**A person with red hair smiling

Description automatically generatedKensley Behel, Ph.D.**

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**About\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

My journey to researching musicians’ health problems emerged after struggling with my own injuries as a musician during my bachelor’s in clarinet performance. Since 2011, I have sought to make research understandable so that musicians can understand how to prevent injuries and have healthier careers. In 2022, I completed my Ph.D. in Performing Arts Health from the University of North Texas as well as a graduate minor in sacred music. It was through my coursework in sacred music that I developed a specific interest in increasing the workplace health of pastoral musicians. Since then, I have competed research on burnout among church musicians which is currently under review for publication in the journal, Pastoral Psychology; in that study, it became evident that the Sabbath may be a mediating factor for burnout among Pastoral Musicians. Burnout is both a serious and prevalent among pastoral musicians, and future studies will investigate effective strategies to prevent workplace burnout. On the side, I also work as a freelance gymnastic journalist and have covered the world championships in England, Scotland, Canada, Germany, and Japan.

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**Education\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

2022 Ph.D. in Music, Performing Arts Health: University of North Texas, Denton, TX.

Graduate Minor, Sacred Music

*GPA:3.948*

2015 Master of Music in Clarinet Performance: University of Michigan, Ann Arbor, MI.

*GPA: 3.923*

2013 Bachelor of Music in Clarinet Performance: Florida State University, Tallahassee, FL.

*Cum Laude* with *Honors in the Major*

*GPA: 3.63*

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**Papers\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

*Peer-Reviewed Articles*

2023 “A Quantitative Study of Burnout among American Pastoral Musicians.” *Pastoral Psychology* (Accepted with revisions). [**First Author**]

2021 “Synthesizing the Literature on Stress Velopharyngeal Insufficiency in Musicians: Recommendations for Music Educators. *Update: Applications of Research in Music Education*.” 40 (2). pp. 1-10. [**First Author**]

2021 “Forgiveness and Loving Well in Cases of Abuse: A Biblical Perspective.” *Family Ministries Journal*. 1 (1) pp. 99 – 109. [Second Author]

2015 “A Case Description of Speech Disturbance and Treatment Following Corrective Surgery for Stress Velopharyngeal Incompetence.” *Clinical Linguistics and Phonetics.* 29 (11). Pp. 826 – 839. [Third Author]

*Thesis and Dissertation*

2022 “Occupational Stress and Burnout Among American Pastoral Musicians.” *University of North Texas Dissertation Repository*. Doctoral Dissertation. University of North Texas [**First Author**]

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

Honors Thesis. Florida State University. [**First Author**]

*Primer*

2019 “Musician Health: A Primer and Resource Guide.” *National Institute of Health, National Network of Libraries of Medicine Region 3.* [**First Author**]

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**Presentations\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

***Invited Presentations***

2023 Musicians’ Hearing Health. Artists’ Health Center, Toronto, Canada.

2023 Burnout Among Church Musicians. Baylor University.

2023 The BioPsychoSocial Model and Musicians’ Health. Colorado Christian University.

2022 Occupational Health Problems of Clarinetists. University of Alabama, Birmingham.

2022 Clarinetists’ Health Problems. University of California, Northridge.

2022 Musicians’ Hearing Health. National Network of Libraries of Medicine Region 3.

2022 Music Performance Anxiety. Music 360.

2022 How to Be a Healthier Clarinetist. University of New Mexico.

2021 Musicians’ Health Awareness and Action: Parts I &II. Florida Gulf Coast University.

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

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

***Conference Presentations***

**2023 Mental Health Concerns among Church Musicians: An Understudied Cohort. *International Symposium for Performance Science*. Warsaw, Poland. [First Author]**

**2023 Sports Medicine Issues in Performing Arts Athletes. *American College of Sports Medicine.* Denver, CO. [Second Author]**

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

***Poster Presentations***

2020 A Literature Review of Velopharyngeal Insufficiency and Stress Velopharyngeal Insufficiency in Wind Players. *Research Appreciation Day*. University of North Texas Health Sciences Center [**First Author**]

Accepted March 2020. Presentation canceled due to Covid-19.

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. [Second Author]

2019 Health Patterns of Clarinetists: An Epidemiolocal Survey. *Performing Arts Medical Association*

Los, Angeles, California. [**First Author**]

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

2012 Speech Distortions Following VPI: Acoustic and Perceptual Analysis. *American Speech – Language –Hearing Association (ASHA).* Atlanta, GA. [Fourth Author]

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**Employment\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

2022- Musicians’ Health Lab Inc., Boulder, CO.

present

*I’m the CEO and president of the Musicians’ Health Lab Inc. My business works with tertiary institutions to improve the health and injury prevention among musicians in the United States.*

2018- Graduate Teaching Assistant, University of North Texas. Denton, TX.

2021

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

2015- European Editor, GymCastic Media, Remote

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.*

2017- English as a Second Language Instructor, VIPKID, Remote.

2020

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

2008- Private Music Instructor, Self-Employed, International

2020

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

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**Grants, Scholarships, and Awards\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_­­­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

2023 Selected as a Lovelace Scholar, The Hymn Society of North America

2021 3rd Place, Nicholas and Anna Ricco Ethics Scholarship Competition ($3,000.00)

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

2019 2nd Place, International Clarinet Association Research Competition ($500.00)

2019 International Clarinet Association Travel Grant ($200.00)

2019 University of North Texas Travel Grant ($300.00)

2019 3rd Place, Nicholas and Anna Ricco Ethics Scholarship Competition ($500.00)

2018 University of North Texas Academic Achievement Scholarship ($1000.00)

2013-15 University of Michigan School of Music, Theatre, and Dance William. H. Stubbins Memorial Scholarship

2012 Florida Intercollegiate Band

2010 CBDNA Southern Division Intercollegiate Band

2009-13 Four Year FSU College of Music Scholarship

2009 Recipient of the Marian Armington Waterman Poitevent Instrumental 4-year Scholarship ($16,000)

2009 Solo Debut and Winner of the Jacksonville Youth Orchestra Young Artist Competition, ($1,500)

2009 John Philip Sousa Band Award.

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**Committees and Boards\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

2022- Boulder Chamber Orchestra, Board of Directors

present

2020- Performing Arts Medical Association Long Range Planning Committee

present

2020- Performing Arts Medical Association Young Professionals Committee

present.

2019- Musicians’ Health Editorial Board, National Network of Libraries of Medicine SCR

present.

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**Professional Memberships\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

2018- Performing Arts Medical Association

present

2018- Healthy Conservatoires Network

present

2018- International Clarinet Association

present.

2020- Religious Research Association

present.

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**Certifications\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

2022 Certified Occupational Hearing Conservationist (COHC). Council for Accreditation in Occupational Hearing Conservation, Denver, Colorado.

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

2021 Life Coach. Abide Network, Orlando, Florida.

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

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

2017 Teaching English as a Foreign Language. TEFL FullCircle, London, England.

Pass Level: Outstanding.

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**Languages\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

English: Native

German: B1.2 Competency