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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>>,

Half the year has flown by and we have lots of announcements to share in this newsletter! From the open call for applications to the [Paulette Mifsud Memorial Grant Program](#) to the release of educational resources for people involved in the performing arts, the new [ASPAAH Guides](#), there are lots of details not to be missed this month.

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 August 31st to be considered for publication in the next issue.

Keep healthy and well,

Camilla

IN THIS NEWSLETTER

1. [Paulette Mifsud Memorial Grant - Open for Applications!](#)
2. [Article Published by ASPAAH Members](#)
3. [Free Online Guides Now Available](#)
4. [SAVE THE DATE - ASPAAH 2018 Conference](#)
5. [New Member Introductions](#)
6. [NEW Membership Fees - Now Launched!](#)
7. [FREE Advertising for Members](#)
8. [Latest MPPA titles](#)

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OPEN CALL FOR APPLICATIONS

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Paulette Mifsud Memorial Grant Program

Do you have a project in mind that could:

- promote the concept of healthcare for performing artists?
- increase the participation of performing artists in relevant healthcare?
- improve the delivery of healthcare for performing artists?

**GRANTS OF UP TO \$1,000
AVAILABLE FOR SUITABLE
APPLICANTS**

OPEN CALL FOR APPLICATIONS



/ASPAHONLINE



@ASPAH_AUS

WWW.ASPA.H.ORG.AU



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EDUCATING AUSTRALIAN MUSICIANS:

**ASPAH GUIDES NOW AVAILABLE
ONLINE AND FOR DOWNLOAD!**

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FREE ONLINE GUIDES TO PERFORMING ARTS HEALTHCARE

ASPAAH is pleased to offer several Guides compiled by experts in the field. These are examples of ASPAAH's many resources, all designed to inform performers and those who work within the performing arts of current information that may assist their health and wellbeing.



Acute Injury Care



Australia's Health System



Health Insurance Options



Overuse and Chronic Injury Care



Safety in the Performing Arts



Understanding Pain



What Health Professionals Do

VISIT WWW.ASPAHA.ORG.AU/GUIDES

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CHECK THEM OUT HERE

SAVE THE DATE! ASPAH 2018 CONFERENCE



The graphic is a collage of four images. Top left: A dark blue square with white text that reads 'BEFORE AND AFTER THE SPOTLIGHT', 'PERFORMANCE PREPARATION', and 'AND RECOVERY'. Top right: A dark blue square with white text that reads 'DEC 1ST - 2ND 2018' and 'SOFITEL WENTWORTH SYDNEY, NSW'. Bottom left: A photograph of the Sydney Harbour Bridge at night, illuminated with lights, with the Sydney Opera House visible in the background. Bottom right: A portrait of Dr. Shona Halson, a woman with long brown hair, smiling. Below her portrait is a dark blue square with white text that reads 'KEYNOTE SPEAKER', 'DR SHONA HALSON', and 'AUSTRALIAN INSTITUTE OF SPORT'. To the right of the portrait is the ASPAH logo, which consists of a stylized blue and black wave above the text 'ASPAH' in large blue letters, and 'Australian Society for Performing Arts Healthcare' in smaller blue letters below it.

[CLICK HERE TO FOLLOW UPDATES ON THE FACEBOOK EVENT](#)

INTRODUCING NEW ASPAH MEMBERS!

Welcome aboard Jeff, Julie and Annette!

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

[Just follow this link](#)

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

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



JEFF AND JULIE CRABTREE

A psychologist (Julie) & Musician/Composer/Educator (Jeff) who combine to offer a suite of services that foster well being for creatives. We wrote a book: "Living With A Creative Mind". Our work is not just about how to be more creative but how to survive the experience. We deliver evidence based therapeutic psychological services to individuals. Our practice www.zebrapsychology.com is located in Sydney. We offer an online service - www.zebracollective.com that teaches creatives about their unique vulnerabilities & also the skills of self maintenance for their highly tuned creative brains. We deliver workshops, seminars, keynotes & mentoring. We consult to the creative industries & deliver tailored health & well being programs to organisations who work with creative practitioners. Our work is based in the latest research. We are both completing doctorates in our respective fields. We specialise in making the complex comprehensible.

