

The Artist and the Inner Critic: An Experiential Workshop for Young Performers
Part of the 2017 Boulder Music Institute Summer Intensive
July 20, 2017, 12-2pm

Do you tear yourself down after a performance? Do you think people who compliment your singing are just being nice? Do you find yourself in emotional pain as you sing? If so, you may have a harsh inner critic.

This workshop, taught by psychotherapist and musician Carly Fox, will empower young singers to love their art and themselves in spite of this very common self-critical tendency. We will get to know the inner critical voice, which is coming from ourselves and directing fury at ourselves, through exercises designed to illuminate its function and meaning. We will build skills to work with the inner critic, including embodiment to increase self-awareness of the inner critic and how to identify when it is activated. We will cultivate the skill of mindfulness, or noticing ourselves thinking, which leads to emotional self-regulation. We will identify and support participants' values related to self-expression and sharing art through performance. And we will practice self-compassion, in which we learn to treat ourselves with the kindness that we would naturally extend to a friend, which will buffer participants from the inevitable ups and downs of a creative life. I hope you can join us.

About Carly:

Carly is a Licensed Clinical Social Worker (LCSW) who has been in practice for 12 years. She helps people awaken their potential, solve difficult problems, integrate change and loss, live in the fullness of their being, and have the highest possible quality of life. She is a daughter, mother, wife, musician, artist, dancer, contemplative, and insatiable student in the school of life.