

530/798-8886

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Lenox, MA

Effective and inspirational teacher and trainer with a commitment to utilizing teaching methodologies that meet the needs and learning styles of each student. Comfortable using PowerPoint presentations, experiential-based activities, dyad and group processes, and accelerated learning techniques that encourage the use of multiple intelligences to maximize engagement with course material. Excels at creating a safe and supportive learning environment and designing courses that facilitate real-life applicability of the material being taught. Relevant skills:

Lesson and Curriculum Planning

Public Speaking & Training

Masterclass Facilitation

Performance Coaching

Effective Communication

Presentation Techniques

Stress Management

Social Emotional Learning

Classroom Management

Education

PhD—Depth Psychology with an emphasis in Somatic Studies, 4.0 GPA

Dissertation Topic—Body, Soul, and the Art of Making Music

Pacifica Graduate Institute | Carpinteria, CA | 2021

Master of Arts in Depth Psychology with an emphasis in Somatic Studies, 4.0 GPA

Pacifica Graduate Institute | Carpinteria, CA | 2017

Bachelor of Arts in Health Arts & Sciences

Senior Thesis—Kalagiya Yoga: A Path to Reclaiming the Authentic Self

Goddard College | Plainfield, VT | 2008

Professional Studies Diploma in Music Performance

Mannes School of Music, The New School | New York, NY | 1992

Master of Music Degree

Mannes School of Music, The New School | New York, NY | 1990

Undergraduate Studies in Music Performance

California State University Northridge | Northridge, CA | 1981—1988

Trainings and Certifications

2-Year Focusing Certification Course, Charlotte Howorth—2023-2025

International Coaching Federation, Professional Certified Coach (PCC)—2023

Coaching with the Power of Metaphors—Level 1 Certification Program—2022

Mindful Practices Social Emotional Learning Certification, Mindful Practices, Chicago, IL—2021

Essentials of Performing Arts Health, Performing Arts Medicine Association—2018

Certified Capacitar Trainer in Healing and Transformation: Multicultural Wellness Education—2017

International Coaching Federation, Associate Certified Coach (ACC)—2016

Certified Life Coach, Institute for Professional Excellence in Coaching, ELI-MP—2015

Certified Holistic Cancer Educator, Center for Advancement in Cancer Education—2014

Competent Communicator, Toastmasters International—2013

Consciousness Studies Program & general training in Anthroposophy, Rudolf Steiner College, Fair Oaks, CA—2007, 2012—2016

Applied Psycho Neurobiology I & II, Dietrich Klinghardt, Bellevue, WA—2005—2007

Train the Trainer, Peak Potentials, Inc.—2006

Autonomic Response Testing I & II, Dietrich Klinghardt, Bellevue, WA—2004—2006, 2010
Psych-Kinesiology, Power from Within, Inc.—2003
Applied Physiology, Institute for Applied Physiology, Tucson, AZ—1997
Reiki—Level I, II, III, Blair Ingliss—1996
Non-Violent Communication, Marshall Rosenberg—1995—1998
Neuro-Emotional Technique, N.E.T., Inc.—1995
One Brain, Three-in-One Concepts, Inc.—1995
Time-line Therapy™, American Board of Hypnotherapy—1995
Hypnotherapy, American Board of Hypnotherapy—1994

Work and Teaching Experience

Mind-Body Coach & Somatic Practitioner: specializing in mind-body medicine and applied kinesiology, has worked with over 3,000 clients—1994—2022

Mind-Body Performance Coach: specializing in somatic interventions and Cognitive Behavioral Therapy (CBT) techniques for helping people in the performing arts and athletics perform their best under pressure—2016—2022

Private Retreats and Workshops on the themes of health and wellness, performance enhancement, creative actualization, and personal growth—1994—2022

Taming Test Anxiety—Mind-Body Interventions for Enhancing Performance

A program to empower students to do their best under pressure by implementing somatic and mind-body approaches for learning enhancement, self-regulation, and building personal confidence.

Program presented at: Carnegie Mellon University—2019

Pathways to Performance Mastery (PTPM) Program

A program for musicians using somatic interventions, aesthetic perception, and cognitive behavioral therapy (CBT) to decrease performance anxiety and enhance musical artistry. Offered in group masterclass/workshop format followed up by one-on-one coaching sessions—2017—2021

PTPM program has been presented at:

Bard College Conservatory of Music—2021

Mannes School of Music, Belmont University, Vanderbilt University, University of Mississippi, University of Memphis—March 2018

Interlochen Arts Academy, Southern Methodist University—November 2017

Texas State University, Oklahoma State University—October 2017

The University of Texas—September and October 2017

The Round Top Festival Institute—June 2017

Teaching Assistant—Biology Department, Glendale Community College, Glendale, CA, 1997

Research Experience

Doctoral Dissertation Research—Pacifica Graduate Institute, Carpinteria, CA, 2017—2021

Development of a mixed-methods research study to evaluate how somatic interventions compare to cognitive behavioral therapy (CBT) for decreasing performance anxiety and enhancing musical artistry.

