

DEVELOPING THE WHOLE MUSICIAN

A transformative group for growth, artistry and performance

The experience of being a music student is rich, challenging and often intense. As you work toward your degree and navigate the demands of performance, practice and personal life, you may encounter internal or external obstacles along the way.

Developing the Whole Musician (DTWM) is a weekly group designed to support your growth both as a person and as a musician. Facilitated by Matt Tomatz, the College of Music's embedded therapist from Counseling and Psychiatric Services (CAPS), this group invites you into a supportive community of peers where you can develop skills, deepen your artistry and cultivate resilience.

This is not a class—there are no grades, no academic requirements and no cost. Instead, DTWM is a dynamic, collaborative experience where musicians come together to:

- Learn tools to work more skillfully with your mind
- Practice mindfulness, breathwork, postural awareness and visualization
- Address performance anxiety and other common psychological barriers
- Build confidence and discover new approaches to practice and performance
- Engage in meaningful reflection, interpersonal connection and mutual support
- Perform for peers in a safe and encouraging setting

DTWM draws from performance psychology, group psychotherapy, mindfulness practices and mind-body therapeutic approaches. It's a space where your humanity and musicianship are both welcomed and supported.

"This group has changed the way I approach music in every aspect. I feel so grateful for everything I've learned here—it has helped me become a better person in every part of my life."

— Group Participant

Group details

- **Schedule:** There are multiple sections of this group. Most members join at the start of a semester. Email for schedule specifics for any given semester.
- **Commitment:** Weekly attendance for the semester
- **Confidentiality:** Participants will complete brief CAPS paperwork and sign a confidentiality agreement

How to join

There are limited spots available; groups often fill quickly. If you're interested or have questions, please contact Matt Tomatz directly at matthew.tomatz@colorado.edu. You can send a message anytime. You'll have the opportunity to ask questions and attend an orientation session before committing.