



High Anxiety: Coping With Music Performance Anxiety

Sunday, January 29, 2016 3-5 pm

University of the Sciences

Wilson Student Center, Room 205-208

South of Woodland Avenue on S. 42nd St., Philadelphia

https://www.usciences.edu/Media/Website%20Resources/documents/visiting/map_directions.pdf

Guest Speakers:



David Juncos, Psy.D, is a post-doctoral resident with Ivyland Counseling Center. His professional interests include treating student and professional musicians with performance anxiety, and providing music educators with individual or organizational consultation for the management of students' performance anxiety. He investigates Acceptance and Commitment Therapy (ACT) as a treatment for musicians with performance anxiety, and his article "Acceptance and Commitment Therapy for the treatment of music performance anxiety: A single subject design with a university student" was published in *Psychology of Music*.



Ashley de Marchena, PhD, is an Assistant Professor of Psychology in the Department of Behavioral and Social Sciences at University of the Sciences. Dr. de Marchena received her PhD in Clinical Psychology from the University of Connecticut, and completed her clinical and research training at the Children's Hospital of Philadelphia. In her other life, Ashley is a mother of two, intermittent chef, audiophile, and amateur musician (vocals, piano, guitar, and tambourine).



Kim Robson, DMA, is an Associate Professor of Music and Director of the Music Program at University of the Sciences. A member of Greater Philadelphia NATS, she has performed in opera, musical theater, oratorio, film, and non-music theater, has maintained a home studio, and has taught voice at Mercyhurst College, Allegheny College, Merion Mercy Academy, and University of the Sciences. Her article "Music performance anxiety in ensemble rehearsals and concerts: A comparison of music and non-music major undergraduate musicians" is forthcoming in *Psychology of Music*.

Schedule

2:30-3:00 Registration

3:00-3:45 Panelist Presentation and Discussion

3:45-4:15 Question and Answer

4:15-5:00 Reception

Cost (includes refreshments):

NATS members, and under 18 years - \$10.00

Non-NATS members - \$15.00

SNATS members and USciences students – free

Limited to 50 participants - Please contact Kim Robson at k.robson@usciences.edu for more information and/or to reserve a seat.