



ASPAH

Australian Society for
Performing Arts Healthcare

ONLINE CONFERENCE 2022 – 26th to 27th NOVEMBER:

Good to Go: Enhancing Wellness and Resilience in Performing Arts

Conference Schedule Saturday 26 November 2022

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

SESSION 2	
1:30pm	A pilot study introducing a 3-minute mindful-meditation to a group of music theatre students <i>Stella Panozzo</i>
1:50pm	Nurturing self-compassionate performing artists <i>Dr Margaret Osborne, Dr Courtney Walton, Dr James Kirby, A/Prof Simon Rice</i>
2:10pm	Afternoon Tea and Networking Sessions
2:30pm	Harlequin Floors Australia Session
2:50pm	Workshop: Embodying presence, connection and playfulness for wellbeing in artistic expression <i>Dr Mark Seton, Alan Powell</i>
3:30pm	Performance-related pain among music students in Portugal: A multi-centre study, a case study <i>Dr Ana Zão</i>
3:50pm	Commonwealth Games 2022 provides physiotherapy students with unique clinical placement in performing arts medicine <i>Dr Sarah Upjohn, Judith Coe</i>
4:10pm	Increasing the actors' resilience & emotional capacity in trauma-based character narratives <i>Alan Powell</i>
4:30pm	Awareness of subconscious influences on complex mind-body presentations as a key to alleviating career-threatening symptomatology <i>Dr Anthony Ordman, Monia Brizzi</i>
4:50pm	Close

All times are in Australian Eastern Daylight Savings (Sydney/Canberra/Melbourne) Time.

KEY

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

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

SESSION 4	
1:30pm	Wellbeing in enactment of morally questionable characters: Negotiating moral and spiritual values within professional formation <i>Dr Mark Seton, Courtney Patten</i>
1:50pm	The development path and current situation of dance science in China <i>Yawen Hu, Xinyi Zhou, Dr Hara Trouli</i>
2:10pm	Workshop: Resolving performance anxiety using HeartSpeak: A novel mindbody approach <i>Dr Anne Jensen</i>
2:50pm	Afternoon Tea and Networking Sessions
3:30pm	Harlequin Floors Australia Session
3:50pm	Injury profiling in circus artists: A review of the literature <i>Pooja Verma, Isabel Artigues Cano</i>
4:10pm	Mental health concerns among LGBTQIA+ creative workers: A systematic review <i>Elizabeth Cowdean</i>
4:30pm	Myofascial pain syndrome among musicians: An underdiagnosed disorder which impacts musician's performance, a case study <i>Dr Ana Zão</i>
4:50pm	Conference Closing: Dr Melanie Fuller

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