

PERFORMANCE SPACE: THE SPOTLIGHT AND ITS IMPLICATIONS FOR PERFORMANCE PSYCHOLOGY

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ABSTRACT

Professional training in music often lacks repeated exposure to realistic performance situations, with musicians learning all too late (or not at all) how to manage the stresses of performing and the demands of their audiences. This lecture will explore the physiological and psychological differences between practising and performing, specifically examining cardiovascular and neuroendocrine responses in musicians when performing under pressure. It will also introduce the Performance Simulator, an innovative new facility which operates in two modes: (i) concert and (ii) audition simulation. Initial results demonstrate that the Simulator allows musicians to develop and refine valuable performance skills, including enhancement of communication on stage and effective management of high state anxiety.