

FREEING THE CAGED BIRD



Developing Well-Coordinated,
Injury-Preventive Keyboard Technique
with
BARBARA LISTER-SINK

Lister-Sink Method: Certification

Selection as a candidate for certification in the LISTER-SINK METHOD is made at the discretion of Barbara Lister-Sink or a Master Instructor. Such selection is based on a number of criteria including suitability to teach joyfully and creatively such a rigorous, disciplined technical approach; appropriate personality traits including personal and professional integrity, a sense of humor, and a positive, caring attitude; empathy and the ability to work successfully with appropriate ages and levels; the ability to use PROFESSIONAL TACTILE GUIDANCE (PTG) as an essential teaching tool; and convincing musicality in demonstration and performance. With rare exception, candidates must have had significant experience and proven success as professional piano teachers already.

Trainees in the LISTER-SINK METHOD will be evaluated regularly throughout the entire training period for their suitability to become a Certified LISTER-SINK METHOD Instructor. Continuous feedback is necessary to insure that trainees be made aware of areas requiring further attention.

Official certification is not required to teach the LISTER-SINK METHOD. However, official certification is a gold standard for selecting a LISTER-SINK METHOD instructor. It is also a critical means of better insuring that the principles underlying the LISTER-SINK METHOD be fully learned, applied in the teacher's playing and effectively communicated to the student.

LEVELS OF CERTIFICATION

LEVEL 1.....	Certification in Training or Retraining Beginning to Intermediate Students (Adults & Children)
LEVEL 2.....	Certification in Retraining Advanced or Professional Keyboardists
LEVEL 3.....	Certification in Retraining Injured Keyboardists (any age or level)
MASTER INSTRUCTOR.....	Certification in Training All Levels of Keyboardists (from Beginning to Advanced Students and Professional Keyboardists), Injured or Non-injured

Because of the wide spread demand for effective technical training—from beginning children or adults to injured professional players and teachers, several levels of training and certification are necessary. Even though all keyboardists instructed in the Lister-Sink Method begin at the foundational level, this system helps insure that a Lister-Sink Method instructor be trained sufficiently at the appropriate technical and musical levels required by the students or professionals he/she is teaching.

Additionally, because of the excessively high number of playing related injuries among keyboardists of many ages and levels of repertory, trainees may elect to acquire more knowledge about specific injury, options for rehabilitation and detailed requirements for training the injured or pre-injured keyboardist (LEVEL 3).

A trainee who fulfills all requirements for LEVELS 1-3 and additionally demonstrates the ability to teach and demonstrate the entire range of repertory, as well as the ability to retrain injured keyboardists successfully is granted the honorary level of Master Instructor in the LISTER-SINK METHOD.

REQUIREMENTS FOR CERTIFICATION

All trainees for certification in the LISTER-SINK METHOD must fulfill the following requirements:

I. COLLEGIATE COURSES (on-site or via webcam at Salem College)

Trainees on all levels of certification must complete successfully (grade of A or B) all of the following college courses at Salem College:

- *MUSIC 116* - Biomechanics of Injury-Preventive, Well-Coordinated Keyboard Technique Through the LISTER-SINK METHOD (1 semester)
- *MUSIC 216* - Pedagogy & History of Injury-Preventive, Well-Coordinated Keyboard Technique (1 semester)
- *MUSIC 225* - Keyboardists' Injuries – Descriptions & Diagnoses (1 semester)
- *ALEXANDER TECHNIQUE* (2 semesters or the equivalent), including in intensive training workshop in how to teach the principles of the Alexander Technique
- *APPLIED STUDY* (4 semesters or the equivalent, at the discretion of Lister-Sink)

II. OBSERVATION OF LISTER-SINK OR MASTER INSTRUCTOR

Observation of Lister-Sink teaching both Intensive Training Workshops and private lessons is required for Certification. The minimum requirements are as follows:

- A. INTENSIVE TRAINING WORKSHOPS* - Observation and assisting with instruction in at least one Intensive Training Workshop (held January or June yearly – 40 hours)
- B. PRIVATE LESSON OBSERVATION* - A minimum of 20 hours of observation of Barbara Lister-Sink teaching private students. As the number of certified instructors increases, instructors-in training may substitute 10 hours of observation of a certified instructor, as recommended by Lister-Sink.

