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News from ASPAH Executive Committee

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Performing Arts Healthcare

LETTER FROM THE EDITOR

Dear <<First Name>>,

Welcome to the September newsletter, and my first newsletter! My name is Tamara Kohler and I am thrilled to have taken over from Camilla in the Administrator role for ASPAH. I come to ASPAH with a background in music performance and arts producing. I'm really looking forward to getting to know you all over the coming months.

In this issue you can read about the latest ASPAH webinars and meet our newest executive committee members and ASPAH members. I have written the latest ASPAH blog, sharing my experiences after becoming infected with Covid19 earlier this year. We share upcoming opportunities with APS Entertainment & Performing Arts Interest Group and Sydney Alexander Technique. You can also find the latest MPPA titles listed at the end of the newsletter.

As always, 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 31 October to be considered for publication in the next issue.

Please feel free to get in touch if you would like to share any information about what more ASPAH could provide for you. The executive committee would like to remind you that we are here for each other, which feels more important than ever right now and we would like to help in any way possible.

Tamara

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PRESIDENT'S REPORT

We hope you are keeping well during the ongoing challenges to health and wellbeing at the moment. To all our Victorian members, we are thinking of you during this very difficult time of continued COVID-19 restrictions.

In this newsletter I'm very pleased to introduce you to some new members of the ASPAH team. Tamara Kohler has joined us as our new ASPAH Administrator. Tamara is a flutist who comes to us with over 10 years experience as an arts administrator, producer and performer. She is currently the Co-Director and Producer for Rubiks Collective, a contemporary art music ensemble. Tamara is extremely passionate about the performing arts and the health and wellbeing of all involved. She will be our newsletter editor and your main point of contact with us as an ASPAH member. Welcome Tamara!

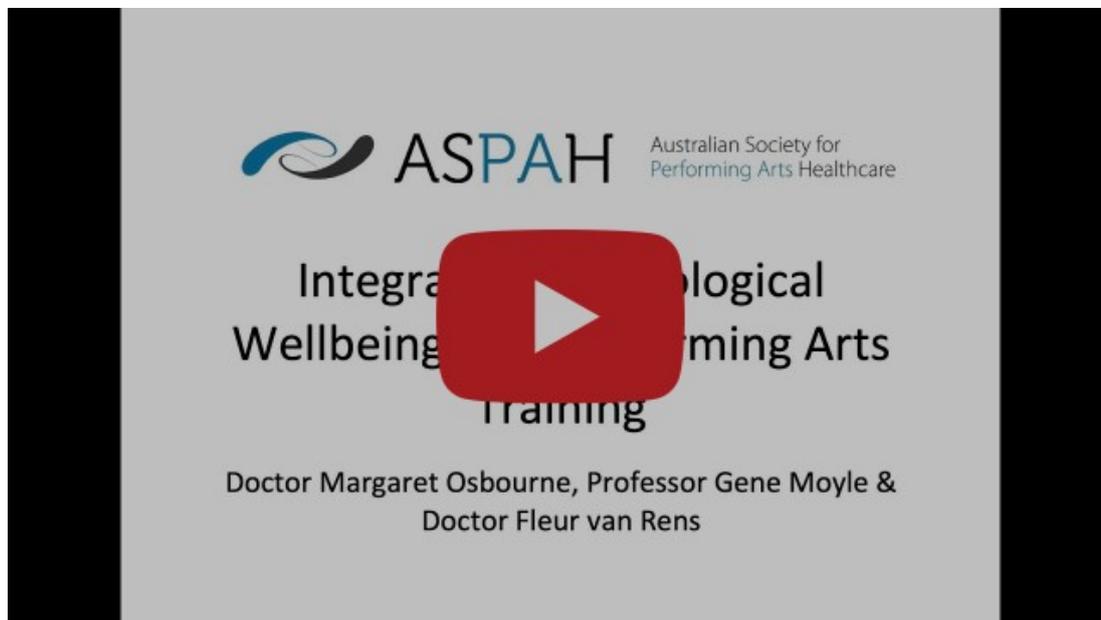
We also welcome two new members to the ASPAH Executive Committee, David Peirce and Julia Barry, both filling casual vacancies until our next AGM. David Peirce is a Physiotherapist with nearly 30 years experience across a broad range of disciplines and human performance. He has been involved with ASPAH since its inception and held the role of Vice-president for 6 years. It is wonderful to welcome David back to the Committee. Julia Barry is a Life Member, Registered Teacher and Examiner for the Royal Academy of Dance (RAD) and has enjoyed an extremely successful 43-year dance teaching career. She is currently undertaking a Doctorate in Creative Industries at QUT. We are very excited to welcome such an experienced performing arts educator to the ASPAH Executive Committee. You can check out David and Julia's full bios on our website <https://www.aspah.org.au/about-us/national-committee/>

With the postponement of our 2020 conference, we've been holding a series of online events for our members, which you can access at <https://www.aspah.org.au/events/>. These roundtable discussions, webinars and panel discussions have been a great success and we thank you for your ongoing support and engagement with these events. Thank you to the wonderful presenters who have contributed to these, **Assoc. Prof. Bronwen Ackermann, Dr. Margaret Osborne, Prof. Gene Moyle & Dr. Fleur van Rens**. There will be more online events to come for the remainder of 2020, so please stay tuned for the details.

