

NATS Virtual Winter Workshop
January 8-10, 2021

Moving Forward: Teaching, Singing, and Self-Care During COVID-19

Friday, January 8	Saturday, January 9	Sunday, January 10
8:30-9 AM Welcome Video Introduction		
<p>9-10:30 AM Ting-Yu Chen Session 1: <i>Leveraging Your Physical, Emotional, and Spiritual Awareness to Reduce Stress and Enhance Your Holistic Wellbeing</i></p> <p>This wellbeing workshop and coaching session will include three modules: 1) Health and well-being check-in and mindful meditation, 2) body mind connectivity in concept and practice, and 3) develop a personal wellness routine for self-care. For each module, participants will engage in a short lecture for conceptual understanding followed by experiential exercises and activities. To maximize your experience and comfort, please prepare a yoga mat and a 36-inch foam roller (High-Density: LINK, or low-density: LINK).</p>	<p>9-10:30 AM Ting-Yu Chen Session 2: <i>Leveraging Your Physical, Emotional, and Spiritual Awareness to Reduce Stress and Enhance Your Holistic Wellbeing</i></p> <p>The second installment of this wellbeing workshop and coaching session shifts focus to address stress, including three modules: 1) Health and well-being check-in and mindful meditation, 2) stress reduction strategies through movement, and 3) develop a personal wellness routine for self-care. For each module, participants will engage in a short lecture for conceptual understanding followed by experiential exercises and activities. To maximize your experience and comfort, please prepare a yoga mat and a 36-inch foam roller.</p>	<p>9-10:30 AM Ting-Yu Chen Session 3: <i>Leveraging Your Physical, Emotional, and Spiritual Awareness to Reduce Stress and Enhance Your Holistic Wellbeing</i></p> <p>The final installment of this wellbeing workshop and coaching session returns to the initial three modules for more practice and deeper reflection: 1) Health and well-being check-in and mindful meditation, 2) body mind connectivity in concept and practice, and 3) develop a personal wellness routine for self-care. For each module, participants will engage in a short lecture for conceptual understanding followed by experiential exercises and activities. To maximize your experience and comfort, please prepare a yoga mat and a 36-inch foam roller .</p>
10:30-11 AM Refreshment Break	10:30-11 AM Refreshment Break	10:30-11 AM Refreshment Break
<p>11 AM – 12 PM: Wendy Jones and Eden Casteel: <i>Cure it! - Successful Treatments for Painful Online Pedagogy</i></p> <p>Join Eden Casteel and Wendy Jones for practical solutions, applications, and success stories to inspire and guide you to a more satisfying and musically rewarding online teaching experience. We'll be talking about how we implemented the</p>	<p>11 AM – 12:15 PM: Brandon Baird Session 1: <i>Voice Surgery: Addressing the Stigma</i></p> <p>This session is designed to illuminate the indication, expectations, and recovery from phonosurgery. It is intended to address the stigma and mystery surrounding surgery for the voice.</p>	<p>11 AM – 12 PM: Vanessa Isiguen & Damien Geter: <i>Maintaining Your Artistry Amid COVID-19</i></p> <p>In this session soprano Vanessa Isiguen and bass-baritone/composer Damien Geter will discuss what it takes to maintain your artistry during the current global pandemic. There are harsh realities to face, but also personal and professional opportunities for advancement. Participants will gain a better</p>

latest technology during the Summer/Fall of 2020 for private voice lessons, small vocal ensembles, and professional collaborations and in the process, created challenging and meaningful musical experiences for ourselves and our students.		understanding of the situation their students and colleagues are facing, and ways we can support and sustain each other during these unprecedented times.
12-2 PM Lunch Break	12:15-2 PM Lunch Break	12-2 PM Lunch Break
<p>2-3:30 PM Jennie Morton Session 1: <i>The Voice from Foot to Head</i></p> <p>This session will explore the anatomical relationships throughout the body that relate to breath and vocal mechanics. Through an exploration of the fascial pathways, we will see how alignment of the feet, pelvis, and spine can affect vocal efficiency and how understanding these connections can help to view technique challenges through a wider body lens.</p>	<p>2-3:30 PM Megan Durham Session 2: <i>Holding a Compassionate Space for Messy Things: An Introduction to Trauma-Informed Voice Care</i></p> <p>Part Two will offer appropriate scope-of-practice tools for emotional and physical regulation. These practices—including breathwork, movement, embodied sound, and meditation—can be incorporated into lessons, clinical sessions, and performances.</p> <p>Trauma-Informed Voice Care holds space for messy, multiple realities about our bodies and our voices—I experience anxiety, and my voice is powerful; I have a vocal injury, and I sing from wholeness. We honor these complex truths and place each student/client at the center of their own individual experience. We affirm vocal dignity with the mantra: I have permission to take up physical and acoustic space.</p>	<p>2-3:15 PM Brandon Baird Session 2: <i>Difficult Decision Making in Laryngology</i></p> <p>This session will be a case by case presentation of vocal fold pathology and a review of the systematic approach to voice disorders. It is geared toward vocal professionals and artists who are interested in learning more about the medical and surgical aspects of voice care.</p>
3:30-4 PM Refreshment Break	3:30-4 PM Refreshment Break	END

<p>4-5:30 PM Megan Durham Session 1: <i>Holding a Compassionate Space for Messy Things: An Introduction to Trauma-Informed Voice Care</i></p> <p>The symptoms of trauma—emotional dysregulation, numbness, hyper-vigilance, self-limiting beliefs, chronic pain, anxiety, depression, disassociation—live in the body and manifest physically. This can impact vocal function and inhibit the ability to communicate, create, and connect authentically. The paradox for voice professionals is that we are not psychotherapists, yet we work with people who hold trauma in their bodies. We frequently witness these symptoms in singers during lessons, clinical sessions, or performances. Recognizing the significant impact of trauma on the voice and the need for resiliency practices in the voice studio or clinic, Trauma-Informed Voice Care provides a collaborative, embodied approach to voice pedagogy. We prioritize the singer’s lived experience, honor the voice professional’s scope of practice, and empower individuals to more clearly identify their vocal agency.</p> <p>Part One of this workshop will provide an overview of trauma’s impact on the body-mind-voice, and how to contextualize voice pedagogy within the trauma-informed concepts of safety, trust, choice, empowerment, boundaries, and equity/accessibility.</p>	<p>4-5:30 PM Jennie Morton Session 2: <i>Beyond Technique: The Science and Art of Communication</i></p> <p>This session will explore the performer-audience interface through the lens of neuroscience and evolutionary biology. By understanding the biology of human communication, artists can enhance the expression of emotional narrative and character development. Practical strategies will be demonstrated to show how this information can be applied in the performance and teaching settings.</p>	
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Schedule is subject to change.