

The Lifelong Healthy Musician

IN.TUNE lifelong learning online course for musicians and music professionals

The European University Alliance *Innovative Universities in Music and Art in Europe* – IN.TUNE offers a **free online Lifelong Learning course** from **February 2 to March 23, 2026**, designed for **music professionals and individuals working in music-related fields**. The focus of the course is on how to maintain health and well-being throughout your entire career.

Target Group

Musicians: any professional working in the music-related profession as a performer, teacher and/or creator.

Objectives and Benefits

The course aims to provide both **research-based knowledge** and **proven best practices** to support your well-being. You will have the opportunity to:

- Reflect on your own practice from a health perspective
- Explore strategies through personal assignments
- Interact with other professionals

Content and Themes

The course offers a **holistic understanding** of performance and teaching practice, focusing on three key areas:

- Physical well-being
- Cognitive well-being
- Psychological well-being

Each area combines **scientific insights** with **practical approaches**.

Format and Duration

- Date: **2 February – 23 March 2026**
- Online via **Zoom**
- **8 weekly sessions**, each lasting **2 hours** (total: 16 hours)
- All sessions take place on Monday at **19:00–21:00 CET**
- **Registration via link:** <https://forms.mdw.ac.at/frontend-server/form/provide/203/>

Practical details

Date	Every Monday from February 2 nd to March 23 rd
Time	19:00 – 21:00 CET
Registration link	https://forms.mdw.ac.at/frontend-server/form/provide/203/
Contact person for questions	Irma Kort, i.kort@koncon.nl

Schedule and sessions

Date	Session	Expert
February 2 19:00 – 21:00 CET	Hearing Loss Prevention This session focuses on Hearing Loss Prevention by addressing the irreversible loss many musicians already face. After reviewing key theoretical concepts (decibels, the auditory system, etc.), we provide practical advice and strategies to secure your long-term career health. Remember: Protect your hearing, or the music will become noise.	Enric Guaus, PhD Researcher, ESMUC & Professor, Pompeu Fabra University, Spain
February 9 19:00 – 21:00 CET	The Musician's Body and Injury Prevention No pain – no gain? Strain injuries, causes and consequences and how to prevent them. The session will include some basic anatomy and physiology to get an idea how the body works, how we gain strength and stamina, and how an injury occurs.	Karen van der Starre Assistant Professor, Norwegian Academy of Music
February 16 19:00 – 21:00 CET	Inspiration from Nature, Life and Arts – Building on The Musician's Body The workshop focuses on musicians playing asymmetrically held instruments. It invites participants to open their minds to a world where symmetry and asymmetry coexist effortlessly.	Alexandra Türk-Espitalier, PhD, MSc Flutist, Physiotherapist, Senior Lecturer, University of Music and Performing Arts, Vienna
February 23 19:00 – 21:00 CET	Quality Practice – Managing Your Resources How can we help musicians practice in a way that is not only effective and efficient, but also healthy? In this workshop we will explore aspects of practicing such as how to manage our limited resources – physical, cognitive and time – to optimise practicing. We will also look at practice strategies and methods and ways to be explorative.	Susan Williams, PhD Specialist in Baroque Trumpet, Royal Conservatoire of The Hague & University of the Arts Bremen
March 2 19:00 – 21:00 CET	Performance Coaching and Well-being Activation, excitement, or performance anxiety? In this lesson, we will focus on the mental side of health and learn how to find positive energy for performances, how to	Päivi Arjas, PhD

	prepare for them, and how to transform anxious feelings about ourselves into communicative performances.	Cellist, Senior Lecturer, University of the Arts Helsinki
March 9 19:00 – 21:00 CET	Performance Coaching and Well-being (continued) In the lecture we'll go shortly through how motivation, good focus, creativity and effective practicing can help you in your practicing and how to balance your practicing. We look at principal knowledge about recovery and how to plan your practicing based on that, so that you'll have better endurance in the future. We go through what to do if you feel symptoms of overuse syndrome and how to prevent it in the future.	Erja Joukamo-Ampuja Senior Lecturer in Horn, Sibelius Academy, University of the Arts Helsinki
March 16 19:00 – 21:00 CET	Two Sides of the Same Coin: Challenges and Resources for Musicians' Well-Being In this lecture we will explore together some of the most common emotional and health challenges professional musicians face, alongside the many rewards that music-making brings.	Dejana Mutavdžin, PhD Assistant Professor of Psychology, University of Belgrade
March 23 19:00 – 21:00 CET	Mindful on Stage and Beyond The session highlights how music-therapy-informed insights can enrich teaching contexts and strengthen the performer's inner resources. It concludes with a practical toolkit designed to foster resilience, reflective practice, and lifelong growth on and beyond the stage.	Angelica Postu Music Therapist, Charité Universitätsmedizin Berlin; President, Romanian Music Therapy Association

Meet the experts

All sessions are led by European experts in musician health and well-being:

- **Enric Guaus, PhD** – Researcher, ESMUC & Professor, Pompeu Fabra University (Spain).

