

The PAMathon Schedule



PAMA

Performing Arts
Medicine Association

BST/WEST: UK and Portugal (mainland)

Last Update: Sept 4, 2023

Schedule subject to change

Saturday, September 9, 2023

8:40 AM **Coffee Morning Concert: Participant's Performance to welcome you to the PAMathon**

Welcome to the PAMathon!

9:00 AM **Welcome and Introduction** – Dr Kat Cottrell, PAMA Education Chair

9:05 AM **Come to London 2024!** An introduction from the British Association of Performing Arts Medicine (BAPAM) and University College London (UCL)

- Dr Hara Trouli (PAMA board member, UCL Performing Arts Medicine MSc lead)
- Claire Cordeaux (BAPAM Chief Executive)
- Dr Finola Ryan (BAPAM Medical Director)

Keeping Performers Well

10:00 AM **The Health and Wellbeing of Professional Musicians and Music Creators in the EU** – Reviewing the report by the European Commission, Lode Vermeersch PhD, Dries Van Herreweghe

11:00 AM **Translating Best Practices into Realities in Performing Arts Education and Beyond** – This panel will share their expertise with regards to optimizing the environment to support the wellbeing of performing artists from early in their education right through to their professional careers. This panel is hosted by Line Hilton.

- **Healthy Conservatoires Network** – Aaron Williamon, PhD (Chair of HCN)
- **Royal Liverpool Philharmonic** – Liliana Araújo, PhD (Consultant for culture change and performers' wellbeing)
- **Arts Wellbeing Collective** – Claire Pearson (Learning and Engagement Manager)

Leaders in Performing Arts Medicine

12:00 PM **Shining a Spotlight on International Collaboration in Performing Arts Medicine** – Panel discussion led by PAMA's President, Dr. Jason Hu, featuring international PAM organizations.

- **British Association of Performing Arts Medicine (BAPAM)** – Claire Cordeaux (Chief Executive)
- **Australian Society for Performing Arts Healthcare (ASPAH)** – Melanie Fuller (President)
- **PAM Singapore** – Dr Mandy Zhang (Chairperson for Performing Arts Medicine Special Interest Group)
- **Nordic PAM** – Irem Eliassen & Grete Ege
- **South African Performing Arts Health Association (SAPAHA)** – Bridget Rennie-Salonen, PhD (Founding member & Chair)

1:00 PM **The Musicians' Health Literacy Consortium: A Case Study of International Research Collaboration** – Hear how this international research group formed, secured funding, continue to carry out important research and support the next generation of PAM researchers. Presentation led by Suzanne Wijisman, featuring Bronwen Ackermann PhD, Jane Ginsborg PhD, Christine Guptill PhD, Bridget Rennie-Salonen PhD, and Peter Visentin

From Performers to Performing Arts Medicine Specialists

2:00 PM **From Performer to Practitioner: A PAMA Member's Story** – From musical performance to focal dystonia, physiotherapy school and performing arts medicine research, Gioele Rudari

- 2:15 PM **A Performing Arts Medicine University Fair** – International universities will share information about their performing arts medicine courses, with representatives available to answer your questions. Highlighted institutions include the following:
- PAMA Essentials Course
 - University College London
 - Trinity Laban Conservatory of Music and Dance
 - Royal College of Music
 - Institute for Music Physiology and Musicians' Medicine
 - University of South Florida
 - Columbia University
 - Texas Center for Performing Arts Health, University of North Texas
 - Harkness Center for Dance Injuries

- 3:15 PM **PAMA London 2024: Tips on Abstract Submission** – Hear from PAMA's Research Chair who will give advice on how to maximize your chance of success with abstract submission for PAMA's 2024 symposium, *Matt McCrary, PhD*

Collaboration in Performing Arts Medicine: Different Disciplines

- 3:45 PM **Athletes and the Arts** – Integrating the science of sport and the performing arts for the mutual benefit of both by collaboration and communication through organizations including PAMA, the American College of Sports Medicine and Loyola University New Orleans, *Randy Dick*

- 4:00 PM **Caring for Actors in Performance: An International Conversation** - How can actors safely embody the emotional and psychological experiences of a character? This panel discussion will introduce you to like-minded practitioners, educators & researchers all focused on safe, resilient, and mindful practices that support actor wellbeing in the context of portraying a character.
- **Alan Powell** - Actor Care® Specialist, Narrative Director for Centre for Research & Education on Violence Against Women & Children and creator of ACES (Actualizing Characters by Expanding Self-awareness)
 - **Pat O'Toole** - Mental Health and Well Being Facilitator, Counsellor, Personal Development Coach, Theatre Director, Acting Tutor, Trainer, Mediator, Course Director Foundation Acting, Rose Bruford College
 - **Elisa Lewis** - Senior Lecturer in Psychology and Mental Health Researcher, London South Bank University
 - **Mariel Pastor** - LMFT, Psychotherapist, Internal Family Systems Lead Trainer, creator of Character Mapping
 - **Tom Stroud** - Associate Professor Theatre and Film University of Winnipeg, founding member of Emotional Fluency Project
 - **Sara Lovett** - PhD candidate in Depth Psychology with Somatic Emphasis researching actor self-care, Somatic Educator, creator of the Body Book - an art-based embodied self-care practice.
 - **Kate Glasheen** - Head of Acting Texas State University, Actor, Voiceover, Voice Dialect Certified Professional CoActive Coach

