Dr. Barbara Lister-Sink, BA, Smith College; Prix d'Excellence, Utrecht Conservatory; Ed.D. Columbia University) is a renowned pianist and former Artist Faculty member of the Eastman School of Music who has collaborated with some of the world’s most distinguished performers and composers. Formerly keyboardist for the Royal Concertgebouw Orchestra of Amsterdam, she has also taught on the piano faculties of the Amsterdam Muziek Lyceum, Duke University, and the Brevard Music Center and is currently Director of the School of Music and Salem Distinguished Professor at Salem College. Her teachers include Edith Lateiner-Groz, John Duke, Clemens Sandresky, and Guido Agosti. Dr. Lister-Sink is acknowledged as a global leader in injury-preventive keyboard technique. Her video/DVD Freeing the Caged Bird—Developing Well-Coordinated, Injury-Preventive Piano Technique won the 2002 Music Teachers National Association-Frances Clark Keyboard Pedagogy Award and was praised as "A monumental work!" by Vladimir Ashkenazy. Through her DVD, intensive training workshops, state, national, and international conferences, and hundreds of appearances at universities, conservatories, and summer institutes, Dr. Lister-Sink has dedicated her life to helping thousands of keyboardists worldwide remove technical obstacles and enhance their musical artistry.

RESEARCH-VALIDATED APPROACH

"An anonymous survey was administered to 103 pianists and organists aged 22 to 82, with 74 (N=74) pianists responding (71.8%), and 26 pianists and organists were interviewed in-depth. Survey and interview results established that participants perceived the [Lister-Sink] Method as significantly helpful in facilitating recovery from PRNDs. …Additionally, both the survey and interview participants reported improvement of technique and musicality with many also reporting enhancement of their extra-musical lives." ("A Study of Students’ Perceptions of the Effectiveness of an Interdisciplinary Method for Teaching Injury-Preventive Piano Technique." Lister-Sink Dissertation, Columbia University 2015.)
Salem College Offers a Unique Certificate Program in Injury-Preventive Keyboard Technique

Dr. Barbara Lister-Sink, director

Who?
- International program for men and women
- Qualified BA and BM piano and organ majors
- Graduate students between degrees
- Professional teachers and performers
- College professors (on sabbatical)
- Pianists and organists with playing-related or non-playing-related disorders
- Keyboardists who wish to maximize their artistry through healthful technique

What?
- Helps minimize physical effort to maximize compelling musical artistry
- Uses a rational, research-validated, scientifically informed, interdisciplinary approach
- Incorporates performing arts medicine, biomechanics, anatomy, neuroscience and neuropsychology, somatic education, and technology
- Salem College has been accredited by the National Association of Schools of Music (NASM) since 1931.

Why?
- High rate of worldwide playing-related neuromusculoskeletal disorders limits careers and impedes artistry
- About one in two pianists develop playing-related neuromusculoskeletal disorders
- Female pianists have twice the risk of playing-related injury
- About one in two pianists develop playing-related neuromusculoskeletal disorders
- All pianists and organists deserve a solid, injury-preventive technical foundation
- Teachers need to understand, embody, and teach injury-preventive technique

Instructional Delivery Methods
Offered through seminars, small classes, and individualized instruction. Students who do not live within commuting distance may take a hybrid form of the courses.

Courses
- Injury-Preventive Keyboard Technique
- Keyboardists’ Injuries—Causes and Cures
- Pedagogy of Injury-Preventive Keyboard Technique
- Alexander Technique
- Applied Lessons and Weekly Studio Class
- Application of Injury-Preventive Technique to Compelling Music-Making
- Fourteen Semester-Hours with Additional Optional Courses
- Two, Three, or Four Semester Options

Application
Application is made through the Flier Center for Adult Education, Salem College, 601 South Church Street, Winston-Salem, NC, 27101, (336) 721-2669, or online at www.salem.edu.

Certificate Program Student Comments

Scott Schwab, DMA candidate (piano), University of Colorado/Boulder. The Certificate Program stands alone in its comprehensiveness: students are educated about the body, the brain, their instrument, and the interactions of all three that lead to good piano-playing. With injury rates as high as they are in our industry, the Program is an invaluable resource for the new or frustrated pianist at all levels.

Christopher Jennings, Director of Church Music, St. Ann & the Holy Trinity Church, Brooklyn Heights, NY. My own playing and performing have been forever changed by the Certificate Program as I have been able to recover from several years of bad habits and injuries. I can now play full-length recitals without pain or medication, and I feel that this has fixed me to be more musical and expressive artistically.

Hui Chen Tan, Lecturer in Piano, Charles Darwin University, Australia. Participating in Lister-Sink’s Certificate Program in Injury-Preventive Keyboard Technique was a turning point in my career.

Kirk M. Rich, 2016 NYACOP/AGO 2nd Place. Doctoral candidate in organ, University of Houston. The Program offers something so radically innovative and desperately needed in the keyboard world. I am confident that it has prepared me for any challenge, ensuring a joyful life of music-making.

Dr. Lori Fritz, Associate Professor of Music (piano), James Madison University. The Certificate Program was a wonderful experience, and I learned more than I ever imagined I would. I would definitely recommend this program to anyone interested in enhancing their musicianship and the ease with which they convey that musicianship through the piano.

Pat Crowle, Candidate for the MM (organ), Mercer University. The Certificate Program combines the best of respect for historic keyboard technique with the best of pedagogical, musical, and scientific knowledge of the 21st century...It is not only cured me from severe injury, but greatly improved my musically and physical connection with the organ and piano. I had at last learned how to translate a musical concept from my head to my fingers, without physical hindrance.

Dr. Jamie Grigsby, Piano teacher, performer, physical therapist, Denver, CO. I could never have imagined how...completing the Certificate Program in Injury-Preventive Technique at Salem College could and would impact my life. Not only am I now capable of technically and musically playing literature with more ease and confidence, but as a private piano teacher, I am able to give my students a strong foundation to musically accomplish their goals and dreams.

Dr. Timothy Pfeifer, First Prize, 2008 Arthur Piller Memorial Competition, Recitalist, Williamstown, MA; New York City. The Program allowed me to continue to flourish as a keyboardist.

James Navan, Jazz pianist, Tommy Dorsey Orchestra and Glenn Miller Orchestra New York, NY. I immediately noticed improvements in my injuries after beginning studies, and I am now set for the first time in many years that I can play without pain. Furthermore, the information in the Certificate Program is now both my road map and foundation to musically accomplish their goals and dreams.

Dr. Brent L. Newenschwanzer, Music Director, First Presbyterian Church, Findlay, OH. After suffering an incapacitating performance injury, the Professional Certificate Program at Salem College provided the only options for my recovery and eventual return to the keyboard. This experience gave me hope and created the possibility for me to continue in life as an organist.