

# Hollie Dzierzanowski, DMA, LBME

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## EDUCATION

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### **DMA University of North Texas**

**July 2024**

Viola Performance, Related Field in Performing Arts Health

**Primary Teacher:** Dr. Susan Dubois

**Related Field Advisor:** Dr. Kris Chesky

**Thesis Title:** “*Occupational Health Problems of Violists: An Epidemiological Study*,” will be published in 2026

### **MM Cleveland Institute of Music**

**May 2017**

Viola Performance

**Primary Teacher:** Mark Jackobs

### **BM Cleveland Institute of Music**

**May 2013**

Viola Performance

**Primary Teacher:** Stanley Konopka

## TEACHING EXPERIENCE

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### **Eastfield College**

**August 2024 – Present**

Adjunct Faculty- Instructor of Viola and Violin

- Teaches regular Violin/Viola lessons
- Performs regularly in faculty recitals and as a solo guest in student orchestra concerts
- Recruits potential students to maintain studio size

### **Richland College**

**June 2020 – Present**

Adjunct Faculty - Instructor of Viola, Violin, and Music Appreciation

- Maintains two studios of violin and viola majors
- Performs regularly in faculty recitals and as a solo guest in student orchestra concerts
- Recruits potential students to maintain studio size
- Teaches Music Appreciation

### **University of North Texas**

**November 2021 – August 2023**

ELDOA Trainer

- Taught group ELDOA classes twice a week at the UNT Recreational Center

### **University of North Texas**

**August 2019 – May 2020**

Teaching Assistant, Viola

## SERVICE

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**The Oxford Handbook of Musician Health Advocacy** **Forthcoming 2026**  
Communication Strategist

**Global Summit for Occupational Health in Music** **July 2025**  
Project Manager

**Association for Body Mapping Education** **May 2025 – May 2029**  
Board of Directors: Board Member at Large  
4 Year Term

**Association for Body Mapping Education** **May 2025 – Present**  
Co-Chair of the Research Committee

**Association for Body Mapping Education** **May 2024 – June 2025**  
2025 ABME Conference Committee: Conference Co-Chair

**Association for Body Mapping Education** **November 2022 – Present**  
Member of the Social Media Committee

**Association for Body Mapping Education** **August 2022 – June 2023**  
2023 ABME Conference Committee: Performance Co-Chair

## PUBLICATIONS

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**The Oxford Handbook of Musician Health Advocacy** **Forthcoming 2026**  
Co-Author on 2 Chapters

**Journal of the American Viola Society** **Forthcoming**  
Publishing a series of articles based on my doctoral research for the AVS  
Journal

## TRAINING AND SKILLS IN RESEARCH

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- SPSS (Statistical Package for the Social Sciences) Proficiency
- Qualtrics Survey Software Proficiency
- Trained and experienced in International Review Board (IRB) compliancy
- Trained and experienced in statistical analysis and the scientific method

## LECTURES, PRESENTATIONS, WORKSHOPS, AND RESIDENCIES

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<b>Louisiana State University</b> Performing Arts Health Presentation	<b>April 2025</b>
<b>Midwestern State University</b> Performing Arts Health Presentation	<b>February 2025</b>
<b>tonebase Viola</b> “How Violists Harness Gravity to Create Depth in Sound” Video Presentation for Dr. Lauren Spaulding’s Two-Week Intensive on Viola Tone	<b>January 2025</b>
<b>Association for Body Mapping Education</b> What Every Musician Needs to Know About the Body, Presented with Dr. Spencer Hartman	<b>December 2024</b>
<b>University of North Texas and International Summer Music Institute</b> Viola Day	<b>November 2024</b>
<b>Youth Orchestras of San Antonio</b> Musician Health and Wellness Masterclass	<b>October 2024</b>
<b>International Summer Music Institute</b> All-State Clinic	<b>September 2024</b>
<b>International Summer Music Institute and Youth Orchestras of Denton</b> All-Region Clinic	<b>August 2024</b>
<b>American Viola Society 2024 Conference</b> Lecture: <i>Occupational Health Problems of Violists: An Epidemiological Study</i> Colburn School, Los Angeles	<b>June 2024</b>
<b>Oxford Handbook for Musician’s Health Advocacy</b> Co-Author and Project Manager	<b>June 2024 – Present</b>
<b>Transdisciplinary Action in Higher Education to Drive Health Promotion in Music Meeting</b> Represented the Music Student Population in the First Meeting to Create the Oxford Handbook of Musician Health Advocacy Weill Cornell Medical Center, New York City	<b>July 2023</b>
<b>Performing Arts Medicine Association’s International Symposium</b> Poster Presentation of Doctoral Research Weill Cornell Medical Center, New York City	<b>July 2023</b>

