

# Kensley Behel, Ph.D.

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## Education

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### *Degrees*

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

**Behel, K.** (2022). *Occupational Stress and Burnout Among American Pastoral Musicians*. [Doctoral dissertation, University of North Texas]. University of North Texas Dissertation Repository.

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

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

**Behel, K.** (2011). *Velopharyngeal Insufficiency in a Clarinet Player: A First-Hand Case Study* [Honors thesis, Florida State University]. DigiNole Commons.

### *Certifications*

2022 Meditation Guide. International Natural Healers Association, Victoria, Australia (online).

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

2019 Health Minister. Wesley Theological Seminary, Washington D.C. (online).

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

2017 Teaching English as a Foreign Language. TEFL FullCircle, London, England. (online).  
Pass Level: Outstanding.

## Publications

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### *Peer-Reviewed Articles* [5]

- Behel, K.**, & Taylor, M. S. (2024) A Novel Approach to Clarinetists' Playing-Related Pain. *The Clarinet*. [Accepted with major revisions; resubmitted October 24, 2024].
- Behel, K.**, Surve, S., Conrady, M., & Lee, Y. (2024) A Quantitative Study of Burnout among American Pastoral Musicians. *Pastoral Psychology*. [Accepted, publication forthcoming].
- Behel, K.**, Evans, A., & Rennie-Salonen, B. (2021). Synthesizing the Literature on Stress Velopharyngeal Insufficiency in Musicians: Recommendations for Music Educators. *Update: Applications of Research in Music Education*, 40(2), 1–10.
- McDugal, S., & **Behel, K.** (2021). Forgiveness and Loving Well in Cases of Abuse: a Biblical Perspective. *Journal of Family Research and Practice*, 1(1), 99–09.
- Macrae, T., Stierwalt, J. A. G., & **Behel, K.** (2015). A Case Description of Speech Disturbance and Treatment Following Corrective Surgery for Stress Velopharyngeal Incompetence. *Clinical Linguistics and Phonetics*, 29(11), 826–39.

### *Other Publications* [1]

- Behel, K.**, Taylor, M. S., Survey, S., & Chesky, K. (2019). Musician Health: A Primer and Resource Guide. *National Institute of Health, National Network of Libraries of Medicine Region 3*.

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## Presentations

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### *Conference Session Presentations* [3]

- Behel, K.** (2023). *Mental Health Concerns among Church Musicians: An Understudied Cohort* [Conference Presentation]. International Symposium for Performance Science. Warsaw, Poland.
- Sweeney, E., **Behel, K.**, & Dake, E. (2023). Sports Medicine Issues in Performing Arts Athletes [Conference Presentation]. American College of Sports Medicine. Denver, CO.
- Behel, K.**, & Taylor, M. S. (2019) *Health Patterns of Clarinetists: An Epidemiologic Survey and its Impact on Educators, Performers, and Student-Musicians* [Conference Presentation]. International Clarinet Association Conference. Knoxville, TN.

### *Upcoming Conference Session Presentation* [1]

**Behel, K.** (2025). *Pastoral Musician Burnout: Faith Crisis, Clinical Diagnosis, or Both?* [Conference session]. The Hymn Society for North America. Detroit, MI.

*Poster Presentations* [5]

**Behel, K.** (2020). *A Literature Review of Velopharyngeal Insufficiency and Stress Velopharyngeal Insufficiency in Wind Players. Research Appreciation Day* [Poster Presentation – Conference canceled]. University of North Texas Health Sciences Center Research Day. Fort Worth, TX

Leaf, B., **Behel, K.**, & Taylor, M. S. (2019). *Music & Health in the Community: An Educational Partnership Between TCPAH and the NNLM South Central Region* [Poster Presentation]. Arkansas Public Health Association Conference. Little Rock, AR.

**Behel, K.**, Taylor, M. S., Zuhdi, N., & Chesky, K. (2019). *Health Patterns of Clarinetists: An Epidemiological Survey* [Poster Presentation]. Performing Arts Medical Association. Los Angeles, CA.