- 5:00 PM **Dancing Together: International Organizations Supporting Optimal Health and Performance of Dancers** – Leaders from international organizations aimed at supporting the health and wellbeing of dancers will come together to share their experiences and hopes for the future.
- **Performing Arts Medicine Association (PAMA)** – *Dr Melody Hrubes (President Elect)*
 - **International Association for Dance Medicine and Science (IADMS)** – *Dr Nancy Kadel (President)*
 - **One Dance UK/NIDMS** – *Erin Sanchez (Manager of Health, Wellbeing and Performance)*
 - **ta.med** – *Dr Anja Hauschild (Board Member)*
 - **Healthy Dancer Canada** – *Louis Laverge-Côté (President) & Andrea Downie (Past President)*

- 6:00 PM **Music To Our Ears: Performing Arts Medicine Organizations Supporting Musicians** – Leaders from international organizations aimed at supporting the health and wellbeing of musicians will come together to share their experiences and hopes for the future. Organizations who will be represented include:
- **Performing Arts Medicine Association (PAMA):** *Dr John Chong (Treasurer)*
 - **German Society for Music Physiology and Musicians' Medicine (DGfMM):** *Dr Jochen Blum (Honorary Chairman), Dr Carl Firle (Treasurer), Dr Nina Kruse*
 - **Finnish Music Medicine Association:** *Pauliina Valtasaari, PhD (President), Dr Miikka Peltomaa, Eeva Hyytiäinen*
 - **Austrian Society for Music Performance Medicine and Music Physiology (ÖGfMM):** *Matthias Bertsch, PhD (President)*
 - **Swiss Association for Musicians' Health:** *Wolfgang Böhler (President)*

Interactive Opportunities

- 7:00 PM **Funding Care in Performing Arts Medicine** – Join Claire Cordeaux (BAPAM Chief Executive) for a discussion with breakout rooms about how different jurisdictions affect the care we can provide for performing artists. Whether you are a clinician, educator, performer, or a combination of the above, this session will provide an opportunity to reflect, explore and discover the different ways we can best serve performing artists around the world.
- 8:00 PM **Networking Session by Professional Specialty** – Connect with others who work in similar specialties within the performing arts medicine world in a low-key setting (students are welcome too!). New collaborations, networking, and friendships may be formed! Your breakout room hosts will be:
- **Physicians/Dentists:** *Dr Ana Zão*
 - **Allied health:** *Janice Ying, Physiotherapist and Educator*
 - **Mental health Care Providers:** *Julia Clearman, PAMA Ambassador Program Lead*
 - **Educators:** *Deanna McBroom, PAMA Board Member*
 - **Vocal care:** *Chandler Thompson, PAMA Membership Chair*
 - **Research:** *Christine Guptill, PhD*

International Connections

- 9:00 PM **Keep on Singing: Organizations involved in Vocal Care for Performing Artists** – Join PAMA's Past President, Dr Lucinda Halstead who will be hosting a panel of international leaders in vocal care for performing artists. Organizations who will be represented include:
- **Performing Arts Medicine Association (PAMA):** *Dr Lucinda Halstead (Past President)*
 - **Voice Foundation:** *Dr Robert Sataloff (Chairman) & Dr Michael Benninger (Vice President)*
 - **Collegium Medicorum Theatri:** *Dr Eugenia Chávez Calderón (President)*
 - **British Voice Association:** *Geraldine McElearney (President) & Dr Jonathan Fishman*
- 10:00 PM **An Introduction to the PAMA Ambassador Program** – The Ambassador Program launched at PAMA's 2023 Symposium and is a group of individuals committed to promoting and distributing PAMA resources to the greater arts and health communities. Tune in to hear Julia Clearman, the founder and leader of the program, talk more about the opportunities on offer.
- 10:15 PM **'PAMALA': Performing Arts Medicine in Latin America** – A spotlight will be shone on two PAMA members in Latin America, as well as conversations about the past, present, and future connection PAMA has with the arts community in Cuba.
- **PAMA in Cuba:** *Dr Dave Hinkamp, an Occupational/Environmental Medicine physician*
 - **Mexico:** *Dr Michelle Garcia Ruiz, a Physical Medicine and Rehab resident with a focus in dance medicine*
 - **Puerto Rico:** *Dr Kevin De Jesus, a Physical Medicine and Rehab resident with a focus in music medicine*
- 11:05 PM **Meet PAMA's Membership Chair** – Chandler Thompson, a speech-language pathologist and vocalist, will discuss the benefits of becoming part of the PAMA family and opportunities for further international collaboration and connection. There will be time for questions from the audience if you would like to learn more.

