



MUSIC TEACHERS NATIONAL ASSOCIATION

Wellness Forum Session

March 18, 2018

Disney's Coronado Springs Resort, Ballroom G, 11:00 a.m.- 12:00 p.m.

Director Ginger Hwalek called the Forum session to order at 11:01 a.m.

Attendance was taken by sign-in sheet. She introduced Sharon Callahan, director-elect who will become the incoming Wellness Chair at the end of this conference. Each attendee introduced themselves and their connection to wellness. Many attendees shared amazing success stories with the group. Some have written books and work in the field of wellness and offered many suggestions.

Ginger stressed that the purpose of this forum is to share stories, concerns and successes. Also, to let MTNA know what MTNA can do to help our members in regards to wellness issues – comments will be taken to the board. Currently, MTNA offers the Pedagogy Saturday Wellness trac. If attendees have any ideas for wellness sessions or presenters for the 2019 Conference, please contact Gail Berenson. Everyone expressed extreme gratefulness that MTNA supports wellness.

Some attendees asked the question as to whether or not others have had success at the university or community-wise level in wellness training. We should encourage college students to speak up and ask for trainers and wellness support so that injuries do not occur too early in their musical careers. Gail Berenson discussed the role of athletic trainers at the collegiate level at Ohio University. They are available for performing arts, medical clinic and many are eligible to use a trainer (theatre, marching band, vocal, etc.).

SHAPE was discussed and faculty members can get courses started as easily by just bringing in guest speakers.

IDEA: Establish an MTNA Grant to allow an individual to attend a performing arts workshop related to wellness. (See ARTSMED.org – research based).

TOPIC: ALL states need to be encouraged to appoint a wellness chair and should incorporate at least one session related to wellness at the state conference.

Gail Berenson mentioned that the College Music Society has already produced many webinars and other resources on their website (each roughly 30 minutes in length). There are approximately 12-14 archived webinars related to wellness. One does not have to be a member to access them. Encourage your students to watch them as well.

John Schnieder from New Orleans has programs and is willing to share (Loyola).



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Jim Litzelmann referred to Miranda Esmond-White – former ballerina (NASM). She stresses classical stretch and use of body weight.

Bronwyn from Australia has info to share (name of the curriculum is Sound Performers) – lots of wellness courses are electives.

Some people have difficulty getting clinicians at no charge. Discussion about budgets arose. Resources for local chapters focusing on wellness - many local teachers are just not aware of wellness techniques (esp. practice strategies). We need to help get them exposed! Teachers “in the field” don’t always attend national and state conferences to learn these techniques. “Certification in Wellness” is being discussed in Florida. Forum members may peruse the Florida state website to see what they’ve been doing in this area. There is more risk in not training our piano teachers.

IDEA: Create a workshop/clinician list of those qualified to give wellness session/workshops at the National and state levels (also share this info with the state wellness chairs).

IDEA: Currently, it is not required for a state to have a wellness chair. This forum began in 2008. Now that it’s been established for ten years, perhaps it’s time to make this a requirement for each state since the other areas are required: IMTF, Arts/Advocacy, College Faculty, etc.

IDEA: Research as to whether or not physical therapy helps enough with music related injuries.

Sharon Callahan related her recent cancer journey and how by being so very healthy before the journey began helped “weather the storm”. Wellness DOES pay off!

Two key words that should be stressed are prevention and awareness!

How do we help the teachers stay healthy and injury free? That is the goal of the Wellness Forum. Perhaps we need more sessions and resources to meet that goal.

Forum was adjourned at 11:55 a.m.

Submitted by,
Sharon Callahan, Director-elect, South Central Division