Macrae, T., Stierwalt, J., Phillips, S., Rielly, S., Haas, S., & **Behel, K.** (2012). *Speech Distortions Following Corrective Surgery For VPI: Pre-Post Treatment* [Poster Presentation]. American Speech – Language –Hearing Association (ASHA). Atlanta, GA.

Macrae, T., Stierwalt, J., Phillips, S., Rielly, S., Haas, S., & **Behel, K.** (2012). *Speech Distortions Following VPI: Acoustic and Perceptual Analysis* [Poster Presentation]. American Speech – Language –Hearing Association (ASHA). Atlanta, GA.

*Completed Invited Presentations* [20]

2024 [The Pillars of Musicians' Health.](#) St. Paul Catholic High School, remote.

2024 [Prevent Burnout among Professional Musicians.](#) Millikin University, remote.

2024 [ADHD and Musicians.](#) Artists' Health Center, remote.

2024 [Stress Velopharyngeal Insufficiency and Treatment Options.](#) University of North Texas Health Science Center, remote.

2023 [The Biopsychosocial Model and Musicians' Health.](#) University of Colorado Boulder, Boulder, CO.

2023 [ADHD and Musicians: Signs, Symptoms, and Success.](#) Universität für Musik und Darstellende Kunst, Vienna Austria.

2023 [A Deep Dive Into Diversity and Musicians Health Research.](#) Universität für Musik und Darstellende Kunst, Vienna Austria.

- 2023 Das Bio-psycho-soziale Faktoren und ihre Auswirkungen auf die Gesundheit von Musiker\*Innen. (in German) Universität für Musik und Darstellende Kunst, Vienna Austria.
- 2023 ADHS und Musiker\*Innen. (in German) Universität für Musik und Darstellende Kunst, Vienna Austria.
- 2023 Musicians' Hearing Health. Artists' Health Center, remote.
- 2023 Burnout Among Church Musicians. Baylor University, remote.
- 2023 The BioPsychoSocial Model and Musicians' Health. Colorado Christian University, Lakewood, CO.
- 2022 Occupational Health Problems of Clarinetists. University of Alabama, Birmingham, Birmingham, AL.
- 2022 Clarinetists' Health Problems. University of California, Northridge, remote.
- 2022 Musicians' Hearing Health. National Network of Libraries of Medicine Region 3, remote.
- 2022 Music Performance Anxiety. Music 360, remote.
- 2022 How to Be a Healthier Clarinetist. University of New Mexico, Albuquerque, NM.
- 2021 BioPsychoSocial Factors affecting Musicians' Health. Florida Gulf Coast University, remote.
- 2020 Musicians' Health Awareness and Action: Parts I & II. Florida Gulf Coast University, remote.
- 2020 Seven Tips from Performing Arts Health Research to Make You a Healthier Clarinetist. Digital Clarinet Academy, remote.
- 2019 Musculoskeletal Injuries in Musicians. Texas Music Educators Association (TMEA), San Antonio, TX.

*Upcoming Invited Presentations [3]*

- 2025 Clarinetists' Health Problems. The Florida State University, Tallahassee, FL.
- 2025 The Yearly Check-up List. The Florida State University, Tallahassee, FL.

2025 ADHD and Musicians: Signs, Symptoms, and Success. The Florida State University, Tallahassee, FL.

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## Teaching Experience

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### *University Teaching Experience*

2018 - 2021      **Graduate Teaching Assistant**, University of North Texas. Denton, TX.

*I created novel musicians' health curriculum, tutored students in research design, and maintained the Texas Center for Performing Arts Health website and social media sites*

### *Other Teaching Experience*

2022 - present      **CEO, President**, Musicians' Health Lab Inc., Boulder, CO.

*I work with tertiary institutions to improve musicians' health through the creation of curriculum that is currently used in universities across the country.*

2008 - 2022      **Private Lesson Instructor**

*I conducted a private studio of young vocal and instrumental musicians in the United States and Germany.*

2017 - 2020      **English as a Second Language Instructor**, VIPKID, China (online).

