

Performing arts consultation: Developing expertise in this domain

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Abstrak

What knowledge, skills, and values do psychologists need to consult in the performing arts? As with sport psychology, clinicians in this subspecialty often use cognitive-behavioral techniques that enhance performance. However, performing arts consultation differs in several important ways. First, because peak performance cannot be measured by a "perfect score," performing arts consultants focus on the art form's esthetic and technical requirements. Common occupational pressures, resulting in physical and mental stress, also are addressed. Finally, effective interventions are tailored to art-specific issues for each performer. The present article's intent is to encourage participation in performing arts consultation by providing basic practice information.