III. STUDENT TEACHING

The ability to teach the LISTER-SINK METHOD successfully is intrinsically connected with the characteristics of an effective, successful teacher in general. Knowledge is not sufficient. A real teacher must be able to communicate effectively that knowledge. For this reason, an adequate period of student/practice teaching of the Lister-Sink Method is required as follows:

- A. STUDENT TEACHING IN MUSIC 216 - PEDAGOGY OF THE LISTER-SINK METHOD*
Each trainee will be required to demonstrate successful teaching ability with 2 students over 1 semester as part of the requirements for Music 216 at Salem College.
- B. INDIVIDUAL STUDENT TEACHING & DEMONSTRATION DOCUMENTARY VIDEO/DVD* - In order to demonstrate the ability to teach the LISTER-SINK METHOD, the trainee will be required to train successfully 2 students over a period of one year on an appropriate level

determined in advance by Lister-Sink or a Master Instructor from beginning, foundational work to the student's appropriate level of music-making and repertory. The trainee will submit a Documentary 2-hour video or DVD for each student, chronicling each stage of training. Specific content and time frames will be determined through discussion with Lister-Sink or a Master Instructor.

C. STUDENT ASSISTANCE DURING INTENSIVE TECHNIQUE TRAINING WORKSHOP - All trainees for certification will be required to assist in the daily instruction of participants during the Intensive Technique Training Workshop, as specified by Lister-Sink or a Master Instructor. Daily feedback and evaluations will be given.

IV. REPERTORY & DEMONSTRATION OF COMPELLING MUSIC-MAKING

The gold standard of a successful, effective, and convincing teacher of the Lister-Sink Method must be the ability to demonstrate the primary objective of the LISTER-SINK METHOD--compelling music-making and sound production.

- *CLASSICAL PIANISTS* - For the classically trained pianist, a public recital demonstrating well-coordinated technique and moving musicality is required. The program, decided upon with Lister-Sink, must include works from each of the following periods and styles—Baroque, Classical, Romantic, Impressionistic, 20th Century (at least partially dissonant).
- *ORGANISTS* - Since organists must teach the Lister-Sink Method on the acoustic piano, they will be required to play half of their recital on the piano and the other half on the organ. Organ repertory will be drawn from the appropriate periods and styles—Renaissance, Baroque, Classical/Romantic/French and 20th Century.
- *ELECTRONIC KEYBOARDISTS AND JAZZ, POP, OR ROCK PLAYERS* - Such players will also be teaching the Lister-Sink Method on an acoustic piano. Therefore, they must also demonstrate their ability to perform convincingly in the various styles listed under Classical Pianists. the acoustic and digital pianos or keyboards. The content of the digital keyboard repertory will be appropriate to their backgrounds and determined in consultation with Lister-Sink.

ADDITIONAL REQUIREMENTS FOR LEVEL 3 CERTIFICATION: RETRAINING INJURED KEYBOARDISTS

In addition to Requirements for Certification I – IV, trainees wishing to be certified in Level 3 must fulfill additional requirements relating to working with injured keyboardists. These include the following:

A. KNOWLEDGE & UNDERSTANDING OF KEYBOARDISTS' INJURIES

Trainees for Level 3 must demonstrate a deep knowledge and understanding of the various injuries that afflict keyboardists

B. KNOWLEDGE OF MEDICAL REHABILITATIVE OPTIONS

Trainees must demonstrate a working and comprehensive knowledge of the mainstream medical and complementary options for rehabilitation.

C. EFFECTIVE COMMUNICATION WITH HEALTHCARE PROFESSIONALS

Trainees must cultivate an ability to communicate intelligently and effectively with healthcare

professionals in all areas and on all levels, from mainstream medicine (physical therapists, neurologists, orthopaedists, etc.) to practitioners in complementary healthcare and medical fields (certified Alexander Technique and Feldenkrais instructors, massage therapists, acupuncturists, chiropractors, etc.)

D. OBSERVATION OF LISTER-SINK OR MASTER INSTRUCTOR RETRAINING INJURED KEYBOARDISTS

Trainees will be required to observe Barbara Lister-Sink or a Master Instructor in at least 20 hours of retraining injured keyboardists, including during Intensive Technique Training Workshops.

E. ABILITY TO RETRAIN INJURED KEYBOARDISTS EFFECTIVELY

Most importantly, a trainee for Level 3 must adequately demonstrate, either on-site or via a documentary DVD or video, the ability to retrain successfully at least 2 injured keyboardists.