Doctoral Research Study—Longy School of Music, Cambridge, MA, 2020

Principal researcher on a mixed—methods research study comparing somatic to cognitive behavioral therapy (CBT) interventions for decreasing music performance anxiety (MPA) and enhancing musical artistry.

Qualitative, Phenomenological Fieldwork—Round Top Festival Institute, Round Top, TX, 2017
Researched the lived experience of applying somatic practices for performance enhancement.

Quality of Life Pilot Program—Glendale Adventist Medical Center, Glendale, CA, 1997—1998
Designed and implemented a 12-week cross-cultural quality of life pilot program for thirty-nine cancer patients. Utilized eighteen pre-med and nursing students from Glendale Community College to translate guided imagery sessions into Armenian and Spanish. Personally trained and managed all staff members during the study.

Curriculum Development and Program Design

Taming Test Anxiety, 2019

A program emphasizing mind-body interventions to empower students to perform their best under pressure. By connecting students to the learning style and study techniques that best support how their brain works, learning self-regulation techniques, and understanding how to access embodied awareness, a solid foundation is created for participants to achieve both their academic and professional goals. Program content is covered via an interactive PowerPoint presentation, and large and small group activities.

Pathways to Performance Mastery, offered 2016 to present

A performance enhancement program designed to support musicians in decreasing performance anxiety and enhancing musical artistry by utilizing recent breakthroughs in mind-body medicine, neuroscience, somatic psychology, and specialized kinesiology. Program content is offered in a variety of different formats: a two-part masterclass series, a one-day retreat, a weekend immersion, or a semester course.

The Twelve Mythic Paths® Programs, offered 2013 to present

Multiple one-day, weekend, and on-line programs to assist individuals in discovering their creative authenticity while navigating the challenging moments of life. Includes a temperament profile (The Mythic Path Profile) and a framework for learning how to recognize and transcend limiting patterns, how to access inner wisdom and embodied knowing, and how to understand one's creative authenticity.

The Cancer Transcendence® Program, offered 1994 to present

An 8-week support program for cancer patients providing a framework that identifies the components of a person's life that are impacting their overall health and wellness, and inhibiting their body's ability to respond to treatment, whether conventional or alternative.

Speaking and Lecturing

Mindfulness and Interpersonal Skills for the 21st Century Musician—University of Tennessee School of Music, Knoxville, TN, 2023

Life Design for the Balanced Musician: Structures That Promote Wellness & Performance Success—University of Tennessee School of Music, Knoxville, TN, 2023

The Art of Performing Your Best When It Matters Most—University of Virginia Department of Music, Charlottesville, VA, 2021

Keys to Discovering and Communicating Your Musical Artistry—University of Virginia Department of Music, Charlottesville, VA, 2021

The Art of Playing Your Best When It Matters Most—Chautauqua Institution School of Music, 2019

Utilizing Embodied Self-Awareness for Decreasing Performance Anxiety & Enhancing Creative Artistry — Performing Arts Medicine Association Conference, Los Angeles, CA, 2019

Technology, the Felt Sense, and Aesthetic Sensitivity—Panel Presentation: Digital Life and the Soul: The Extended Body in Cyberspace at the United States Association of Body Psychotherapy Conference, Carpinteria, CA, 2018

Numinosity and the Human Will—Pacifica Graduate Institute, Carpinteria, CA, 2018

Body, Soul, and the Art of Making Music—Pacifica Graduate Institute, Carpinteria, CA, 2018

“Seeing Through” Music Performance Anxiety (MPA)—Pacifica Graduate Institute, Carpinteria, CA, 2017

Tools for the Cancer Journey—Pacifica Graduate Institute, Carpinteria, CA, 2016

Marsilio Ficino and His Legacy—Theosophical Society, Portland, OR, 2006

Kalagiyā: The Sacred Call—Theosophical Society, Portland, OR, 2005

Alchemy for the Modern Life—Theosophical Society, Portland, OR, 2005

The Grail Myth: Finding Your Inner Truth—Theosophical Society, Portland, OR, 2005

The Garden of Eden—Theosophical Society, Portland, OR, 2004

Mind-Body Approaches to Healing—Institute of Noetic Science, Portland, OR, 2000

The Mind-Body Connection and the Path of Healing—Institute of Noetic Science, Pasadena, CA, 1999

Publications

Ferguson, J. G. (2021) *Body, soul, and the art of making music*. [Doctoral Dissertation, Pacifica Graduate Institute]. Available from ProQuest Dissertations and Theses. (UMI No. 28646362)

Ferguson, G. (2019). *The art of playing your best when it matters most*. Pittsburgh Musician. Third Quarter Journal.

Professional Affiliations

American Psychological Association (APA)

International Coaching Federation (ICF)

International Somatic Movement Education and Therapy Association (ISMETA)

Jungian Society for Scholarly Studies (JSSS)

Performing Arts Medicine Association (PAMA)

Society for the Psychology of Aesthetics, Creativity, and the Arts (APA Division 10)

United States Association of Body Psychotherapy (USABP)