

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 and Cumming's (2005) Dance Imagery Study

- Results were coded into Atlas



Results

- Singers use imagery for technical, dramatic, and performance anxiety reasons

- Teaching arose inductively

Impact

- Important for professional and non-professional singers

- Can apply to other musicians, lawyers and any other performance-driven field