul Kelly, Keith Morris, Archie Roach, Tash Sultana, Jon Toogood, Kim Volkman and Gerard Way. There are also specially commissioned recovery stories from artists such as James Adamiak, Dan Brown, Joe Clements, Melissa Fewtrell-Graham, Adam Ficek, Bryony Marie Fry, Pete Kuhn, James McConnel, Terry Serio, and Dave Smith, as well as a range of professional perspectives and tips and advice for musicians and music organisations. The book looks at both celebrities and normal working musicians, across multiple genres.

A companion website is already available, providing links to the 230+ resources (books, media articles and research) cited in the book, and listing ASPAH and its Member Directory as a resource.

ASPAH welcomes this initiative by Paul as a true labour of love and is delighted to be acknowledged as a stakeholder in addiction research, education, intervention and treatment as it relates to those participating in the performing arts.

Musicians & Addiction: Research and Recovery Stories will be published on June 12, 2020. You can learn more by going to <https://www.musicianaddiction.org/>

"Lasting the Distance" Discussion Group Report

At ASPAH's 2019 Conference, three discussion groups were held during an extended lunchtime break on Sunday. These were: "Pain - the performer's frenemy", "Priorities for performing arts medicine training", and "Transitioning between and beyond performance careers". A report from one of these groups is included below.

Discussion Group: Pain – the performer's frenemy

Facilitator: Janet Karin

This fascinatingly diverse, lively group of delegates started by discussing instances when they had found pain beneficial. Experiences included low-grade but increasing pain prompting performers to change their technique; excruciating pain forcing a person to seek a clinical diagnosis, followed by the relief of treatment for

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endometriosis; and a musician using low-grade pain levels as a guide to pacing their workload. Conversely, all had experienced pain as an enemy, citing factors such as missing performances, loss of confidence, and difficulty changing technique while maintaining performing standards.

Lastly, we briefly discussed links between emotion and pain, and the ways we may respond to, or use, pain. Some of these are subconscious, or not realised until after the fact. Avoiding unwanted responsibilities, performing below capacity, treating the body as too fragile to be exploited for performance improvement, and using pain as an emotional crutch, were just some of the thoughts proposed by this exceptional group.

In all, these people were remarkable for their rational approach to the signals their bodies send them. Surely, this is an attitude ASPAH hopes to foster in all performers.

INTRODUCING NEW ASPAH MEMBERS

Welcome aboard Meg!



MEG MORRIS

Meg is a physiotherapist and researcher with a special interest in dancing for Parkinson's disease and older people.

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

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FREE ADVERTISING IN THE ASPAH NEWSLETTER

ASPAH members are welcome to send in relevant advertisements to be published in our bi-monthly newsletter, free of charge!

For conditions and guidelines please refer to our [Advertising Rates and Specifications](#)

To submit content, email media@aspah.org.au

MEDICAL PROBLEMS OF PERFORMING ARTISTS

LATEST RESEARCH TITLES!

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

[Eating Disorder Symptoms in Australian Actors and Performing Artists](#)

Marianna Szabó, Mitchell L. Cunningham, Mark Seton, Ian Maxwell

[Marker-Based Method for Analyzing the Three-Dimensional Upper Body Kinematics of Violinists and Violists: Development and Clinical Feasibility](#)

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Christoff Zalpour

[An Exploratory Pilot Study of Brain Activation and Functional Connectivity Induced by the Goldberg Variations 276 years after their Commission](#)

C. Karmonik, Makiko Hirata, Saba Elias, J. Todd Frazier

[The Lived Experience of Orchestral String Musicians with Playing Related Pain](#)

Deanna Bourne, Amy Hallaran, Jane Mackie

[HDsEMG Activity of the Lumbar Erector Spinae in Violin Players: Comparison of Two Chairs](#)

Alessandro Russo, Alejandra Aranceta-Garza, Samuel D'Emanuele, Francesca Serafino, Roberto Merletti

[Playing-Related Injuries and Posture Among Saxophonists](#)

Chelsea Shanoff, Kyurim Kang, Christine Guptill, Michael Thaut

[Exploring the Use of Psychological Skills Training Interventions in a Music Domain: A Systematic Review](#)

[Review] *Jessica Ford, Monna Arvinen-Barrow*

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2020 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:

- Professional Listing on ASPAH's online Directory of Members
- Full annual subscription to *Medical Problems of Performing Artists**
- Association with a network of leading performing arts professionals, clinicians and researchers
- Access to resources for professional development
- Discounted registration for ASPAH conferences and other events
- Free advertising in ASPAH bi-monthly e-newsletters
- Opportunity to run local events
- Receive regular news about local, regional and national performing arts healthcare events
- The right to vote and hold office in the Society

*Available in select membership categories

JOIN ASPAH NOW!

The Australian Society for Performing Arts Healthcare is a registered charity.
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