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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 excited to announce that earlybird registrations are now open for our 2019 conference "[Lasting the Distance: A Lifetime in the Performing Arts](#)". Make sure you register early to access these discounted prices!

In this newsletter we also share some news and research updates from our members, welcome aboard a new supporter in [Harlequin Floors](#), and include a report from this year's [PAMA](#) conference.

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

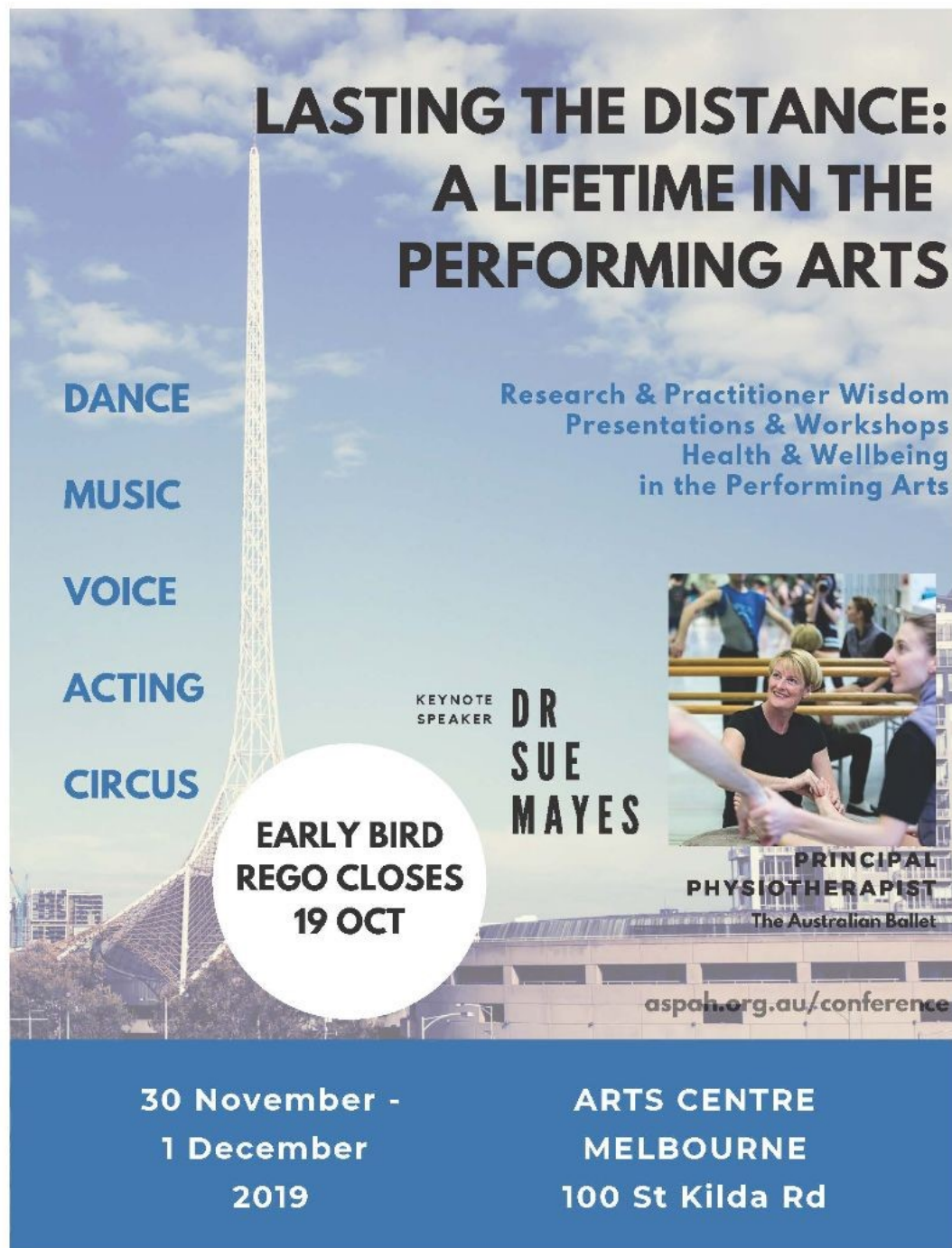
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EARLYBIRD REGISTRATIONS NOW OPEN!



