

ARTISTS' HEALTH

As an artist, you are required to deliver top physical and mental performance. If you want to become (and stay) a professional musician/artist, you have to be fit. The goal is, of course, to maintain health and to take preventive measures to avoid complaints in the first place.

This information sheet therefore contains information about the KUG's preventive services as well as information about contact points if complaints do arise. It is intended as a guide, but does not claim to be exhaustive, and it is always advisable to seek medical clarification of complaints from a general practitioner or specialist.

POSSIBLE CONTACT POINTS FOR COMPLAINTS

Should there ever be any discomfort, e.g. caused by practicing, there is the possibility to take advantage of special physiotherapeutic, psychological or medical treatment. KUG also offers its students some options:

Music-Physiological Counselling & Training at KUG

Starting from the Summer Term 2023, KUG has been offering free, individual music physiological counselling and training sessions with Ms Mona Smale (musician and music physiologist). These primarily focus on prevention and providing assistance on how a physiologically well-aligned posture (with and without an instrument) can enable even freer music-making and how (instrument-specific) balancing exercises can counteract tension and pain, for example. Mental strategies for the practice and stage situation can also be worked out. In case of pain, the music physiological counselling is the first point of contact and can establish contact with specialists (cooperation with the Medical University of Graz).

Counselling and training sessions take place (mainly) in individual settings and can be arranged flexibly by telephone with Ms Smale. By the way, an enrollment is not necessary.

Contact information:

MMag. Dr. Mona Smale, PGDipTCL, CAS MP

Room 18, Reiterkaserne (Leonhardstr. 82-84, 8010 Graz)

T: +43 664 64 25 466

Psychological counselling for students through Instahelp via the Studo App

Students can quickly get help concerning problems in their studies of various kinds via online counselling through Instahelp (digital platform for mental health). The consultations take place via Instahelp's Mental Health Chat and are conducted by certified online psychologists (via call, video call or chat) on an anonymous basis. They can take place anywhere and anytime.

This offer was combined with the App Studo (obtainable via the App Store and Login with the KUGonline access data!), since you are identified as a student, but can use the Instahelp offer completely anonymously by means of an activation code.

How can the consultations be accessed?

1. Click on "Mental Health Chat" in the side menu of the Studo App
2. The landing page with the activation code will be opened
3. Copy the code and click on the big button "Start Mental Health Chat now", which leads directly to the Instahelp consulting portal
4. From then on you are in the sphere of Instahelp, just log in, choose a psychologist and make an appointment

FAQ: <https://instahelp.me/en/support/>

Austrian Association for Music and Medicine („Österreichische Gesellschaft für Musik und Medizin, ÖGfMM“)

The ÖGfMM aims to promote science, research, teaching and networking in the context of the interdisciplinary fields of interest of the disciplines of music, medicine, physiology and psychology, with a special focus on helping musicians with physical and mental illnesses. This organization consists of musicians, physicians, physiotherapists, music therapists and specialists from other fields.

On the website of the ÖGfMM you can find the member directory - these are specialists who you can also contact directly to get advice:

<https://oegfmm.at/gesellschaft/mitgliederverzeichnis>

ARTISTS' HEALTH-RELATED COURSES AT KUG (Selection):

In order to learn how to deal mindfully and consciously with one's own body as an artist and to prevent possible problems, e.g. the following courses are offered at KUG (the exact description can be found on KUGonline under "All courses"):

Alexander Technique (elective)

Registration: Possible in the Winter Term (preferably) and in the Summer Term (if there are still free places)

Type of course: Exercise – 25 minute individual units with physical exercises (1.5 ECTS)

Teaching languages: German, English, Spanish

Movement for Instrumentalists (elective)

Registration: Possible in the Winter Term (preferably) and in the Summer Term (if there are still free places)

Course type: Exercise (UE), 1 SSt, 1.5 ECTS

Teaching language: German

Practice Musician's Health (elective)

Registration: In Winter as well as in Summer Term

Course type: Group instruction with physical exercises, exercise (UE), 2 SSt, 2 ECTS

Teaching languages: German, English

Recommended literature: "The Musicians Body: A Maintenance Manual for Peak Performance" by Jaume Rosset i Llobet and George Odam

Musician's Health 01

Registration: Only in Winter Term

Course type: Group instruction, lecture and exercise (VU), 1 VO, 1 UE, 2 ECTS

Teaching language: German

Musician's Health 02

Registration: Only in Summer Term

Course type: Group instruction, lecture and exercise (VU), 1 VO, 1 UE, 2 ECTS

Teaching language: German

Embodiment for Instrumentalists FWF

Registration: In Winter as well as in Summer Term

Course type: Individual and Group instruction, exercise (UE), 1 SSt

Teaching language: German

Body Presence for Musicians 01 FWF

Registration: In Winter as well as in Summer Term

Course type: Group instruction, exercise (UE), 1 SSt

Teaching language: German

Body Presence for Musicians 02 FWF

Registration: In Winter as well as in Summer Term

Course type: Group instruction, exercise (UE), 1 SSt

Teaching language: German

Further offers of KUG's Career Service Center (CSC)

In order to make students aware at an early stage of the risk areas involved in pursuing a musical career and to teach them possible measures for maintaining health in their profession, the Career Service Center offers supplementary workshops with alternative training methods for improving physiological and mental functions. Participants are thus given the opportunity to try out and compare different methods in practice for dealing with such challenges, which studies can already bring, and to find out the most effective method for themselves.

Current information: <https://csc-kug.at/studierende/weiterbildung>

Further Information:

- Please also note the information on the homepage "Studying and Health Services":
<https://www.kug.ac.at/en/studying/during-your-studies/studying-and-health-services/>
- Information on "Illness and Health Care" in Austria can be found here:
<https://www.kug.ac.at/en/studying/before-studying/campus-life/illness-health-care/>



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