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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 our mid-year newsletter! In this issue you can read about the online events ASPAH has been hosting for members during the COVID restrictions. The latest MPPA titles are also listed at the end of the newsletter, including articles co-authored by ASPAH members Mark Seton, Danica Hendry, Sarah Carter and Luke Hopper.

I regret to announce that this is my last newsletter, as after almost 8 years with ASPAH I am resigning from my position as administrator. If you think you would be a great fit for this role, applications are currently open and details are included below.

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 August to be considered for publication in the next issue.

Keep healthy and well, and I look forward to continued involvement with ASPAH as a regular member!

Camilla

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1. President Report
2. July Webinar with Bronwen Ackermann
3. Job Opportunity: ASPAH Administrator Applications Open
4. Casual Vacancies - Join the Committee!
5. Online Round Table Discussion Report
6. Call for Contributions: COVID19 Performing Arts Perspectives
7. Latest MPPA titles

PRESIDENT'S REPORT

We hope you are all keeping safe and well and, depending on where you're living, you may be enjoying the recent lifting of some social distancing restrictions. I know many performing artists will be pleased to be back in their studios, classrooms, or rehearsal spaces, finally enjoying face-to-face interactions with students, colleagues and peers.

In this newsletter I unfortunately have the task of letting you know that two very important members will be moving on from their roles with ASPAH. Dr Luke Hopper has been our Vice President during 2020, and prior to this served for 3 years as ASPAH President and 2 years as an ordinary committee member. Luke has been a dedicated member of the ASPAH Executive Committee for many years and made valuable and memorable contributions as ASPAH President. Luke has now decided to move on from the ASPAH Executive Committee to focus his energies and talents on other areas. On behalf of the ASPAH Executive Committee, I would like to thank Luke for his longstanding service to ASPAH and wish him all the very best for the future.

We also say goodbye to Camilla Tafra, our ASPAH Administrator, who has decided to move on to focus on her teaching and artistic aspirations. Camilla has made a wonderful contribution to ASPAH as Administrator for the past 5 years, following 3 years' service to ASPAH as a committee member, and will be deeply missed by the Executive Committee and ASPAH members. On behalf of the ASPAH Executive Committee, I would like to thank Camilla for the commitment, enthusiasm and expertise she has brought to ASPAH over many years. We wish her all the very best for the future.

In light of these changes, we have decided to put out a call for expressions of interest to join the ASPAH Executive Committee. Please see the notice below, including details of how to express your interest. We are also currently advertising for a new ASPAH Administrator, a paid position with ASPAH, please see the details below.

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Committee member(s) in our next newsletter.

Best wishes to you all. Stay healthy and well.

Rachel

Dr Rachel Ward
ASPAH President

A blue rectangular poster for a webinar. At the top left is the ASPAH logo, which consists of a stylized blue and white wave icon followed by the text 'ASPAH' in bold white letters, and 'Australian Society for Performing Arts Healthcare' in smaller white text below it. Below the logo, the text 'FREE WEBINAR*' is written in white. In the center is a graphic of a yellow trumpet with a white bell and a musical note. Below the trumpet, the title 'UNDERSTANDING THE EMBOUCHURE' is written in large, bold, black capital letters. Underneath the title, the subtitle 'STRUCTURE, FUNCTION AND MANAGING COMMON ISSUES' is written in smaller, bold, black capital letters. Below the subtitle, the text 'with Assoc. Prof Bronwen Ackermann' is written in bold, black capital letters. Further down, the date and time 'TUESDAY 14 JULY 8PM - 9PM (AEST)' are written in bold, yellow capital letters. At the bottom, a white rectangular box contains the website 'www.aspah.org.au/online-events' in black text. Below this box, the text '*Registration essential ASPAH Membership required' is written in small white capital letters.

ASPAH Australian Society for
Performing Arts Healthcare

FREE WEBINAR*

**UNDERSTANDING
THE EMBOUCHURE**

STRUCTURE, FUNCTION AND MANAGING COMMON ISSUES

with Assoc. Prof Bronwen Ackermann

**TUESDAY 14 JULY
8PM - 9PM (AEST)**

www.aspah.org.au/online-events

*Registration essential
ASPAH Membership required

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ASPAH

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The Australian Society for Performing Arts Healthcare (ASPAH) is offering a part-time position to support the consistent and effective running of ASPAH by providing administrative support for essential maintenance of the society and to the volunteer Executive Committee. It is a one (1) year contract starting from July 2020.

The main objectives of the job are to maintain the ASPAH membership database, coordinate payments and renewal notices, produce the ASPAH e-newsletter, maintain the ASPAH website, and communicate with members and the broader community.

