



*"Barbara Lister-Sink changed my life, giving me the tools through her Method and Program to fully release my musical voice." – Timothy Durkovic, MM in Piano Performance, University of Southern California; Undergraduate study in Piano Performance, Salem College*

BARBARA LISTER-SINK, internationally acclaimed pianist and teacher, is a graduate of Smith College and holds the coveted Prix d'Excellence from the Utrecht Conservatory. A former member of the Artist Faculty of the Eastman School of Music, she has collaborated with some of the world's most renowned performers, composers and in numerous music festivals. 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 Artist-in-Residence at Salem College. Her teachers include Edith Lateiner-Grosz, John Duke, Clemens Sandresky and Guido Agosti.

As a teacher, Lister-Sink is acknowledged as a global pioneer and leader in injury-preventive keyboard technique. Her video/DVD *Freeing the Caged Bird – Developing Well-Coordinated, Injury-Preventive Piano Technique* won the distinguished 2002 Music Teachers National Association-Frances Clark Keyboard Pedagogy Award and was praised as "A monumental work!" by Vladimir Ashkenazy.

Through her video/DVD, intensive training workshops, state and national, and international conferences, in addition to hundreds of workshops at universities, conservatories, summer institutes, AGO chapters and professional organizations, Lister-Sink has helped thousands of keyboardists from around the world remove technical obstacles to their musical development. Her performances are eloquent demonstrations of the marriage of technical freedom and musical artistry.



Winston-Salem, North Carolina  
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## PROFESSIONAL CERTIFICATE PROGRAM IN **INJURY-PREVENTIVE KEYBOARD TECHNIQUE**

BARBARA LISTER-SINK, DIRECTOR



# THE SALEM COLLEGE SCHOOL OF MUSIC OFFERS THE U.S.'S FIRST FULLY ACCREDITED PROFESSIONAL CERTIFICATE PROGRAM IN INJURY-PREVENTIVE KEYBOARD TECHNIQUE

BARBARA LISTER-SINK, DIRECTOR

*"This Program has opened my eyes to things I never thought possible, both at the piano and away from it. This is a comprehensive and well thought out program that completely enhances the way you experience music making." – J. Nelson, BA, Cum Laude, University of Florida; AA, Florida State University (jazz pianist)*

## Goals

- To help prevent and eradicate playing-related injuries that contribute to widespread waste of talent and loss of careers
- To help injured pianists and organists rehabilitate and retrain
- To teach pedagogy of injury-preventive technique
- To help pianists and organists maximize their musical and artistic potential

## Target Population

- Qualified BA & BM piano and organ majors
- Piano and organ students between degrees ("Gap Year")
- Professional teachers or performers desiring to enhance technique and teach injury-preventive technique
- Injured keyboard students, teachers and performers
- Any keyboardist desiring to maximize artistic potential by removing physical obstacles

*"Barbara Lister-Sink's teaching offers something so totally innovative and desperately needed in the keyboard world. I am confident that my training with her has prepared me for any challenge, ensuring a joyful life of music-making." – K. Rich, BM in Organ Performance, Oberlin Conservatory '11*

## Instructional Delivery Methods

On-site instruction will be used for all residential students. Students who do not live within commuting distance will take a hybrid form of the courses. They will be required to be on campus for a portion of the course delivery time. The remainder of instructional time will be in the Distance-Learning format, with participation in courses and applied lessons via webcam. Students may fulfill written assignments and exam requirements online. Performance and jury requirements may be completed via webcam or pre-recorded DVD performances.



## Curriculum

1. Injury-Preventive Keyboard Technique
  - How the body is constructed and how it works best and most efficiently
  - How the piano mechanism works
  - How the body and piano work best, most efficiently together
  - How to apply core principles of good coordination from the simplest to the most complex movements
2. Pedagogy of Injury-Preventive Technique
  - How to teach injury-preventive technique through the Lister-Sink Method© to all levels
3. Keyboardists' Injuries - Causes & Cures
  - Study of injuries that afflict keyboardists
  - Mainstream medical and complementary approaches to healing
  - Partnering with a team of healthcare professionals
4. Alexander Technique
  - Principles of optimal, whole-body use in any activity
  - Building foundational body awareness and control
5. Applied Lessons & Performance
  - Applying injury-preventive technique to compelling music-making from simplest to most advanced repertory

*"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. The expertise and knowledge of Barbara Lister-Sink helped to establish the perfect place not only to recover from my injury, but also to further my musical understanding and ability." – B. Neuenschwander, BM in Organ Performance, Salem College; also studied at Indiana University, Bloomington*

## 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). To discuss the Program, contact Barbara Lister-Sink at 336/749-5715 or at [barbara.lister-sink@salem.edu](mailto:barbara.lister-sink@salem.edu).