

MTNA – Pedagogy Saturday – March 16, 2019
Empowering Musicians: Leading a Healthy and Fulfilling Life
Wellness Resource Handout
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ON-LINE RESOURCES:

Athletes and the Arts: <http://athletesandthearts.com>

College Music Society (CMS) Wellness Webinars:

https://www.music.org/index.php?option=com_content&view=category&id=226&Itemid=3288

This link contains our upcoming webinars, listed in chronological order:

<https://www.music.org> → Events → CMS Webinars

Music Teachers National Association (MTNA):

American Music Teacher offers on-going series of wellness articles since 2014

Additional wellness resources: www.mtna.org/ → Learn → Wellness Resources

Essential Skills articles: www.mtna.org/ → Learn → Essential Skills

The National Association of Schools of Music (NASM) – listing of musicians' health advisories in the areas of neuromusculoskeletal health, vocal and mental health and hearing preservation: <https://nasm.arts-accredit.org/?s=Health+Advisories>

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

The Bulletproof Musician – website by performance psychologist/violinist Noa Kageyama. Teaches musicians how to overcome stage fright www.bulletproofmusician.com

Mapping Music – website by Rebecca Shockley and Melissa Colgin Abeln: Shows how to map out music for faster learning and memory www.memorymapformusic.org/

The Musician's Brain –Blog by pianist Lois Svard. Explores brain science and how it relates to teaching and performing www.themusiciansbrain.com

Blog by Dr. Julie Nagel: *Changing Performance Power into Performance Energy* <http://julienagel.net/blog-standard-list/>

Putting It All Together: A Musician's Guide to Day-to-Day Healthy Play by Dr. Serap Bastepe-Gray.
https://www.youtube.com/watch?v=YK_NxxD5bbM

ISME Musicians' Health and Wellness Special Interest Group (SIG) Facebook page:
<https://www.facebook.com/groups/381660465533218/>

<https://www.alexandertechnique.com>: links to teachers' lists, research and videos

BOOKS:

Berenson, Gail, Barbara Lister-sink, et al (2002) *A Symposium for Pianists and Teachers: Strategies to Develop the Mind and Body for Optimal Performance*. Dayton, OH: Heritage Press

Conable, Barbara. (2004) *What Every Musician Needs to Know about the Body: The Practical Application of Body Mapping and the Alexander Technique to Making Music*. Chicago, IL: GIA Publications

Cornett, Vanessa. (2019) *The Mindful Musician: Mental Skills for Peak Performance*. Oxford University Press www.oup.com

Dawson, William J. (2008) *Fit as a Fiddle: The Musician's Guide to Playing Healthy* Lanham: Rowman & Littlefield Education

Gates, Rachael and L. Arick Forrest and Kerrie Obert. (2013) *The Owner's Manual to the Voice: A Guide for Singers and Other Professional Voice Users*. NY: Oxford University Press www.oup.com

Heman-Ackah, Yolanda D., Robert Sataloff and May Hawkshaw. (2013) *The Voice: A Medical Guide for Achieving and Maintaining a Healthy Voice*. Narberth, PA: Science and Medicine. <https://www.sciandmed.com/voice/>

Horvath, Janet (2010) *Playing Less Hurt: An Injury Prevention Guide for Musicians*. Milwaukee, WI: Hal Leonard. <http://playinglesshurt.com>

Jahn, Anthony, M.D., et al (2013) *The Singer's Guide to Complete Health*. NY: Oxford University Press.

Klickstein, Gerald (2009) *The Musician's Way: A Guide to Practice, Performance and Wellness*. NY: Oxford University Press. www.oup.com

Llobet, Jaume Rosset I and George Odam. (2007) *The Musician's Body: A Maintenance Manual for Peak Performance*. Burlington, VT: Ashgate Publishing Company. www.ashgate.com

Mark, Thomas (2003) *What Every Pianist Needs to Know About the Body* GIA Publications

McAllister, Lesley Sisterhen. (2013) *The Balanced Musician: Integrating Mind and Body for Peak Performance*. Lanham, MD & London: Scarecrow Press, Inc. www.rowman.com

McAllister, Lesley Sisterhen. (2019) *Yoga in the Music Studio*, Oxford University Press. www.oup.com

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

Morton, Jennie. (2015) *The Authentic Performer: Wearing a Mask and the Effect on Health*. www.healthyperformers.com

Nagel, Julie Jaffee. (2017) *Managing Stage Fright*. Oxford University Press. www.oup.com

Taylor, Nancy. (2016) *Teaching Healthy Musicianship*. NY: Oxford University Press. www.oup.com

Wristen, Brenda and Deahl, Lora. (2017) *Adaptive Strategies for Small-Handed Pianists*. NY: Oxford University Press. www.oup.com

Hearing Health:

National Hearing Conservation Association: www.hearingconservation.org

American Tinnitus Association: <https://www.ata.org/>

"Auditory Transduction" by Brandon Pletsch: <https://www.youtube.com/watch?v=PeTriGTENoc&t=8s>

Adult Association of Musicians with Hearing Loss (AAMHL) www.musicianswithhearingloss.org