

Sensory immersion training for concert artists

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This advanced training program aims to train stage artists to identify and reverse the narrowing sensory reactions typical of fear. The resultant sensory re-conditioning tends to increase stage wellbeing and enhance the communicative and creative qualities of musical performance. I have generated early drafts of appropriate teaching materials. This essentially practical method for combining focal and peripheral sensory attention suggests a clarification and redefinition of the general concept of concentration. The resulting sensory immersion appears not only to reduce fear, but also to form an essential foundation for the full personal engagement characteristic of high level musical performance. Following on from a 2-year research project at the Guildhall School of Music and Drama (GSMD), 2005-07, I am currently launching a 1-year collaborative experimental venture between GSMD and Goldsmith's College to investigate scientifically the hypothesis that spreading visual and/or auditory spatial attention tends to deactivate the fear responses; it is jointly funded by GSMD and the London Centre for Arts and Cultural Enterprise (LCACE).

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