PAMA Movie Night

- 11:15 PM **One Note at a Time** – Join us to watch the award-winning documentary film about the New Orleans musicians post-Hurricane Katrina, demonstrating the incredibly challenging reality facing musicians, and the amazing work done by the New Orleans Musicians' Clinic (NOMC) to serve this population.
- Join us to hear an interview with Bethany Bultman, the Director and President of NOMC, before the show
 - After the movie stay tuned for a Q&A session with staff from the NOMC

PAMA wants to recognize the very generous contribution by Renee Edwards, the director of One Note at a Time, who gave special permission for PAMA to screen this important documentary at the inaugural PAMAthon.

Sunday, September 10, 2023

Interactive Opportunities

- 1:15 AM **Networking Session by Performing Art Discipline** – Connect with others who work (or hope to work) with similar types of performing artists. New collaborations, networking, and friendships may be formed! Your breakout room hosts will be:
- **Dance:** *Taylor Mravec, PAMA Board Member, Mentorship lead and Physical Therapist*
 - **Music:** *Cliffton Chan, Physiotherapist and Researcher*
 - **Acting/Theatre:** *Mark Seton, PAMA Board Member and Educator*
 - **Voice:** *Melanie Tapson, Speech Pathologist and Educator*
 - **Circus Arts:** *Emily Scherb, Physical Therapist and Educator*

Performing Arts Educators Focus

- 2:15 AM **Breaking the Cycle of Pain and Anguish: Keeping the Educational Space Safe for Performing Arts Students** – Lea Pearson, a music educator, will lead a panel discussing the challenges of ensuring performing artists have a safe and supportive space in which to learn and develop during their educational years. This panel will include James Ford, Judith Feingold, and Amy Williams.

Members Around the World

- 3:15 AM **Performing Arts Medicine in Australia** – Research, initiatives, and experiences will be shared from three leading performing arts medicine experts in Australia. This session will be hosted by Sarah Morris, a PhD student and horn educator based in Sydney.
- **A Trailblazer's Journey in Performing Arts Medicine** - *Bronwen Ackermann, PhD*
 - **Actors Wellbeing Academy: Creating Safe, Empowering Spaces for Provocative Conversations** – *Mark Seton, PhD*
 - **Enough with the "BS": What we can and should do for Hypermobile Musicians** – *Cliffton Chan, PhD*
- 4:30 AM **Performing Arts Medicine in Asia** – The growing community in Performing Arts Medicine across Asia share their perspectives, experiences and hopes in this international panel hosted by Pooja Verma, a physiotherapist and circus artist.
- **Korea:** *Hang Jin Kim (chiropractor)*
 - **Philippines:** *Dr Jennifer Yang is joined by her colleague Dr Frances Carlos and residents Drs Ria Panis & Issa Abelita*
 - **Singapore:** *Drs Mandy Zhang, June Sheren, Filomar Tario and Vivien Koh*
 - **India:** *Vinod Kumar (educator) is joined by his colleagues*
- 6:00 AM **Spotlight on International Members** – Hear presentations from members in Romania, Norway, South Africa, and the UK who will be sharing information about their research and clinical activities.
- **PerHol Interviews: Musicians have a Voice** – *Dr Iulia-Magdalena Toma*
 - **A Healthy and Sustainable Life as a Musician:** A Collaboration with the Grieg Academy, Institute of Music in Bergen – *Grete Ege & Simon Gilbertson*
 - **An update on Performing Arts Research in South Africa** – *Clorinda Panebianco & Tamlyn Harker*
 - **Festival Medicine Cases: Performers and Production** – *Dr Arun Castro*
- 7:00 AM **IMMM: A Worldclass Performing Arts Medicine Research Team** – Dr Eckart Altenmüller will lead a presentation with his team on the research and medical care provided to musicians through the Music-Physiology and Musician's Medicine Department at the University for Music and Theater, Hannover that he has been the head of for thirty years.
- 8:00 AM **Shining a Spotlight on Musicians' Clinics Around the World** – An international panel will discuss the challenges, success stories and hopes for the future with regards to running a clinic designed specifically for musicians in a changing global climate.
- **Greek Musicians' Clinic** – *Drs Thanos Bibas and Eleftheria Iliadou*
 - **International Center of Arts Medicine** – *Dr Ana Zăo*
 - **Singapore Conservatory Clinic** – *Dr June Sheren*
 - **Musicians' Clinics of Canada** – *Dr Kat Cottrell*

Closing Remarks and Countdown to PAMA London 2024!

- 8:50 AM **Thank you for joining us!** – Closing remarks will be given by Dr Kat Cottrell, joined by Claire Cordeaux from BAPAM who will begin the countdown to welcoming you to London in July 2024!