**LASTING THE DISTANCE:
A LIFETIME IN THE
PERFORMING ARTS**

DANCE
MUSIC
VOICE
ACTING
CIRCUS

Research & Practitioner Wisdom
Presentations & Workshops
Health & Wellbeing
in the Performing Arts

KEYNOTE
SPEAKER **DR
SUE
MAYES**

**EARLY BIRD
REGO CLOSES
19 OCT**

**PRINCIPAL
PHYSIOTHERAPIST**
The Australian Ballet

aspah.org.au/conference

**30 November -
1 December
2019**

**ARTS CENTRE
MELBOURNE
100 St Kilda Rd**

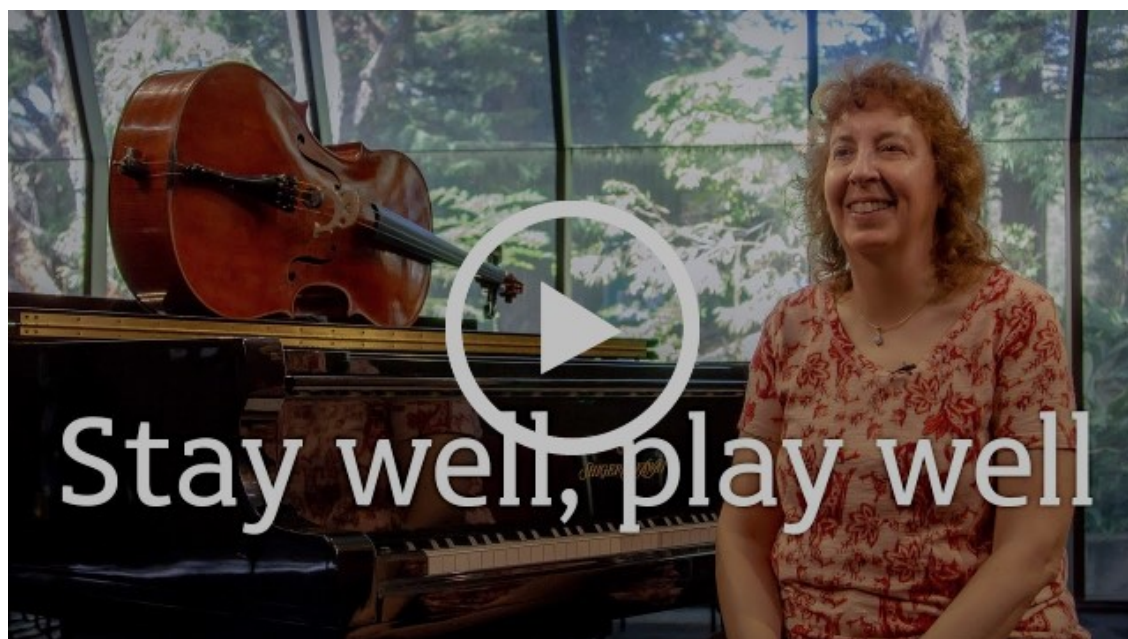


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SOUND PERFORMERS



(Video published by UWA Research Impact, 2019)

ASPAAH congratulates members A/Prof. Suzanne Wijsman, A/Prof. Bronwen Ackermann and their research team on their work towards creating 'Sound Performers', an evidence-based online course educating performers about their occupational health and healthy practice to optimise performance.

"The course modules move through topics on: how the musician's body works, posture, injury prevention exercises, stress management, performance biomechanics, performance psychology and how to use mental skills for optimal performance, and physical conditioning and exercise for musicians. The modules are supported by images, demonstrations, tip sheets and testimonials from high-profile professional musicians." – as featured in UWA Research Impact. [READ MORE HERE](#)

Subscription is required to access 'Sound Performers'. To subscribe for access to this resource as an individual or as an institution, you can follow [this link](#) to create an account and view subscription options, and/or discuss with your institution to ask if they have a subscription.

Highlights of the 37th PAMA Symposium

UCLA, Los Angeles. June 28 to July 1, 2019

This year's Performing Arts Medicine Association's annual symposium attracted the largest number yet of participants to its four days of panels, papers, posters and salons. It was attended by 194 participants, consisting of 34 physicians, 93 allied health practitioners/performing arts educators, 56 students, 6 retirees, and 5 performers. The vast majority came from within the USA, followed by Canada and the United Kingdom.

