

Practical Project Introducing Holistic and Multidisciplinary Mental Skills Training

A Video Seminar in 3 parts for Classical Musicians

Aim:

to improve performance, well-being, personal and artistic growth for classical musicians.

Approach:

addressing all aspects of music-making - personal, creative, emotional, psychological and technical, as well as the interplay between mind and body, anchored in the individual and their relationship to the music.

Method:

A 3-part video seminar (20 minutes each) for an international online course at Stockholm Royal College of Music and Friends of Chamber Music. 64 students provided online feedback in response to the question: *"In what way can you benefit from the seminar for your own development as a musician?"*

Participants:

64 instrumental students from 25 countries ages 18-25.

Time period:

August to December 2023, 2024

Results:

The 64 responses were summarized, creating a subjective assessment of the general impact of the approach.

Reflection:

The responses suggest that a holistic, multidisciplinary approach to mental skills training can be beneficial for classical musicians. Responses indicated an increased positivity, increased non-judgmental self-awareness of mind and body, inspired curiosity about the music, improved strategies for managing practice and performance challenges. Further interdisciplinary research is needed to integrate methods into music education and support musicians throughout their careers.

Holistic:

Themes of the three videos:

- 1) The Positive Interplay between Mind and Body
- 2) Exploratory Practice and Preparation
- 3) Performance before-during-after

Multidisciplinary:

Video content - findings from studies and research within relevant fields, mental and physical exercises, insights from professionals in the field and questions to increase curiosity about self and the music.

