

PREPARING MENTALLY FOR PERFORMING: SPORT PSYCHOLOGY FOR INSTRUMENTALISTS AND SINGERS

Dominique Bellon, DMA

Brigham Young University

Wednesday, February 4th, 5:00-6:30 p.m.

E250, Harris Fine Arts Centre

Topics covered in this presentation:

- *What is performance psychology? Why is it helpful in performance and in everyday life?*
- *How can you learn to improve your confidence in your ability to perform to the best of your abilities?*
- *What can you focus on before performing to minimize stress and be mentally ready?*
- *How can you train your focus in practice?*
- *How can you learn to relax yourself both physically and mentally?*
- *What are debriefs? Why are they so important for continuing progress in performance?*

The basis for sport psychology is that we have the ability to control the elements that allow us to perform at our best. Sport psychology translates well into music performance because musicians and athletes share the same challenge: they have to perform at their best when the pressure is the highest. In this lecture, you will learn mental skills and techniques that can enable you to practice and perform to the best of your abilities.



Dominique Bellon is a professional oboist, teacher and specialist in performance psychology from Montreal. She holds a doctorate in Oboe Performance from Arizona State University, a Master's in Oboe from the Cincinnati Conservatory and a B.Mus in Honors Composition from McGill University. Her doctoral research, which was a study on the application of sport psychology to music performance, led her to develop a specialty in this new field. She has taught undergraduate and graduate courses in this area at University of Ottawa and at the Glenn Gould School of the Royal Conservatory of Music in Toronto; taught professional development courses to actors and musicians; and presented lectures at various institutions. This spring, Dr. Bellon has been awarded a grant from the Banff Centre (Alberta) to do a five-week artistic residency, which involves writing a book on performance psychology for musicians and performing (as an oboist) as part of the Musical Encounters Series. Dominique Bellon is an active oboist performing solo, chamber and orchestral music. She has played with many

*ensembles in Quebec including *I musici de Montréal*, *l'Orchestre symphonique de Trois-Rivières* and *l'Orchestre philharmonique du nouveau monde*. She has also held a position as Principal Oboe of Orquesta sinfonica de Guanajuato (Mexico) and played English horn/Third oboe with the Orlando Philharmonic Orchestra. Dr. Bellon currently lives in Richmond Kentucky and teaches part-time at Eastern Kentucky University.*