



*“... a multifaceted, interdisciplinary and holistic program designed to educate keyboardists on many levels—biomechanical, pedagogical, and performance. It offers an intense, intellectually stimulating, performance-oriented educational experience that is tailored to the student’s specific needs. No one who goes through this Program can come away unchanged—as a musician, performer, or teacher.”*

—KATHLEEN SHELBY, pianist and Certificate Program graduate, Maplewood, NJ

*“...within the field of body mechanics, Lister-Sink operates at the genius level, both as a thinker and as a teacher. I have known only a handful of others in my own professional world who could be thus described. She has a deep understanding of the physical elements of playing the piano and how to release musical expression, but what makes her unique is that she knows how to transmit that understanding to others...”*

ENOCH GORDIS, MD (Retired Institute Director, National Institutes of Health)



**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-Grosz, 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.)



**PROFESSIONAL CERTIFICATE PROGRAM IN  
INJURY-PREVENTIVE  
KEYBOARD TECHNIQUE**

*DR. BARBARA LISTER-SINK, DIRECTOR*



Winston-Salem, North Carolina • [www.salem.edu](http://www.salem.edu) • (336) 721-2669

# SALEM COLLEGE OFFERS A UNIQUE CERTIFICATE PROGRAM IN INJURY-PREVENTIVE KEYBOARD TECHNIQUE

DR. BARBARA LISTER-SINK, DIRECTOR

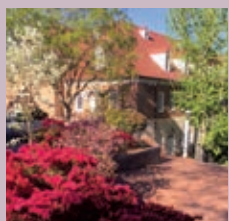


## WHO?

- 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 neuropedagogy, somatic education, and technology
- Salem College has been accredited by the National Association of Schools of Music (NASM) since 1931.



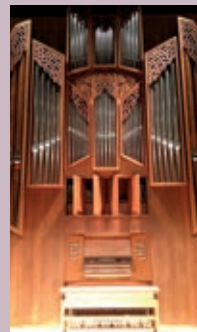
## WHERE?

- Beautiful campus of Salem College, the oldest continually operating educational institution for women in the US
- Located in historic Old Salem, a unique restored 18th century Moravian village in the heart of Winston-Salem, a thriving "City of Arts and Innovation" in Piedmont, North Carolina.



## 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
- All pianists and organists deserve a solid, injury-preventive technical foundation
- Teachers need to understand, embody, and teach injury-preventive technique



## 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

## 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.

## APPLICATION

Application is made through the Flee Center for Adult Education, Salem College, 601 South Church Street, Winston-Salem, NC 27101, (336) 721-2669, or online at [www.salem.edu](http://www.salem.edu). Scholarship assistance is available. To discuss the Program, contact Dr. Barbara Lister-Sink at [barbara.lister-sink@salem.edu](mailto:barbara.lister-sink@salem.edu) or at (336) 749-5715.

## 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 interaction of all three that lead to great piano-playing. With injury rates as high as they are in our industry, the Program is an invaluable resource for the scores of frustrated pianists 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 freed 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 totally 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 PIITZ, 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 musicality and the ease with which they convey that musicality through the piano.*

**PAT CROWE, Candidate for the MM (organ), Mercer University.** *The Certificate Program combines the best of respect for historic keyboard techniques with the best of pedagogical, musical, and scientific knowledge of the 21st century...It not only cured me from severe injury, but greatly improved my musicality 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 PYPER, First Prize, 2008 Arthur Poister Memorial Competition. Recitalist. Williamstown, MA; New York City.** *...the lessons I learned in the Certificate 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 can now say for the first time in many years that I can play without pain. Furthermore, through the informative courses of the Program, it is no longer a mystery why I developed pain, and why this new way of playing led to recovery.*

**BRENT L. NEUENSCHWANDER, Music Director, First Presbyterian Church, Findlay, OH.** *After incurring an incapacitating performance injury, the Professional Certificate Program at Salem College provided the only option 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.*