One of the Keynote addresses by Dr Victor Dzau, MD, National Academy of Medicine (NAM), noted how the NAM is attending to both individual and organisational/cultural factors contributing to burnout. While he began with how burnout is impacting health practitioners, he provided valuable insights into how burnout also manifests in the work and lifestyle of many performing artists. He noted that burnout does not indicate some inherent weakness but rather requires deeper training in resilience. However, he also emphasised that external factors and systems also play a key role in how burnout emerges and how it can be better managed. NAM's Action Collaborative Model brings together stakeholders to advance progress across priority areas through collaboration, coordination, communication and shared learning activities. The goals are to: 1. Raise visibility of clinician burnout, depression, stress and suicide, 2. Improve baseline understanding of challenges to clinician wellbeing and 3. Advance evidence-based, multi-disciplinary solutions that will improve patient care by caring for the caregiver. This model identifies that out of the seven factors (Society and Culture; Rules and Regulations; Organisational Factors; Learning/Practice Environments; Healthcare Responsibilities; Personal Factors; Skills and Abilities), only two factors (Personal Factors, Skills and Abilities) actually operate within the control of the individual; the other 5 factors require collective, organisational, cultural analysis, reflection and action. His primary challenge was to build a better system that helps clinicians thrive – the same vision and challenge could be applied to the systems that purportedly support performing artists. It's really valuable that PAMA's focus is now as much about healthcare practitioner wellbeing as about performing artists' wellbeing – we all need to take care in order to best support each other.

A special feature was the hosting of several evening 'salons' in which like-minded participants gathered for a meal and conversation around a particular topic of shared concern. The *How to Promote Mental Health Self Care thru Social Connection for Creatives: The You Got This Tool Kit* salon was moderated by Bethany Bultman, Susan Raeburn, PhD, and Patrick Gannon, PhD. *You Got This* is a phrase that has become a mantra in the New Orleans artistic community to encourage and nurture collective support among artists and healthcare practitioners, particularly as the New

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Orleans artistic community has experienced many losses due to suicide. What's special about this program is the recognition that advocacy for health and wellbeing requires the building of relationships of respect and trust, alongside healthy boundaries that ensure that past, unproductive attachments don't get reinforced, but that new potentials for flourishing are modelled in a real-world setting.

Another stand-out presentations was Dr Bernadot's highly engaging and informative overview of the role of nutrition in the performing arts , emphasising 3 key principles that he argued are underappreciated: 1. "That if a small amount of a nutrient is needed to ensure optimal health, that having more than this amount is not necessarily better and may cause problems", 2. "That eating a wide variety of foods is necessary to ensure exposure to needed nutrients", and 3. "(one should) eat (drink) enough, to satisfy energy, fluid, and nutrients needs in REAL TIME". In other words, you should neither overfill the tank in anticipation of energy expenditure or let it go to empty. This important nutritional wisdom has the potential to challenge many of the lifestyle/workstyle assumptions that performance companies impose on performers in having them do long hours of rehearsal without appropriate nutritional support in real time.

There were many other papers and workshops of value, and if there's interest, I could provide a PDF of the abstracts of the Symposium to those who contact the ASPAAH Newsletter Editor at media@aspah.org.au

- Dr Mark Seton

ASPAAH Members Published in MPPA

ASPAAH members A/Prof. Suzanne Wijsman and A/Prof. Bronwen Ackermann are co-authors of one of the articles published in the latest issue of Medical Problems of Performing Artists, titled "Health Education Literacy and Accessibility for Musicians: A Global Approach. Report from the Worldwide Universities Network Project". This article aimed to "address the need for accessible health education and improved health literacy for musicians throughout their lifespan".

You can read the abstract online [here](#). Members with an MPPA subscription can access the full article by logging in with their subscriber number and postcode.

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INTRODUCING NEW ASPAH MEMBERS



OLIVIA VENABLES

I am a Dance Educator from Perth WA and have been teaching in High Schools for 18 years. I am currently completing a Master of Arts (Performing Arts) at WAAPA through research. My project is focused on how adolescents develop artistic concepts. By investigating educational cognitive theories and behavioural research I am planning on developing a methodology that relates these theories to choreographic practices currently in use. As teenagers create, respond and interact differently to adults, I have found using adult choreographic techniques with adolescents does not enable them to use their cognitive creative growth to their full potential. Through developing an adolescent dance work, I will record how a concept (created by the adolescents) is developed to a final performance. It will be exciting to see the results and how I can further support our youth in developing their creative potential!

