WELLNESS RESOURCES FOR THE MUSICIAN

- Neuromusculoskeletal Health (Healthy Practicing/Injury Prevention)
- Vocal Health
- Hearing Health
- Mental Health (Performance Anxiety/Musician Psychology)
- General Resources
- Databases

Presented by Dr. Linda Cockey, Professor of Music   MTNA – March 24, 2015

NASM - The National Association of Schools of Music - has added information on neuromusculoskeletal health, vocal and mental health and hearing preservation. These papers give the basic information that all musicians need to know for injury prevention and musician wellness. NASM partnered with PAMA to develop these important documents. http://nasm.arts-accredit.org/index.jsp?page=NASM-PAMA%3A+Neuromusculoskeletal+and+Vocal+Health

Performing Arts Medical Association (PAMA) – contains a member resource directory; information about the journal Medical Problems of Performing Artists; resource on performing medicine organizations, clinics, and arts organizations; journal bibliography of articles; and other related materials. www.artsmed.org

NEUROMUSULOSKELETAL HEALTH: Healthy Practicing/Injury Prevention


VOCAL HEALTH


HEARING HEALTH

American Academy of Audiology (AAA) [www.asha.org](http://www.asha.org) A professional organization for audiologists but contains information on where to find an audiologist. Also has a lengthy presentation on the “Management of Hearing Loss in Musicians,” and, articles on how to prevent hearing loss in musicians as well as information on how music students can use protection to avoid memory loss.

Association for Adult Musicians with Hearing Loss (AAMHL) [www.aamhl.org](http://www.aamhl.org) A blog but contains resources tools for musicians suffering from hearing loss as well as other disabilities and has a bibliography on hearing loss for musicians.


MENTAL HEALTH: Performance Anxiety/Musician Psychology


*The Bullet Proof Musician* – a website by performance psychologist and violinist Noa Kageyama who worked with Don Greene and currently teaches at Juilliard. The purpose of this website is to teach musicians how to overcome stage fright, performance anxiety, and other blocks to peak performance. [www.bulletproofmusician.com](http://www.bulletproofmusician.com)

Nagel, Julie. *Changing Performance Anxiety into Performance Energy* – This website/blog started in 2014 by Dr. Julie Nagel, a leading professional and pioneer in the field of performance anxiety who has a unique background due to her training as a pianist at the Juilliard School of Music as well as her PhD in psychology. Dr. Nagel has worked with performance anxiety and self esteem issues for many years and, gives psychotherapy and psychoanalysis. Author of *Melodies of the Mind* and also has another blog with *Psychology Today*. [www.psychologytoday.com/blog/music-my-ears](http://www.psychologytoday.com/blog/music-my-ears); [www.julienagel.net](http://www.julienagel.net)


Moore, Bill. (2011) *Playing Your Best When It Counts: Mental Skills for Musicians and Performing Artists*
Moore, Bill. (2011) *Playing Your Best When It Counts: High-Performance Workbook*
Norman, OK: Moore Performance Consulting. [www.drbillmoore.com](http://www.drbillmoore.com)

*The Musician’s Brain* – A blog by pianist Lois Svard that explores brain science and how it relates to teaching and performing. [www.themusiciansbrain.com](http://www.themusiciansbrain.com)


**GENERAL RESOURCES**


“Musicians and Their Health Care”, a special report, available as a PDF file at [www.musicalamerica.com](http://www.musicalamerica.com)

*Pianomap* -- an excellent introduction to the concept of body mapping for enhancing performance and preventing injuries. Maintained by Thomas Mark (*What Every Pianist Needs to Know About the Body*). [www.pianomap.com](http://www.pianomap.com)


*The Well Balanced Pianist* – describes a holistic mind/body approach to teaching and playing based on the Taubman method, Don Greene’s psychological techniques, Alexander Technique, and other strategies for musician health. [www.wellbalancedpianist.com](http://www.wellbalancedpianist.com)
Occupational Health for Musicians – a collection of articles and e-books covering topics such as performance anxiety, hearing protection, and other aspects of musician health; good overview of wellness issues for musicians. [www.peabody.jhu.edu/conservatory/mecc/health.html](http://www.peabody.jhu.edu/conservatory/mecc/health.html)

MusiciansHealth.com – articles, wellness tips, strengthening exercises and many other resources for musician wellness. Although the author is a chiropractor, the resources given here cover a wide range of musician health concerns and treatments. [www.musicianshealth.com](http://www.musicianshealth.com)

Databases

**ERIC** education database; covers music pedagogy from childhood to adult. [http://www.ERIC.ed.gov/](http://www.ERIC.ed.gov/)


**Annotated Bibliography on Musician Wellness** sponsored by MTNA; Authored by Dr. Linda Cockey. Covers books and websites. [http://www.mtna.org/member-resources/annotated-bibliography-on-musician-wellness/](http://www.mtna.org/member-resources/annotated-bibliography-on-musician-wellness/)

**Google Scholar** finds articles in scholarly journals. [http://scholar.google.com/](http://scholar.google.com/)

Library Databases

**Music Index:** [www.ebscohost.com/academic/music-index](http://www.ebscohost.com/academic/music-index)

**Academic Search Complete:** [www.ebscohost.com/academic/academic-search-complete](http://www.ebscohost.com/academic/academic-search-complete)


**Science Direct:** [www.sciencedirect.com](http://www.sciencedirect.com)


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