



MUSIC TEACHERS NATIONAL ASSOCIATION

Wellness Forum Session

March 20, 2017

Baltimore Marriott Waterfront, Cheussis Room, 2:15-3:15 p.m.

Director Ginger Hwalek called the Forum session to order at 2:17 p.m.

Attendance was taken by sign-in sheet. She introduced Sharon Callahan, director-elect who will become the incoming Wellness Chair. Each attendee introduced themselves and their connection to wellness. Many attendees shared amazing success stories with the group. Some have written books and work in the field of wellness and offered many suggestions.

The purpose of the forum is to share stories, concerns and successes. Also, to let MTNA know what MTNA can do to help our members in regards to wellness issues. Currently, MTNA offers the Pedagogy Saturday Wellness trac. MTNA also provides a director as a liason to the board. MTNA has many articles posted on the website as well as a list of many resources. Several articles are also written in the *AMT* magazine.

Many injuries are not just physical but emotional and physco-annalytical. Some members would like to see more articles address this area – not just the physical injuries. It was a concern that teachers don't understand the biometrics. Some members would like to have an email list to keep in contact with others interested in the area of wellness. A suggestion was made to create profiles of those in our group.

Acute injuries do happen – not just overuse. Members want to find resources online for not just teachers but students as well to find help with music-related injuries. Several attneedees were also interested in injury preventiveness.

One member would like to see MTNA offer competitions for smaller keyboards (three difdferent sizes). Many universities already have these pianos for students to use. (www.smallpianokeyboards.org). Several other attendees stressed the ease of flexibity for students to go back and forth between the normal and smaller size keyboards – especially for young children.

Gail Berenson mentioned that the College Music Society that has already produced many webinars and other resources on their website.

A key point is for teachers to assign the right repertoire and use a holistic method of teaching.

One member would like to see resources on the website for teachers to critique each other – especially the younger teacher (also other teachers that teach the Alexander technique). There are currently two websites and societies regarding the Alexander Technique (ATI-net.com and AMSATonline.org). One member would like to see a database or list of teachers. A good point that was brought up



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about the reason this has probably not been done in the past is because it could look like this is an endorsement from MTNA.

It is highly encouraged that EVERY state assign a Wellness Chair. Sue Field (MTNA director) mentioned that with the new MTNA website, all state wellness chairs will be able to communicate with each other and share ideas and concerns.

Avoid the “house of corrections” – be aware of what the consequences are with improper technique, etc. and how to avoid music-related injuries.

An idea was given to have an “open session” where teachers could walk into a non-intimidating environment and be able to get help. For example, workshops with a sign-up system could be set up at the MTNA Conference for a clinician to work with a small group of people on the Alexander technique.

Forum was adjourned at 3:23 pm.

Submitted by,
Sharon Callahan, Director-elect, South Central Division