The position is nominally 3.5 hours per week but is outcomes driven so the work can be done at any time or place convenient to the successful applicant. The position is remunerated at a base rate of \$29.93 per hour.

Applications for the position should be made by email to treasurer@aspah.org.au with the header "Administrator Job Application". All applications must include a current CV and applications must be sent by 5pm Sunday 5 July 2020. Shortlisted applicants will be contacted shortly thereafter and invited for an interview.

For further information, and to download the job description, visit <https://www.aspah.org.au/job-opportunity/>

More Information

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Support Performing Arts Healthcare in Australia

Join the ASPAH Committee



Casual Vacancies now open -
Expressions of interest welcome

Email: admin@aspah.org.au

<https://www.aspah.org.au/>

Online Round Table Report

“Bridging the gap – addressing the healthcare needs of

Facilitators: Melanie Fuller, Amy Naumann, Peta Blevins

Our online roundtable series for 2020 got off to a flying start on the 16th June with a vibrant session discussing the current healthcare needs of performing artists! It was a well-attended session, with participants spanning the areas of dance, music, and acting, and representing a variety of professions and backgrounds, including physiotherapy, dance medicine, allied health, education, and mental health.

The session started with participants sharing their knowledge and experience of healthcare needs within their respective areas of performing arts and the differences in access to healthcare and knowledge of referral pathways between music, dance, and acting. We also discussed the burgeoning need for mental health support within the performing arts and ways in which this need may be best supported, for example, by encouraging training mental health first aiders within the industry.

The discussion then moved to the tertiary training space and the need to work with tertiary training providers to provide information on access to healthcare and the options available. We agreed that education for performing arts students can be helpful in encouraging the promotion of proactive approaches to healthcare, and across the wider performing arts community we could start to shift the language we use to be more supportive of proactive healthcare practices.

The session wrapped up with the concluding sentiment that the holistic development of performing artists is of great importance, and while there is some really great work happening in larger Australian performing arts companies, this can be difficult to replicate for smaller companies and individual artists. It was also acknowledged that there are a lot of financial and time implications that influence performing artists' ability to engage in holistic approaches to training and performance and we all remain committed to helping artists find a way to work more holistically and healthily.

- Peta Blevins (ASPAH Secretary)

PERFORMING ARTS PERSPECTIVES: COVID-19

The COVID-19 crisis presents particular challenges for those working in the performing arts. Two of our Ambassadors, dancer Amber Scott and violinist Glenn Christensen, have shared their experiences of the crisis so far in our [blog](#) and 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.

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circus artist, or in crew work, and you have been affected by the crisis, we would love to hear from you.

Share Your Story

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.

[Achieving the Split Position in a Saut de Chat Leap](#)

Danielle N. Jarvis, Kornelia Kulig

[Alcohol Use by Australian Actors and Performing Artists: A Preliminary Examination from the Australian Actors' Wellbeing Study](#)

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

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[Conservatory Piano Students \[OPEN ACCESS\]](#)

Jean-Pierre Baeyens, Ben Serrien, Maggie Goossens, Katia Veekmans, Rens Baeyens, Walter Daems, Erik Cattryse, Ron Clijsen [Free](#)

[Cumulative Psychological Trauma, Emotional Regulation, and Orthopedic Injury in a Sample of Pre-Professional and Professional Dancers and College Athletes](#)

Paula Thomson, S. Victoria Jaque

[Dancers' Joint Strategies for Achieving Turnout in Low and High Friction Conditions](#)

Rebekha Duncan, Catherine Wild, Leo Ng, Danica Hendry, Sarah Carter, Luke Hopper, Amity Campbell

[Characteristics, Properties, and Associations of Self-Assessed Pain Questionnaires: A Literature Review and Prospective Cohort Study Among Dance Students](#)

Rogier M. van Rijn, Janine H. Stubbe

[Effects of Osteopathic Manipulative Treatment on Musicians: A Systematic Review](#)
[Review]

Marie-Sophie Kiepe, Isabel Fernholz, Tobias Schmidt, Benno Brinkhaus, Alexander Schmidt, Cornelia Weikert, Gabriele Rotter

[Art on Prescription. Dutch Performing Arts Medicine Association \(NVDMG\) Symposium, Leeuwarden, The Netherlands, October 29, 2019](#) [Performing Arts Medicine Abroad]

Kees Hein Woldendorp, PhD, MD [Free](#)

[The Musician's Hand: A Clinical Guide, 2nd ed. By Ian Winspur](#) [Book Review]

William J. Dawson [Free](#)

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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

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