*I developed curriculum to teach English to students in China.*

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## Other Employment

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Summer 2024      **Researcher**, NBC Olympics, Paris, France

*I researched all athletes competing in the sports of artistic gymnastics and trampoline and ran statistics live during Olympic competition. I was responsible for providing critical information to NBC Peacock Broadcasts of the 2024 Paris Olympic Games.*

2023 - present.      **Editor**, Neutral Deductions

*I cover NCAA and Elite gymnastics around the globe including at the 2023 World Gymnastics Championships in Belgium.*

2015 - 2023

**European Editor**, GymCastic Media, Remote

*I provided 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. During my tenure on the GymCastic podcast, the podcast climbed to the top 3% of all sports podcasts with over 10 million downloads.*

*International competitions include the 2022 World Gymnastics Championships in England, the 2021 World Gymnastics Championships in Japan, the 2019 World Gymnastics Championships in Germany and the 2017 World Gymnastics Championships in Canada.*

2013 - 2015

**Game Management Assistant**, University of Michigan, Ann Arbor, MI.

*I organized and ran large scale events such as the 2014 NCAA National Gymnastics Championships and the Big Ten Gymnastics Championships. During that time, I was responsible for organizing and managing volunteers.*

2010 - 2013

**Administrative Assistant**, Florida State University Dean's Suite, Tallahassee, FL.

*I organized College of Music auditions and advised the undergraduate students on course selection.*

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## Grants, Scholarships, and Awards

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2023 Lovelace Scholar, The Hymn Society of North America

2021 3<sup>rd</sup> Place, Nicholas and Anna Ricco Ethics Scholarship Competition [sponsored by the University of North Texas Office of the Provost.] (\$3,000)

Paper: "Consequentialism and Graduation Celebration: An Ethical Dilemma."

2020 The Hymn Society McElrath-Eskew Research Grant  
Role: Principal Investigator; Total Award: (\$500)

2019 2<sup>nd</sup> Place, International Clarinet Association Research Competition (\$500)  
Role: Principal Investigator

- 2019 National Institute of Health Grant #UG54LM012345  
Role: Key Personnel; Total Award: (\$10,000)
- 2019 International Clarinet Association Travel Grant (\$200)  
2019 University of North Texas Travel Grant (\$300)
- 2019 3<sup>rd</sup> Place, Nicholas and Anna Ricco Ethics Scholarship Competition [sponsored by the University of North Texas Office of the Provost. (\$500)
- Paper: “A Commentary on the Parallels of Ethical Behavior Responsibility and Repercussions Between Facebook and Scientific Studies.”
- 2018 University of North Texas Academic Achievement Scholarship (\$1,000)
- 2013 University of Michigan School of Music, Theatre, and Dance William. H. Stubbins Memorial Scholarship (\$52,000)
- 2012 Florida Intercollegiate Band
- 2010 CBDNA Southern Division Intercollegiate Band
- 2009 Four Year FSU College of Music Scholarship (\$12,000)
- 2009 Florida Bright Futures, Florida Academic Scholarship (\$30,000)
- 2009 Marian Armington Waterman Poitevent Instrumental Scholarship (\$16,000)
- 2009 1<sup>st</sup> place, Jacksonville Youth Orchestra Young Artist Competition, (\$1,500)
- 2009 John Philip Sousa Band Award

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## Committees and Boards

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- 2024-present Performing Arts Medical Association Research Committee
- Reviewed submissions for 2025 PAMA conference in Washington, DC.
- 2022-2023 Boulder Chamber Orchestra, Board of Directors

### *Fundraising and Grants*

- 2022 “Walz This Way” Gala - \$24,090
- 2022 SCFD Grant - \$24,656.97
- 2022 Boulder Arts Commission Grant - \$3,000

- 2022 Boulder Holiday Party - \$1,223
- 2023 Boulder Arts Commission Grant - \$1,000
- 2023 “Swing into Spring” Gala - \$30,087

2020-present Performing Arts Medical Association Long Range Planning Committee

- Collaborated to plan 2022 PAMA conference in Chicago, IL.

