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News from ASPAH Executive Committee

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ASPAAH

Australian Society for
Performing Arts Healthcare



2015 ASPAH ANNUAL CONFERENCE

21-22 November 2015, QUT Kelvin Grove Campus.

Registrations will be opening soon, so please keep your eye on the [ASPAAH website](#) – to ensure you don't miss out!

Dear <<First Name>>

It's chilly in Brisbane, but we have hot topics for you in this issue of the newsletter. Now that we are coming to your mailbox every second month, don't forget to send in your news of all matters related to performing arts healthcare, including your research and training experiences. The copy deadline for the next issue is 18th September.

Looking forward to hearing from you



Filloyd Kennedy
Editor

Letter from the President

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Dear All,

Last newsletter I mentioned a little survey I had put online and while fourteen responses does not make for a powerful study it was both heartening and interesting. “Heartening” in that so many of you bothered to respond, and clearly with some careful thought. Mostly you were members, but my special thanks to the one non-member who contributed; always nice to preach beyond the converted.

In particular I was delighted by the suggestions of content which in large part was what made the outcomes of this little survey “interesting”, but more of that later.

Other interesting findings were:

1. While email, Facebook and our website were the top three ways to reach you, Twitter, LinkedIn, YouTube, Flickr, Instagram and Google+ (in that order) all got a Guernsey; a surprise for such a small sample.
2. The almost universally preferred tone for our news was “Informative”, with “friendly” and “educational” chosen by about half. “Serious” got one vote; “humorous” got none so I will resist making a joke at this point.
3. Email and Facebook were equal first as ways of further spreading information. Four of you are re-Tweeters, but both YouTube and LinkedIn got a nod.
4. Most of you were happy to get news from us “every now and then”, so it looks like we may have the frequency of the newsletter about right. Facebook and Twitter, by their nature, seems locked to the 24 hour news cycle, so I suspect our target on these also fits the “every now and then” description.

The free comments of the last question were, as I said, “interesting”. A few themes came up again and again, however. “Research findings” was a common request. “News” and “conference details from around the world” also were mentioned more than once. Many seemed to want information in a reusable form, asking for “resources”, “tools”, “effective treatments” and “practical information”. A few also seemed interested in hearing from other members, and many asked for “links”, suggesting that there is a hunger for networking and communication.

All of these issues have been on the ASPAH agenda since inception. It can be very easy, in our busy world, to get become focussed on the tasks under our noses and lose sight of the broader vision. Those of you who were kind enough to respond to my little survey have certainly reminded me why ASPAH

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came into being.

For that, my warmest thanks.

Paul Duff

President

Australian Actors' Wellbeing Study Report now launched!

The preliminary report on the largest quantitative and qualitative study ever commissioned into actors' wellbeing has just been released by the Media Entertainment and Arts Alliance (MEAA)'s Equity section. They wanted to know whether performers experience greater instances of negative physical, psychological and emotional health compared with the rest of the population and whether work practices impact on actors' health and wellbeing.

Prior to this, Dr Mark Seton, a founding Board member of ASPAH (and one of the researchers on this Study) had gained the support of Equity when he was awarded a Churchill Fellowship in 2009 to travel to the UK and Northern Ireland to study what was or wasn't being done to promote the holistic healthcare of actors in training and in the workplace. His Churchill Report of this prior research study was released in 2010.

https://www.churchilltrust.com.au/media/fellows/Seton_Mark_2009.pdf

The Equity section had been concerned for some time about the health of performers. In 2011 their National Performers Committee was alerted to anecdotal reports of high levels of stress, depression, bullying and sexual harassment, as well as alcohol and drug abuse amongst members. In response, and with the counsel of Dr Seton, the Equity Foundation, together with the Department of Theatre and Performance Studies and the School of Psychology at the University of Sydney, initiated a ground-breaking Actors' Wellbeing Study (AWS). You can click on the link below to access the full report

<http://www.equityfoundation.org.au/equity-news/the-australian-actors-wellbeing-study.html>

Special Issue and accompanying live webinar series on "The Lives of Actors" to be launched on Tuesday 21st July

What are actors' lives like? What kinds of experiences, over the course of a career, do actors have? How does their training prepare them both for the work they will find, and for the lives that they will lead as they pursue that work? What problems confront actors? What kinds of lives do they lead?

