

MTNA 2023
Pedagogy Saturday, Musician Wellness
Reno, Nevada
25 March 2023

[What We Can Learn about Healthy Playing from Blind and Deaf Musicians](#)

When we are missing a sense, as is the case with blind and deaf individuals, the brain compensates by refining other senses. The brain in these individuals also reorganizes itself so that a sensory area, such as the visual cortex, can process input from other senses, such as touch or hearing. This is called cross-modal neuroplasticity. We can learn about relying more on our senses in practice and performance by seeing how blind and deaf individuals learn and perform. A considerable amount of information will be found in chapter 7 in my new book, *The Musical Brain* (see below). The notes for that chapter will direct you to a number of sources. Other resources are found below.

Articles

Rutkin, A.H. (2013). [Champagne for the Blind: Paul Bach-y-Rita, Neuroscience's Forgotten Genius.](#)

Blog posts

[Evelyn Glennie.](#) On Glennie's website, Go to "About," and then look at Blog, Essays, and Student Section under "Evelyn's Thoughts." There are a number of blog posts, essays and articles that speak to her experiences as a deaf musician. The Hearing Essay is well-worth reading.

[I'm back - with a new book.](#) A blog post on my site, The Musician's Brain, that discusses my new book, *The Musical Brain*. It includes information about a discount if you order from Oxford.

Videos

[Evelyn Glennie performs Concerto in C major RV 443, Mov 1 by Vivaldi.](#) There are many marvelous videos of Glennie's on You Tube. It's worth exploring many of them - some with unusual percussion instruments.

[Evelyn Glennie: How to Truly Listen,](#) TED 2003.

[Mandy Harvey: Deaf Singer Earns Simon's Golden Buzzer With Original Song - America's Got Talent 2017](#)

[Nobuyuki Tsujii at the Van Cliburn Competition, 2009](#)

[Nobuyuki Tsujii at the BBC Proms, 2013, excerpt 2nd movement,](#) Rachmaninoff Piano Concerto No. 2 in C minor

[Touch the Sound: a sound journey with Evelyn Glennie](#). Documentary, 2006. Director Thomas Riedelsheimer.

[Touching the Sound: the improbable journey of Nobuyuki Tsujii](#). Documentary, 2014. Director Peter Rosen.

Books

Harvey, Mandy and Mark Atteberry. 2017. [Sensing the Rhythm: Finding My Voice in a World Without Sound](#). Howard Books.

Hooper, Kay. 2005. [Sensory Tune-ups: A guided journal of sensory experiences for performers of all ages](#). Selinsgrove, PA: All Sense Press (Scroll to near the bottom of the page to find more info about the book and ordering information.)

Svard, Lois. 2023. *The Musical Brain: what students, teachers, and performers need to know*. New York, Oxford. (See Chapter 7) Available from [Amazon](#) and [Oxford](#). (If you order from Oxford, you can use the discount code AAFLYG6.)