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See it and Believe it: Imagery for Singers

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SEE IT AND BELIEVE IT

IMAGERY FOR SINGERS

Purpose of the Study

- To investigate the circumstances surrounding singers' use of imagery

Research Questions

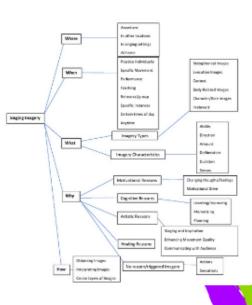
1) How do singers use imagery? 2) How can this knowledge be used to improve training?

What is Imagery?

- An experience that mimics a real experience
- Different from dreaming conscious and deliberate - The cornerstone of sport psychology

Methodology

- Six semi-structured interviews were completed based on Nordin technical, dramatic, and and Cumming's (2005) Dance Imagery Study
- Results were coded into Atlas



Results

- Singers use imagery for performance anxiety reasons
- Teaching arose inductively

Impact

- Important for professional and nonprofessiona singers - Can apply to other musicians, lawyers and any other performancedriven field