Enric Guaus is a co-founder at Sheepdog and a researcher at the Escola Superior de Música de Catalunya (ESMUC), where he directs the Technologies and Musical Interaction group. He also holds positions as an associate professor at ESMUC and the Escola de Noves Tecnologies Interactives (ENTI-UB), teaching a diverse range of courses including Acoustics, Electronics, Sound Design, Computer Science, Signal Processing, Mathematics, and Artificial Intelligence. Enric earned his PhD in Computer Science and Digital Communications from Universitat Pompeu Fabra (UPF) in 2009, focusing on automatic music genre classification in his dissertation. Currently, his research is centred around developing interactive applications that integrate artificial intelligence algorithms with a special emphasis on enhancing live performances. In addition to his academic and research pursuits, Enric is a member of the Observatori de Prevenció Auditiva per als Músics (OPAM),



highlighting his dedication to promoting auditory health among musicians, and a contributor to Wikipedia and Media Commons.

- **Karen van der Starre** – Assistant Professor, Norwegian Academy of Music.



Karen van der Starre is trained as a physiotherapist from the Hogeschool van Amsterdam, the Netherlands and has a further training as a psychomotor physiotherapist, where the focus is on psychosomatic disorders.

She works since 2019 at the Norwegian Academy of Music as physiotherapist and assistant professor and teaches the subject "Musicians Health". She has been part of the intern workgroup of Musicians health at the academy for the past 6 years. The students can book consultations with her when needed, the most common problems

are strain injuries, stress and anxiety.

Karen has previously worked with the Oslo Philharmonic Orchestra for 4 years.

She has clinical experience from hospitals, occupational health service, and municipal health service. Karen has also given workshops in the corporate world on themes as stress management, mindfulness.

She recently works as a psychomotor physiotherapist in the municipal health service for people with psychosomatic disorders like fatigue, PTSD, anxiety, depression.

- **Alexandra Türk-Espitalier, PhD, MSc** – Flutist, physiotherapist, Assistant Professor for Musicians' Health at the University of Music and Performing Arts Vienna (mdw).

Alexandra Türk-Espitalier's research focuses on musculoskeletal disorders in musicians, knowledge transfer between music physiology and music pedagogy, and the effects of the female cycle on music-making.

She studied flute performance (Dipl. mus.) and instrumental pedagogy (Dipl. mus. päd.) at the Frankfurt University of Music and Performing Arts. She also completed a Master of Science in Physiotherapy (with distinction) at Queen Margaret University in Edinburgh and earned a PhD in systematic musicology at mdw.

She is the author and co-author of numerous books and articles on prevention and exercises for musicians, as well as training and practice plans. Her best-known book, "Musicians in Motion. 100 Exercises with and without Instrument" (Zimmermann, 2008), has been translated into English and Chinese.



- **Susan Williams, PhD** – Specialist in Baroque Trumpet, Royal Conservatoire of The Hague & University of the Arts Bremen.



Dr Susan Williams is one of the world's most well-known specialists in baroque trumpet and over the last 30 years has performed and recorded with many of Europe's finest early music ensembles as soloist, chamber musician and in orchestral projects and has also initiated and realised many of her own artistic projects involving natural trumpets. She teaches at The Royal Conservatorium of The Hague and at the University of the Arts in Bremen

Susan has been giving workshops and training about musicians' learning around the world, including staff development programs. Her doctoral research looked at the topics of attentional focus and musical imagery.

Other research projects investigated mental training, self-regulated learning and peer learning. Susan's book and podcast Quality Practice have enjoyed wide popularity amongst musicians and teachers. To make Quality Practice available for everyone, Susan's new podcast and website offer information and tools for musicians and teachers: quality-practice.com

- **Päivi Arjas, PhD** – Cellist, Senior Lecturer, University of the Arts Helsinki.

