

## DEVELOPING THE WHOLE MUSICIAN

The experience of being a music student is complex and multifaceted, and it transpires within an uncertain and ever-changing world. Over the course of pursuing a degree and navigating all that occurs, students may encounter unexpected obstacles. To meet these challenges, there can be great advantage to an expansive approach that includes personal exploration, community involvement and psychological inquiry to learn new and profound ways to work with your mind and the practice of music.

**Developing the Whole Musician** is a powerful group process that invites participants to enter this exploration to make important discoveries and grow personally and as a musician. Through this group, you'll learn new skills for working with your thoughts, gain encouragement, overcome barriers, expand your expressiveness and artistry, and participate in a dynamic community of fellow musicians.

This group—conducted by Matthew Tomatz, the College of Music's embedded therapist from CU Boulder's Counseling and Psychiatric Services—is intended to help you cultivate new practice skills, develop confidence, manage performance anxiety, elevate performance abilities and improve your overall sense of wellbeing. The model employed integrates performance psychology, group psychotherapy, mindfulness skills and mind-body therapeutic methodologies.

One recent participant described their experience by saying, "This group has changed the way I approach music in every aspect. I feel so grateful for everything I've learned in group and it has helped me become a better person in every aspect of my life."

Open to students of the College of Music, this group is a cost-free service offered through Counseling and Psychiatric Services and the Musician's Wellness Program. It is not a formal class and there are no grades. There are limited spots available and the groups tend to fill quickly. Participation is weekly for the duration of at least a semester. If you are interested and/or have questions, please contact Matt Tomatz at [matthew.tomatz@colorado.edu](mailto:matthew.tomatz@colorado.edu). If you choose to pursue the group, there will be plenty of time to ask questions and attend an orientation session.