

SELF-CARE FOR PIANISTS OF ALL AGES

Nutrition for Pianists:

Joint Health, Performance Anxiety, Energy Levels, and More!

Evan Engelstad

3:00 PM

The Self-Compassionate Musician:

Strategies to Promote Well-Being in Difficult Times

Jessica Johnson

4:00 PM

Playing Deliciously:

The Legacy and Teachings of Dorothy Taubman

Benjamin Steinhardt

5:00 PM

Workout for Musicians

Young Bae Park

6:00 PM

The Self-Compassionate Musician: Strategies to Promote Well-Being in Difficult Times

With the prolonged uncertainty we are experiencing, many of us are feeling anxious, emotionally exhausted and stressed out. This interactive session will explore practical ways that we can engage in acts of self-compassion and self-love to break the cycles of stress and feel more grounded. By noticing when we are self-critical, trying to “soften” the critical voice with compassion and without judgment, and reframing the dialogue in a gentler, more positive way, we can observe compassionately our thoughts and emotions, without accepting them as factual. This can lead to greater balance, clarity and equanimity. Self-compassion helps us to embrace our humanness, our sense of connectedness, and helps us to see ourselves more clearly, promoting healing and allowing us to respond with real curiosity.

Jessica Johnson serves on the piano faculty at the University of Wisconsin-Madison as Professor of Piano and Piano Pedagogy, where in 2006, she was the recipient of UW-Madison’s prestigious Emil Steiger Distinguished Teaching Award for excellence in teaching. Johnson frequently commissions and programs contemporary solo and chamber works, regularly performing with Sole Nero, a piano and percussion duo with Anthony Di Sanza, percussion. An advocate for the adoption of the Donison-Steinbuhler (DS) Standard, offering alternatively-sized piano keyboards, her upcoming recording project features twenty-first century works by women performed on the DS5.5™ (“7/8”) keyboard.



An active clinician, she has given workshops and presentations at the European Piano Teachers Association International Conference, World Piano Pedagogy Conference, ISME, MTNA, CMS, Performing Arts Medicine Association (PAMA), National Conference on Keyboard Pedagogy (NCKP), Portland International Piano Festival, as well as held residencies at major universities and colleges throughout North America, Europe and China. Johnson has articles published in American Music Teacher, Piano Journal of the European Piano Teachers Association, Piano Magazine, and Piano Pedagogy Forum. She is a three-time winner of American Music Teacher’s Article of the Year Award for “Feeling the Sound: Reflections on Claiming One’s Own Musical Voice” (2014), “The Art of Listening with Depth, Understanding, Flow and Imagery” (2007), and “Awakening Rhythmic Intuition and Flow in the Developing Pianist” (2019).

A devoted teacher, Johnson’s students have secured teaching positions in the U.S., Canada, Europe and Asia. Passionate about community engagement and arts outreach, she serves as Director of Piano Pioneers, a program that brings high quality piano instruction to low-income community members and at-risk youth in Wisconsin. She holds the DMA and MM from the University of Michigan, and the BM from East Carolina University.