2020-present Performing Arts Medical Association Young Professionals Committee

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

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## Public Engagement

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**Behel, K.** (Host). (2023–present). *Neutral Deductions Podcast*.

<https://www.neutraldeductions.com/podcast-1>

Oldham, S. (Host). (2024, July 15). Paris 2024 Olympic Games Preview. [video podcast].

In *The Sam Oldham Podcast*.

<https://www.youtube.com/watch?v=Mv12Jm0WuV4&t=236s>

Oldham, S. (Host). (2024, June 17). Team USA Olympic Selection 2024. [video podcast].

In *The Sam Oldham Podcast*. <https://www.youtube.com/watch?v=qa4wzbr0HU&t=567s>

Kayain, K. (Host). (2024, April 8). Artists and ADHD: Using it as Your Superpower.

[audio podcast]. In *Tales of the Lane*. <https://sites.libsyn.com/501848/episode-17-artists-and-adhd-using-it-as-your-superpower>

Elizalde, M. (Host). (2023, November 22). Music Performance Anxiety with Dr. Kensley Behel [video podcast]. In *Classically Imperfect*.

<https://www.youtube.com/watch?v=qulAewvuHul>

Lee, D. (Host). (2023, September 9). Talking with the Musicians’ Health Lab [audio podcast]. In *HERo Talk Podcast*.

<https://open.spotify.com/episode/0xOCY6yW28SAYvyrozPik6>

Jetvic-Somlai, C. (Host). (2023, February 9). An Interview with Kensley Behel and Meghan Taylor [video podcast]. In *ICA ClarinetCast: Health and Wellness Committee*.

<https://www.youtube.com/watch?v=UAQ7P5Qj5d8&t=19s>

Smith, C. (Host). (2022, October 19). Musicians and ADHD: A Roundtable Discussion. [video podcast]. In *Musicians versus the World*.

<https://www.youtube.com/watch?v=2uwe16LVktA>



- Seipert, L. (Host). (2022, October 17). The Problem with Musician Identity with Kensley Behel, Ph.D. [audio podcast]. In *The Mindful Voice Teacher Podcast*.  
<https://www.buzzsprout.com/2051310/episodes/11515313-2-the-problem-with-musician-identity-with-kensley-behel-phd>
- Donelson-Nowicka, J. (Host). (2022, October 12). Understanding and Preventing Church Musicians Burnout with Dr. Kensley Behel [audio podcast episode] In *Sacred Music Podcast*. <https://irepod.com/podcast/square-notes-the-sacred-music-podcast/understanding-and-preventing-church-musician-burno>
- Lau, M. (Host). (2022, September 20). Musicians' Health Made Simple featuring Dr. Kensley Behel [video podcast]. In *theOpenScore*.  
<https://www.youtube.com/watch?v=wRFaRyQ0BuI>
- Smith, C. (Host). (2022, July 28). What Musicians Can Learn from Athletes with Dr. Kensley Behel [video podcast]. In *Musicians versus the World*.  
<https://www.youtube.com/watch?v=FNU8y-RSb4>
- Tilley, D. (Host). (2020, September 25). Saving Men's NCAA Gymnastics Roundtable Discussion. [video podcast]. In *SHIFT Movement Science*.  
<https://www.youtube.com/watch?v=NSF9tpwD2d0>
- O'Beirne, J., Barnes, S., & **Behel, K.** (Hosts). (2015– 2023) *GymCastic Podcast*.  
<https://gymcastic.com/category/episode/>

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## Professional Memberships

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Performing Arts Medical Association  
The Author's Guild  
The International Clarinet Association  
Healthy Conservatoires Network  
Religious Research Association  
Society for the Scientific Study of Religion  
Hymn Society of North America  
Jane Austen Society of North America

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## Languages

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English: Native  
German: Proficient