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I grew up in Germany with an appreciation of classical music and theatre, picked up an Australian backpacker in Wales when I lived in England, and ended up in South Australia's Barossa Valley. I am a healing practitioner, published poet, writer, and actor. I also enjoy presenting a classical music program on a local community radio station. In over 25 years as a holistic therapist I have developed a method where I combine massage and Bowen therapy with energy work, kinesiology and counselling tools to offer clients of all ages and backgrounds a holistic approach to a fulfilled and empowered life. For interstate clients I offer holistic pain and stress management sessions online or a program of intensive sessions in my clinic. I look forward to combining my two passions, holistic health and the arts, and contributing to the Australian arts community!

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NEW MEMBERSHIP FEES ARE HERE!

We now have new membership fees to accommodate more of our current and future members! You can still enjoy receiving access to the *Medical Problems of Performing Artists* journal with your ASPAAH membership, but we now have 3 additional membership categories for those people who find they don't gain from subscribing to the journal. We have also introduced a great affordable option to encourage undergraduate students to become part of the ASPAAH community!

New Fee Categories Available

Standard Membership without journal subscription: \$70.00

Concessional Membership without journal subscription: \$40.00

Undergraduate student membership (full time): \$20.00*

We hope this new fee structure will make membership more accessible and relevant to all of our members. You can join ASPAAH or renew your membership online at our [website](#).

* Student memberships do not include a journal subscription

JOIN ASPAAH NOW!

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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.

[Influence of Movement Quality on Heart Rate While Performing the Dance-Specific Aerobic Fitness Test \(DAFT\) in Preprofessional Contemporary Dancers](#)

Annemiek Tiemens, Rogier M. van Rijn, Matthew A. Wyon, Emma Redding, Janine H. Stubbe

[Playing-Related Musculoskeletal Disorders Among Classical Piano Students at Tertiary Institutions in Malaysia: Proportion and Associated Risk Factors](#)

Chia-Ying Ling, Fung-Chiat Loo, Titi Rahmawati Hamedon

[Bone Mineral Density in Collegiate Dance Majors Compared to Healthy Controls](#)

Gregory S. Farnell, Valerie J. Williams, Kristin Bogda

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[Hamstring Flexibility Is Not Correlated with Isokinetic Knee Muscle Strength in Female Modern Dancers](#)

Ani Agopyan

[Resistance Training for Professional String Musicians: A Prospective Intervention Study](#)

Bertil Lundborg, Wilhelmus Johannes Andreas Grooten

[A Tenuous Pas de Deux: Examining University Dancers' Access to and Satisfaction with Healthcare Delivery](#)

Tina J. Wang, Jeffrey A. Russell

[General Health Status, Music Performance Anxiety, and Coping Methods of Musicians Working in Turkish State Symphony Orchestras: A Cross-Sectional Study](#)

Onur Topoglu, Derya Karagulle, Tuba Uslay Keskin, Filiz Abacigil, Pinar Okayay

[Popular Musician Responses to Mental Health Treatment](#)

Lloyd Berg, Benjamin King, Jessica Koenig, Roger Lowell McRoberts

[Effects of an Education and Prevention Course for University Music Students on Their Body Awareness and Attitude Toward Health and Prevention](#)

Kári Árnason, Kristín Briem, Árni Árnason

[Neuromuscular Re-Education Programs for Musicians with Focal Hand Dystonia: A Systematic Review](#)

[Review] *Ashley M. Enke, Gail A. Poskey*

2018 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.

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<p>Membership benefits include:</p> <ul style="list-style-type: none"> • Professional Listing on ASPAH's online Directory of Members • Full annual subscription to <i>Medical Problems of Performing Artists</i> • One year free subscription to <i>dancetrain</i> magazine in first year of membership • 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 ASPAH conferences and other events • Free advertising in ASPAH 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 		
<p>JOIN ASPAH NOW!</p>		

The Australian Society for Performing Arts Healthcare is a registered charity.
All donations over AUD\$2.00 are tax deductible.

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