



# ASPAH

Australian Society for  
Performing Arts Healthcare

ONLINE CONFERENCE 2022 – 26<sup>th</sup> to 27<sup>th</sup> NOVEMBER:  
Good to Go: Enhancing Wellness and Resilience in Performing Arts

## Conference Schedule

### Saturday 26 November 2022

SESSION 1	
9:00am	<b>OPENING ADDRESS</b> Dr Melanie Fuller
9:10am	<b>KEYNOTE ADDRESS:</b> Professor Emma Redding - Dance Science: Research & Practice
10:10am	<b>Morning Tea and Meet and Greet Sessions</b>
10:40 am	<b>Musculoskeletal injury in Australian professional ballet dancers: A 4-year retrospective cohort study</b> <i>Louise Drysdale, Dr Liam Toohey, A Prof Kate Pumpa, A Prof Phillip Newman</i>
11:00am	<b>Dancing with my Graves: A case study</b> <i>Dr Danica Hendry, Ellen Paterniti, Emma-Rose Barrowclough, Gerard Hurst, Dr Colm McCarthy</i>
11:20am	<b>Workshop: Feldenkrais in Performance</b> <i>Margaret Kaye, Christopher Tomkinson</i>
12:00	<b>Lunch</b>
12:20	<b>ASPAH Annual General Meeting</b> All Welcome

SESSION 2	
1:30pm	<b>A pilot study introducing a 3-minute mindful-meditation to a group of music theatre students</b> <i>Stella Panozzo</i>
1:50pm	<b>Nurturing self-compassionate performing artists</b> <i>Dr Margaret Osborne, Dr Courtney Walton, Dr James Kirby, A/Prof Simon Rice</i>
2:10pm	<b>Afternoon Tea and Networking Sessions</b>
2:30pm	
2:50pm	<b>Workshop: Embodying presence, connection and playfulness for wellbeing in artistic expression</b> <i>Dr Mark Seton, Alan Powell</i>
3:30pm	<b>Performance-related pain among music students in Portugal: A multi-centre study</b> <i>Dr Ana Zao</i>
3:50pm	<b>Commonwealth Games 2022 provides physiotherapy students with unique clinical placement in performing arts medicine</b> <i>Dr Sarah Upjohn, Judith Coe</i>
4:10pm	<b>Mental health concerns among LGBTQIA+ creative workers: A systematic review</b> <i>Elizabeth Cowdean</i>
4:30pm	<b>Awareness of subconscious influences on complex mind-body presentations as a key to alleviating career-threatening symptomatology</b> <i>Dr Anthony Ordman, Monia Brizzi</i>
4:50pm	<b>Close</b>

Conference Schedule subject to change. All times are in Australian Eastern Daylight Savings (Sydney/Canberra/Melbourne) Time. **Schedule is subject to change.**

#### KEY

Dance	Music	Drama	General	Meetings, networking breaks	Circus
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### Sunday 27 November 2022

SESSION 3	
9:00am	<b>KEYNOTE ADDRESS:</b> Matti Clements
9:40 am	<b>Development of an international consensus for injury surveillance in circus arts</b> <i>Dr Joanna Nicholas, Dr Stephanie Greenspan, Dr Melanie Stuckey, Dr David Munro, Dr Janine Stubbe, Dr Rogier van Rijn</i>
10:00am	<b>Assessing posture whilst playing in musicians: A systematic review</b> <i>Celeste Rousseau, Louna Taha, Gabor Barton, Peter Garden, Vasilios Baltzopoulos</i>
10:20am	<b>Morning Tea and Networking Sessions</b>
10:50am	<b>Workshop: Parts and wholes: A chicken and egg question</b> <i>Greg Holdaway</i>
11:30am	<b>Workshop: Bespoke training and performative design in inclusive contemporary dance theatre</b> <i>Owen Allen</i>
12:10	<b>Lunch</b>
12:30	

SESSION 4	
1:30pm	<b>Wellbeing in enactment of morally questionable characters: Negotiating moral and spiritual values within professional formation</b> <i>Dr Mark Seton, Courtney Patten</i>
1:50pm	<b>The development path and current situation of dance science in China</b> <i>Yawen Hu, Xinyi Zhou, Dr Hara Trouli</i>
2:10pm	<b>Workshop: Resolving performance anxiety using HeartSpeak: A novel mindbody approach</b> <i>Dr Anne Jensen</i>
2:50pm	<b>Afternoon Tea and Networking Sessions</b>
3:30pm	
3:50pm	<b>Injury profiling in circus artists</b> <i>Pooja Verma, Isabel Artigues</i>
4.10pm	<b>Increasing the actors' resilience &amp; emotional capacity in trauma-based character narratives</b> <i>Alan Powell</i>
4:30pm	<b>Myofascial pain syndrome among musicians: An underdiagnosed disorder which impacts musician's performance, a case study</b> <i>Dr Ana Zao</i>
4:50pm	<b>Conference Closing: Dr Melanie Fuller</b>

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