

845/232-0566

gary@garyjobeferguson.com

Kirkland, WA

Gary is a mind-body practitioner with over 30 years of experience helping people transform their challenges into a deeper understanding of their creative authenticity and the keys to creating a more nourishing relationship to life. He has developed a somatically inspired coaching program, a specialized kinesiology technique, a series of online programs, and various self-administered mind-body practices to help clients access their inner wisdom. Gary is a dynamic public speaker and trainer, teaching classes and workshops on the themes of health and wellness, performance enhancement, and self-transformation.

Extensive experience with:

Mind-Body Practices	Public Speaking & Online Training	Workshop Facilitation
Adjunctive Cancer Care	Somatic & Depth Psychology	Qualitative Research
Stress Management	Curriculum & Program Design	Performance Coaching

Education**PhD—Depth Psychology with an emphasis in Somatic Studies****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

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

Kabbalah 1-4, The Kabbalah Institute, Los Angeles, CA—2024-2025

Certified Focusing Professional and Trainer, The International Focusing Institute—2025

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

Touch for Health Synthesis (Levels 1-4), Zenbrio School of Energetic Kinesiology—2023

Integrative Wellness Facilitator Training, Institute of BioEnergetic Arts & Sciences—2023

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—1994—2026

Specializing in mind-body medicine and applied kinesiology, has worked with over 3,000 clients.

Performance Coach—2016—2026

Specializing in somatic interventions and mind-body techniques that help performing artists and athletes perform their best under pressure.

Private Retreats and Workshops—1994—2026

Trainings and presentations on the themes of health and wellness, performance enhancement, creative actualization, and personal growth.

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—2017—2021

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.

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, 2024, 2025

Life Design for the Balanced Musician: Structures That Promote Wellness & Performance Success—University of Tennessee School of Music, Knoxville, TN, 2023, 2024, 2025

Utilizing Embodied Awareness and Aesthetic Perception for Decreasing Performance Anxiety & Enhancing Creative Artistry—College Music Society Northwest Chapter Conference, Vancouver, BC, 2024

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

Kalagiya: 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

International Coaching Federation (ICF)
Jungian Society for Scholarly Studies (JSSS)
Performing Arts Medicine Association (PAMA)
United States Association of Body Psychotherapy (USABP)
The International Focusing Institute