MEMBER UPDATES

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Hello. I'm Jane Shellshear and I'm a musician, teacher of piano & a movement educator. I first trained in movement disciplines after completing a Bachelor degree in performance & postgraduate performance studies in the UK. I am a qualified practitioner of Alexander Technique & Australia's first licensed Andover Educator of Body Mapping for Musicians. Body Mapping is the practical application of anatomy to movement tailored specifically for musicians. Andover Educators commit to training as movement educators to assist their fellow musicians to establish & integrate healthy patterns of

movement in their playing, rehearsing and performance. I use my unique blend of musical & movement expertise to craft an innovative approach to performance enhancement that is sophisticated yet accessible. Through Body Mapping Australia I provide lessons, workshops and professional development for musicians and music teachers.

NEWS/UPDATES FROM JANE

This year marks 20 years since Andover Educators was formed in the US. It's a time for strategic planning and change in the organisation & has led to increased efforts to get the word out about Body Mapping as a primary tool for musicians wanting a long and healthy playing career. This year as well as growing my teaching practice & business offerings, I've conducted informal research into pain & discomfort experienced by musicians through Body Mapping Australia, taken part as an analyst for research at the University of Ottawa on the effect of Body Mapping to pianists technical performance ability & presented at the Australasian Piano Pedagogy Conference on Body Mapping & its impact in the teaching studio. Recent efforts have meant inclusion of Body Mapping in programs now at Julliard, Manhattan & Berklee Schools of Music in the US amongst others, as well as at the Guildhall in London & Sibelius Academy in Finland.

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

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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](#)

HARLEQUIN FLOORS SUPPORTS ASPAH

ASPAAH is excited to welcome aboard a new major supporter, Harlequin Floors Australia. Harlequin Floors are world leaders in flooring for dance and performing arts and have further demonstrated their commitment to the health and wellbeing of performing artists by connecting up with ASPAAH as a major supporter.

Check out their website here: <https://aus.harlequinfloors.com/en>



HARLEQUIN
www.harlequinfloors.com

FREE ADVERTISING IN THE ASPAAH NEWSLETTER

ASPAAH 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

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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.

[The Life History of Performance Anxiety in Japanese Professional Orchestral Players: A Case Series](#)

Shizuka Sutani, Taichi Akutsu

[Fight Song on Mute: University Pep Band Member Noise Dosages and Noise-Induced Hearing Loss Knowledge](#)

Evan Edwards

[Relationship Between Performance Competence and Cardiorespiratory Fitness in Contemporary Dance](#)

Sarah C. Needham-Beck, Matthew A. Wyon, Emma Redding

[A Revised Occupational Stress Measure for Popular Musicians: Pilot Test of Validity and Reliability](#)

Benjamin King, Lloyd Berg, Jessica Koenig, J. Jade Adair, Carlos Tirado

[Causes of Death of Professional Musicians in the Classical Genre](#)

Tuire Kuusi, Jari Haukka, Liisa Myllykangas, Irma Järvelä

[Sound Exposure of Secondary School Music Students During Individual Study](#)

Matilde A. Rodrigues, Sandra Gonçalves, Paula Neves, Manuela V. Silva

[Unusual Cause of Lateral Elbow Pain: A Case Report of Anconeus Muscle Contusion](#) [Case Reports]

Muhsin Engin Uluc, Atilla Hikmet Cilengir, Cemal Kazimoglu, Özgür Tosun

[Health Education Literacy and Accessibility for Musicians: A Global Approach. Report from the Worldwide Universities Network Project](#)

Vera A. Baadjou, Suzanne I. Wijsman (ASPAAH Member), Jane Ginsborg, Christine Guptill, Rae de Lisle, Bridget Rennie-Salonen, Peter Visentin, Bronwen J. Ackermann (ASPAAH Member)

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Eric Martin, Claudio Battaglini

[Is It Anxiety or Arousal That Can Facilitate Musical Performance?](#) [Letter]

Patrick Gannon Free

[The Piano and the Couch: Music and Psyche. By Margret Elson](#) [Book Review]

Michael D. Singer Free

Log in to read these articles and more at <https://www.sciandmed.com/mppa/>

ASPAAH is proudly supported by:



HARLEQUIN

www.harlequinfloors.com

2019 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
- 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

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