

What should musicians' health education sound like? The floor is yours!



Workshops funded by



and



Wednesday, 19 September OR Monday, 24 September 2018 | 11.30 AM
Royal Northern College of Music (RNCM), Manchester, UK

Tuesday, 25 September OR Saturday, 29 September 2018 | 11.30 AM
Institute of Musical Research, Senate House, London, UK

The physical and psychological demands of the training and practice that musicians must achieve to perform to a high standard can produce deleterious effects on their health and wellbeing. However, music conservatoires still endorse practices that are informed by tradition more than evidence, while health literacy and critical thinking are still not embedded in music students' core training. Finally, there are no guidelines or regulations regarding what conservatoires should provide in terms of health education. We want to address that AND we need your help!

We invite psychologists (both researchers and practitioners, from any specialism and not restricted to those who work with musicians) to join us in this discussion! We have prepared comprehensive lists of topics and we shall discuss their relevance and priority in small groups. Additionally, we will brainstorm ideas about what other topics might be needed as part of the conservatoires' curricula.

Places are free, but limited. While we prioritise psychologists (due to the nature of our task and topic focus), we also welcome:

- Health professionals working with musicians
- Philosophers (yes, yes! We'd also like to discuss cognitive biases and logical fallacies!)
- Cognitive scientists
- Specialists in music education
- PhD students in any of the topics above

Please note the same workshop will be held four times. Please choose only one and register your interest here: <https://mmu.onlinesurveys.ac.uk/musicians-health-education-workshop-sept-2018>

For any other queries, please contact the organisers:

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