

DEVELOPING THE WHOLE MUSICIAN

A psychotherapy group for artistic growth, self-discovery and performance excellence.

Becoming an exceptional musician requires more than technical skills. It also calls for presence, resilience, creativity, self-awareness and the ability to navigate the psychological demands of performance and artistic life.

Developing the Whole Musician (DTWM) is a weekly psychotherapy 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 offers a supportive community where musicians develop practical psychological skills, deepen their artistry and cultivate greater freedom in performance.

This group is not a class—there are no grades, no academic requirements and no cost. Through experiential exercises, discussion, performance opportunities and mutual support, participants explore new ways of relating to themselves, their music and the creative process. Together, group members:

- Cultivate confidence, focus and resilience
- Develop healthier, more sustainable approaches to practice and performance
- Learn mindfulness and mind-body skills, including breathwork, postural awareness and visualization, that support artistry
- Navigate performance anxiety, perfectionism, self-criticism and other common psychological barriers
- Perform for peers in a safe, encouraging and constructive environment
- Build meaningful connections with fellow musicians through honest conversation and shared experience

DTWM integrates principles from performance psychology, group psychotherapy, mindfulness and mind-body therapeutic approaches. As a group designed specifically for musicians, it offers a unique space to explore both the artistic and personal dimensions of performance. Here, your humanity and your musicianship are equally welcomed, explored and supported.

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

Group details

Schedule: Multiple sections are offered each semester and all groups meet in the Imig Music Building. Most participants begin at the start of a semester and participate for its duration, or the entire academic year.

Wednesday: 11:15 a.m.-12:10 p.m. (enough time to get to orchestra)

Friday: 9-10 a.m.

Friday: 10:10-11:10 a.m.

- **Commitment:** Weekly participation throughout the semester.
- **Confidentiality:** Participants complete brief CAPS paperwork and agree to maintain the confidentiality of fellow group members.

How to join

Space is limited and groups typically fill each semester. If you're interested or have questions, contact Matt Tomatz at matthew.tomatz@colorado.edu. Before deciding whether to participate, you'll have the opportunity to ask questions and attend an orientation session to learn more about the group.