Dr Seton has also just co-edited an edition of *About Performance: The Lives of Actors* (which includes the Actors Wellbeing Study Report) with co-researchers, Assoc Prof Ian Maxwell and Dr Marianna Szabó. They invited contributors to submit essays reporting on research into actors' lives, their wellbeing and the impact of their creative work upon their lives, their health, and their relationships.

This issue of *About Performance* seeks to balance the existing surfeit of memoirs, autobiographies and biographical accounts—accounts which, on balance, tend to be written from positions of eminence and professional success—with research that explores the phenomenon in all its variety, and from a range of perspectives, and applying a diversity of methodological approaches. The publication will be available for purchase online as either a paperback or PDF copy, through the Sydney University Press e-store

In addition, Dr Seton has curated and will host, over 8 weeks, a series of 9 free webinars in which he will interview various contributors to the publication. Registered participants to these live webinars will be able to ask questions and offer their own comments on factors that affect the wellbeing of actors. The webinars will also be recorded and accessible for free access at www.senseconnexion.com

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Webinar program:

Episode 1: "Is it really worth doing (acting), just because you love it?" – Tuesday 21st July 9am AEST /Monday 20th July 7pm EDT**Episode 2: "How healthy are actors ... really?"** – Tuesday 28th July 2pm AEST /4pm NZT**Episode 3: "How should you behave as an actor?"** – Tuesday 4th August 8pm AEST**Episode 4: "Do you really need to have another job/s besides acting?"** – Tuesday 11th August 7pm AEST /10am UK**Episode 5: "How do you hold onto an acting career in the long haul?"** – Tuesday 25th August 8pm AEST**Episode 6: "Is your body really yours, when you need to sell it to the marketplace?"** – Monday 17th August 7pm AEST /10am UK**Episode 7: "Who will you be after this performance is over?"** – Tuesday 18th August 9am AEST /Monday 17th August 7pm EDT**Episode 8: "How do you stay 'in the flow' as an actor?"** – Tuesday 1st September 8pm AEST**Episode 9: "Who REALLY cares about actors' professional health and wellbeing?"** – Tuesday 15th September 10am AEST /5pm PDT/8pm EDT

To express interest in registering in any or all of these webinars, click the following link:

www.senseconnexion.com/livesofactors/

ASPAH committee member, Gene Moyle, was recently interviewed for the Royal Academy of Dance magazine, Dance Gazette.

"Tea and sympathy

Can dance teachers be mentors beyond the studio? Should they become involved in students' problems? Teachers, students and parents share their views."

<http://www.rad.org.uk/more/dance-gazette>,



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DANsciENCE FESTIVAL/2015

DANsciENCE - bringing together dance artists and scientists in an exploratory celebration of two fields of creative excellence

21-23 August 2015

Hosted by Queensland University of Technology
Directed by Liz Lea and Associate Professor Gene Moyle

The 2015 DANsciENCE Festival is a curated series of events over three days that brings together national and international scientists, artists, researchers, educators, and the general public to further explore and celebrate the synergies between these two fields of creativity. Participants will be able to engage in panel discussions, present papers, observe demonstrations and watch performances. DANsciENCE will explore the breadth of the growing connections between these fields and the innovative approaches and projects scientists and artists are already undertaking both in Australia and overseas.

DANsciENCE focuses upon the areas of Cognitive Psychology, Applied Dance Science, Technology, Robotics and Ecology/Biology and aims to foster partnerships between the community, research organisations and industry.

Primary Partners

QUT creative industries

ACT

Discovery

Liz Lea

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