

## Kensley Anne Behel

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### **About**

I received my Ph.D. in Performing Arts Health from the University of North Texas in August 2022 and currently reside in Colorado with my husband and two fur children. My current research includes an epidemiology of clarinetists' health problems, microbial content of wind instruments, Stress Velopharyngeal Insufficiency, and Burnout among American Pastoral Music Directors. I also work as a freelance gymnastic journalist and have covered the world championships in Scotland, Canada, Germany, and Japan.

### **Education**

PhD in Music, Performing Arts Health: University of North Texas, Denton, TX,  
Graduate Minor, Sacred Music, University of North Texas, Denton, TX  
GPA: 3.948  
August 2022

Master of Music in Clarinet Performance: University of Michigan, Ann Arbor, MI,  
GPA: 3.923  
May 2015

Bachelor of Music in Clarinet Performance: Florida State University, Tallahassee, FL,  
*Cum Laude with Honors in the Major*  
GPA: 3.63  
May 2013

### **Publications**

Synthesizing the Literature on Stress Velopharyngeal Insufficiency in Musicians: Recommendations for Music Educators. *Update: Applications of Research in Music Education.*  
August 2021.

Forgiveness and Loving Well in Cases of Abuse: A Biblical Perspective. *Family Ministries Journal.*  
July 2021.

Musician Health: A Primer and Resource Guide. *National Institute of Health, National Network of Libraries of Medicine.*  
February 2019

A Case Description of Speech Disturbance and Treatment Following Corrective Surgery for Stress Velopharyngeal Incompetence. *Clinical Linguistics and Phonetics.*,  
August 2015.

Velopharyngeal Insufficiency in a Clarinet Player: A First-Hand Case Study. *DigiNole Commons,*  
April 2013.

### **Presentations**

Musicians' Health Awareness and Action: Parts I & II. Florida Gulf Coast University.  
September, 2020; November, 2021.

Seven Tips from Performing Arts Health Research to Make You a Healthier Clarinetist. Digital Clarinet Academy,  
Online.  
July, 2020

A Literature Review of Velopharyngeal Insufficiency and Stress Velopharyngeal Insufficiency in Wind Players.  
Research Appreciation Day, University of North Texas Health Sciences Center  
Accepted March 2020. Presentation canceled due to Covid-19.

Health Patterns of Clarinetists: An Epidemiologic Survey and its Impact on Educators, Performers, and Student-Musicians. International Clarinet Association Conference, Knoxville, TN  
July, 2019.

Music & Health in the Community: An Educational Partnership Between TCPAH and the NNLM South Central Region. Arkansas Public Health Association Conference, Little Rock, AR  
April, 2019.

Musculoskeletal Injuries in Musicians. Texas Music Educators Association (TMEA), San Antonio, TX  
February 2019.

Speech Distortions Following Corrective Surgery For VPI: Pre-Post Treatment. American Speech – Language – Hearing Association (ASHA), Atlanta, GA,  
November 2012.

Speech Distortions Following VPI: Acoustic and Perceptual Analysis. ASHA, Atlanta, GA,  
November 2012.

### **Committees/Boards**

Performing Arts Medical Association Long Range Planning Committee  
November 2020 - present.

Performing Arts Medical Association Young Professionals Committee  
October 2020 - present.

Musicians' Health Editorial Board, National Network of Libraries of Medicine SCR  
May 2019 – present.

Performing Arts Medical Association Musicians' Abuse Prevention Committee  
August 2019 – present.

### **Professional Memberships**

Performing Arts Medical Association  
November 2018 - present

Healthy Conservatoires Network  
December 2018-present

International Clarinet Association  
December 2018 – present

Society for the Scientific Study of Religion  
November 2020 - present

Religious Research Association  
November 2020 - present

American Evaluation Association  
December 2020 - present

### **Grants, Honors, and Awards**

3<sup>rd</sup> Place, Nicholas and Anna Ricco Ethics Scholarship Competition (\$3,000.00)  
March, 2021.

The Hymn Society McElrath-Eskew Research Grant (\$500.00)  
November, 2020

2<sup>nd</sup> Place, International Clarinet Association Research Competition (\$500.00)  
July, 2019

International Clarinet Association Travel Grant (\$200.00)  
May, 2019

University of North Texas Travel Grant (\$300.00)  
March, 2019

3<sup>rd</sup> Place, Nicholas and Anna Ricco Ethics Scholarship Competition (\$500.00)  
March, 2019.

University of North Texas Academic Achievement Scholarship (\$1000.00)  
September 2018 – present.

University of Michigan School of Music, Theatre, and Dance William. H. Stubbins Memorial Scholarship Recipient,  
September 2013- May 2015.

Selected for the CBDNA Southern Division Intercollegiate Band,  
February 2010.

FSU College of Music Scholarship Recipient,  
August 2011 – May 2009.

Recipient of the Marian Armington Waterman Poitevent Instrumental 4-year Scholarship,  
September 2009 - May 2013.

Winner of the Jacksonville Youth Orchestra Young Artist Competition, (\$1,500)  
March 2009.

Winner of the Friday Musicale Young Artist Competition, (\$16,000)  
April 2009

John Philip Sousa Band Award,  
May 2009.

### **Certifications**

Meditation Guide, Natural Healer Accreditation, Victoria, Australia  
March 2022

Life Coach, Abide Network, Orlando, Florida.  
June 2021

Health Minister, Wesley Theological Seminary, Washington D.C.  
December 2019

Essentials of Performing Arts Health, Performing Arts Medical Association and American College of Sports Medicine, Los Angeles, California  
June 2019

Teaching English as a Foreign Language, TEFL FullCircle, London, England,  
Pass Level: Outstanding, February 2017

### **Employment**

Life Coach, The Abide Network  
October 2020 – present.

*Responsibilities include coaching clients through the most difficult moments in their lives.*

European Editor, GymCastic Media, Los Angeles, CA  
October 2015 – present.

*Responsibilities include live coverage of international and national gymnastics meets at the elite and NCAA levels. I have conducted interviews with athletes, coaches, judges, and administration on the podcast, GymCastic. International competitions include the 2021 World Gymnastics Championship in Japan, the 2019 World Gymnastics Championships in Germany and the 2017 World Gymnastics Championships in Canada.*

Private Music Instructor, Self-Employed, International,  
August 2008 – present.

*Responsibilities include teaching both vocal and instrumental music to young students in the United States and Germany.*

Teaching Assistant, University of North Texas, Denton, Texas,  
August 2018 – June 2021.

*Responsibilities included creating curriculum, research design, and website/social media management.*

English as a Second Language Instructor, VIPKID, China,  
June 2017 – December 2020.

*Responsibilities include teaching English and music to young student in China to help them develop native fluency.*

Assistant Floor Manager, NCAA and BIG Conferences, Ann Arbor, MI,  
April 2014; April 2015

*Responsibilities include running the Mixed Zone for interviews of athletes and coaches as well as monitoring the floor during competition. I was also charged with training volunteer score flashers and runners.*

Game Management Assistant, University of Michigan Men's Gymnastics Team, Ann Arbor, MI,  
December 2013 – May 2015.

*Responsibilities included running all aspects of the floor during competition.*

### **Languages**

English: Native  
German: B1.2 Competency