Dr. Päivi Arjas works as a lecturer in performance and learning coaching at the Sibelius Academy, University of the Arts Helsinki. She has extensive experience as a performing musician (cello, baroque cello) and music teacher, as well as an international performance coaching instructor. Her areas of expertise include music medicine, musicians' well-being, and sports psychology. Her main responsibility has been to create evidence-based practical lessons and workshops for music students on performance coaching and practising, as well as to design and implement health and well-being studies at the Sibelius Academy.



- **Erja Joukamo-Ampuja** – Senior Lecturer in Horn, Sibelius Academy, University of the Arts Helsinki.



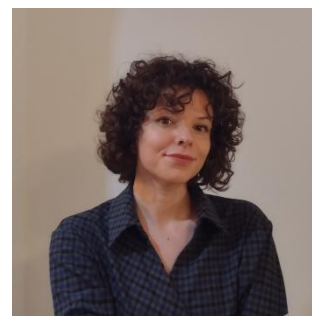
Erja Joukamo-Ampuja graduated from Sibelius-Academy 1987 making her Master of Music-degree with horn and 2010 the Licentiate of Music –degree with the research about musician's creativity and improvisation. Joukamo-Ampuja has been a member of the Finnish Radio Symphony Orchestra during years 1984-2001, now being a Senior Lecturer of Horn in Sibelius Academy.

Erja is a well-known lecturer and a teacher, giving master classes, lectures and workshops in Scandinavia, Europe, USA and Australia. In other than teaching horn, Erja Joukamo-Ampuja has specialized also teaching mental and physical practicing techniques. She is an active researcher and teacher in Music Medicine, helping injured musicians to recover and be back in shape. She is also giving creative improvisation- workshops to improve classical musician's interpretation skills and to free their creativity as musicians.

Erja has currently finished her studies in Senso Coaching level 1-4. With the help of functional and applied neuroscience know how she can help musicians to maximize their free and effortless playing and help musicians to recover from injuries better.

- **Dejana Mutavdžin, PhD** – Assistant Professor of Psychology, University of Belgrade.

Dejana Mutavdžin, PhD, is an Assistant Professor of Psychology at the Faculty of Music, University of Arts in Belgrade, Serbia. From the very beginning of her work at the Faculty of Music, she has been actively engaged in supporting and empowering music students to overcome the challenges of public performance. Through her contribution to the development and delivery of relevant course, she became increasingly involved in the topic of musicians' well-being. This experience inspired her to deepen her knowledge of psychotherapy—particularly Acceptance and Commitment Therapy—and, more recently, to work on designing a new course focused on well-being in the music industry. It also deepened her scientific engagement with this topic, leading her to investigate emotional intelligence as a contributing factor to young musicians' well-being. In light of the student movement in Serbia and the challenges that active involvement in protest and faculty blockade activities can pose to students' well-being, she has, since the beginning of this year, been actively engaged in initiatives aimed at promoting mental health. These include organizing various group activities for art students and teachers, as well as raising awareness about the availability of psychological support services for the academic community.



- **Angelica Postu** – Music Therapist, Charité Universitätsmedizin Berlin; President, Romanian Music Therapy Association.



Dr. Angelica Postu is recognized as the leading advocate for music therapy in Romania and one of its prominent voices internationally, building meaningful bridges between culture, health, and the arts. Through her interdisciplinary work, she promotes emotional health and well-being for musicians, by exploring the transformative connections between art, psychology, and healing.

With over eight years of clinical experience at Charité University Hospital for Psychiatry in Berlin, she combines therapeutic expertise with artistic sensibility in her dual role as educator and practitioner. She lectures at the National University of Music in Bucharest and at the Berlin University of the Arts, where she teaches courses on musicians' emotional health, and music therapy. In her approach, she integrates scientific knowledge with artistic practice to foster sustainable professional development and well-being among musicians.

Angelica Postu holds a PhD from the Music Therapy Department of the University of the Arts Berlin, and her academic background spans master's degrees in psychology, music therapy, and piano performance. This diverse foundation enables her to approach both clinical and educational contexts with depth and nuance. For more than a decade, she has been actively involved in training

and mentoring professional musicians in the essential processes of emotional development, self-reflection, and inner balance, supporting artistic integrity and resilience in demanding performance environments.

Her research and public engagement focus on the health and well-being of artists, emphasizing the importance of integrating emotional awareness into music education and performance. She regularly publishes and presents at international conferences, contributing to discussions on the role of music in well-being, the therapeutic potential of artistic expression, and the broader contribution of the arts to mental health.

Through her work, Angelica Postu continues to advocate for a more conscious, empathetic, and health-oriented culture within the performing arts.