



# *“Team around the artist”*

## **A UNIQUE INTEGRATIVE APPROACH OF EDUCATION, RESEARCH, AND HEALTH SUPPORT WITHIN A PERFORMING ARTS UNIVERSITY**

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### **RATIONALE:**

- Music, dance, circus arts, and art education are professions that revolve around excellence, which means there are high physical and psychological demands.
- Many studies have shown that there is a high prevalence of health problems in both pre-professional as well as professional performers.
- For a performing artist, it is therefore necessary to acquire a good level of health literacy and a good understanding of their own physical and mental possibilities and limitations which allows for more self-sufficiency.

### **PURPOSE:**

- At university of the arts Codarts Rotterdam an integrated multidisciplinary approach is successfully implemented to optimally prepare students for a successful, healthy and sustainable career.
- Purpose of this presentation is to share insights regarding the program which focusses on optimizing health, wellbeing and performance and reducing injury risk.

### **APPROACH:**

- The Team Around The Artist (TATA) is a student-centered approach in which professionals from three domains work together in a multidisciplinary and integrated way to provide the student with the best possible information, training, care and guidance.

- The three domains contain performing arts education (1); research in performing arts medicine (2); and a student support and performing arts health centre (3). The latter consists of a team of physiotherapists, psychologists, dietitian, speech therapist, study coaches and policy makers. Besides teaching their classes about injury prevention and performance enhancement, they also offer easily accessible individual support.

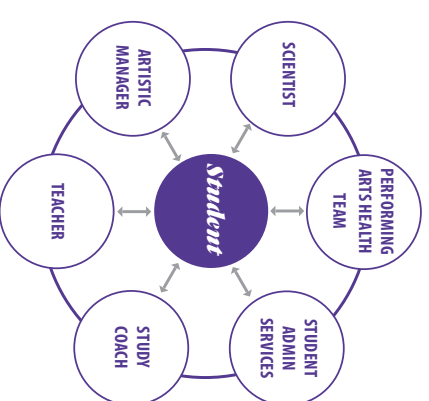
- Research in Performing Arts Medicine offers a better understanding of performing arts related health problems and generates evidence for effective intervention strategies.

- With input from students, teachers and health staff a webbased monitoring tool (Student Life Monitor) has been developed to monitor the student's physical and mental health. Students receive individual feedback on their results with relevant personal advice. In addition, the monitor also serves as an educational tool for students as well as a communication-management tool for the TATA-team.

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### **CONTENT:**

- With TATA all parties involved work more effectively and efficiently which contributes to student's talent development.
- The Student Life Monitor supports students to learn more effectively and take ownership of their personal development with the help of the TATA-team.



### **CLINICAL IMPLICATIONS:**

- Thanks to TATA, the next generation of creative talent is better able to develop and sustain a healthy and successful professional career.
- An artist can't succeed without a team!

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 2 Erasmus MC Medical University Center Rotterdam, Department of General Practice  
 3 Performing artist and Athletes Research Lab (PEARL)  
 4 Rotterdam Arts and Sciences Lab (RASL)