With best wishes to you all,

Dr Rachel Ward

WEBINAR: INTEGRATING PSYCHOLOGICAL WELLBEING INTO PERFORMING ARTS TRAINING



WEBINAR: 'Integrating Psychological Wellbeing into Performing Arts Training' with Dr Margaret Osbourne, Prof Gene Moyle and Dr Fleur van Rens.

Thank you to all members who registered and attended our recent webinar. We were lucky to have the insight of three esteemed professionals and thank each of them for their generosity. We also thank our attendees for their enthusiasm.

Planning is underway for the next online event, so watch this space!

MEET THE ASPAH MEMBERS: AMY BOWRING



Amy Bowring

"Early 2019 I retired from my 10+ year ballet career and moved back to Australia. I'm currently in my second year at the University of Melbourne studying a Bachelor of Arts majoring in psychology. I hope to work in the arts industry as a mental health clinician, researcher or both!

ASPAH has always been on my radar and I'm so happy to be able to connect with a community of performing arts specialists. I look forward to working with and meeting as many of you as possible!"

Welcome to ASPAH, Amy. We look forward to connecting with you through our online events, and eventually in person at the next conference in November 2021.

If you would like a member feature in our newsletter, [please fill out this form](#) before October 31.

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"As for most, the COVID-19 pandemic has completely turned my year upside down. I was in London in March 2020 when the world began to shut down. My partner and I decided to make a swift dash back to Australia, unfortunately contracting COVID-19 along the way. In the [latest ASPAH blog](#), I share my experience of this fierce virus, including excerpts of my symptom diary, my recovery process and the pathway forward beyond infection."

Tamara Kohler (ASPAH Administrator)

If you are involved in the performing arts, whether as an actor, dancer, musician, circus artist, or in crew work, and you have been affected by the crisis, we would love to hear from you. We invite others in the performing arts community to share their stories in the spirit of fostering connection, understanding, care and inspiration at this time.

Share Your Story

APS ENTERTAINMENT & PERFORMING ARTS INTEREST GROUP FREE WEBINAR

The APS Entertainment & Performing Arts Interest Group are pleased to invite ASPAH Members to their next event, a discussion forum on working in the Performing Arts Industry during COVID-19.

Tuesday 29 September
6.30pm

This **free** event will be an open discussion forum to discuss the challenges and opportunities presented by COVID-19 in this industry. Whilst it is a free event, registration is still required. Please find the registration link below.

The discussion forum will be facilitated by committee members of the APS Psychology and the Entertainment & Performing Arts Industry Interest Group. Topics to be discussed may include;

- * What are some of the challenges working with clients who from a performing arts background at this time?
- * How can practitioners work to assist the industry manage the uncertainty of the current climate and the impact on mental health?
- * Whilst the challenges are significant, what are some of the opportunities presented at this time?
These may include, but not be limited to;
 - * What could we as a service community do to support the industry?
 - * What could we do as a service community to support each other?

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BODYMINDED TRAINING 2021 SCHOLARSHIP

Sydney Alexander Technique have announced their 2021 'BodyMinded' training scholarship program. Work with Sydney Alexander Technique as they integrate contemporary scientific understanding with Alexander principles for rehabilitation, action and teaching.

[Learn more here](#)

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.

[Characteristics and Extent of Mental Health Issues in Contemporary Dance Students](#) *D. van Winden, R.M. van Rijn, G.J.P. Savelsbergh, R.R.D. Oudejans, J.H. Stubbe*

[Comparison of Strength and Dexterity in Professional and Student Violinists: Setting Foundations to Guide Rehabilitation](#) *Valeria Prada, Laura Mori, Elena Prato, Mehrmaz Hamedani, Susanna Accogli, Marina Grandis, Angelo Schenone*

[Musicians Have Thicker Median Nerve Cross Sectional Area and More Symptoms of Carpal Tunnel Than Non-Musicians](#) *Emily Pratt, Henning Vauth, Gary McIlvain, Mark K. Timmons*

[Shoulder Range of Motion and Strength Characteristics in Circus Acrobats](#) *Carlie Huberman, Melissa Scales, Srikant Vallabhajosula*

[Rates and Patterns of Playing-Related Musculoskeletal Disorders in Drummers \[OPEN ACCESS\]](#) *Nadia R. Azar* **Free**

[Violists and Violinists Report More Intense Hand Pain on NRS Than Other Orchestra Musicians](#) *Martti Vastamäki, Heidi Vastamäki, Leena Ristolainen, Katri Laimi, Mikhail Saltychev*

[Occupational Health Problems of Classical Guitarists](#) *Nabeel Zuhdi, Kris Chesky, Sajid Surve, Yein Lee*

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2020 MEMBERSHIP BENEFITS

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.
All donations over AUD\$2.00 are tax deductible.

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