<b>American Viola Society 2022 Conference</b> Lecture: <i>What Every Violist Needs to Know About the Body</i> Schwab School of Music, Atlanta, GA	<b>June 2022</b>
<b>University of North Texas</b> Lecture: <i>Introduction to Body Mapping</i>	<b>February 10, 2022</b>
<b>Elevare A.C. Podcast</b> <i>The Body and Music</i>	<b>February 10, 2022</b>
<b>“What Every Musician Needs to Know About the Body”</b> Virtual Body Mapping Presentation Presented with Dr. Spencer Hartman, LBME	<b>June 2021</b>
<b>International Summer String Institute</b> Viola Sectional Coach and Chamber Coach University of North Texas, Denton	<b>June 2019</b>
<b>Interlochen Arts Academy</b> Quartet in Residence, Private Viola Instructor, Chamber Coach	<b>June – August 2014</b>

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## ORCHESTRAL PERFORMANCE EXPERIENCE

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<b>Abilene Philharmonic</b> Section Violist Under the direction of David Itkin	<b>March 2022 – Present</b>
<b>Amarillo Symphony Orchestra</b> Section Violist Under the direction of George Jackson	<b>August 2021 – May 2024</b>
<b>Colorado MahlerFest</b> Section Violist, Principal and Assistant Principal Viola in some concerts Under the direction of Kenneth Woods	<b>2018 – Present</b>
<b>Richardson Symphony Orchestra</b> Substitute Violist Under the direction of Clay Couturiaux	<b>2018 – Present</b>
<b>San Angelo Symphony Orchestra</b> Substitute Violist Under the direction of Hector Guzman	<b>September 2017 – 2021</b>
<b>Plano Symphony Orchestra</b> Substitute Violist Under the direction of Hector Guzman	<b>September 2017 – Present</b>

<b>Irving Symphony Orchestra</b> Substitute Violist Under the direction of Hector Guzman	<b>September 2017 – 2021</b>
<b>Fort Smith Symphony</b> Substitute Violist Under the direction of John Jeter	<b>April 2018, April 2024</b>
<b>University of North Texas Symphony Orchestra</b> Principal Viola Under the direction of David Itkin	<b>August 2018 – May 2021</b>
<b>The Eagles: Hotel California Tour</b>	<b>2020 – 2022</b>
<b>University of North Texas Opera Orchestra</b> Principal Viola Under the direction of David Itkin and Robert Frankenberry	<b>August 2018 - December 2020</b>
<b>University of North Texas Concert Orchestra</b> Principal Viola Under the direction of Clay Couturiaux	<b>August 2017 - May 2018</b>
<b>Monroe Symphony Orchestra</b> Substitute Violist Under the direction of Clay Couturiaux	<b>August 2017 - August 2018</b>
<b>Lawton Philharmonic Orchestra</b> Substitute Violist Under the direction of Jon Kalbfleisch	<b>January 2018</b>
<b>Cleveland Institute of Music Orchestra</b> Under the direction of Carl Topilow	<b>August 2009 - May 2017</b>
<b>Cleveland Institute of Music Opera Orchestra</b> Under the direction of Harry Davidson	<b>August 2013 - 2015</b>

## PROFESSIONAL TRAINING

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<b>Pilates Mat Teacher Training</b> Taught by Carissa Laitinen-Kinss, Twisted Bodies	<b>April 2023</b>
<b>Dalcroze Professional Studies Program</b> Taught by Dr. Jeremy Dittus, Dalcroze School of the Rockies Dallas	<b>September 2022 – May 2023</b>
<b>Dalcroze Professional Certificate Course</b> Taught by Dr. Jeremy Dittus, Dalcroze School of the Rockies Dallas	<b>Summer 2022</b>

- UNTHSC Center for Anatomical Sciences** **Summer 2021**  
Observed Dr. Cara Fisher and medical students dissect human subjects for 75 hours in the anatomy lab
- Myofascial Stretching 24 Hour Workshop** **March 2021**  
Lecture and workshop on the SomaTraining Myofascial Stretching course, taught by Lisa-Marie Farley at Institut Somatraining
- SomaTraining Theoretical Proprioception Course** **March 2021**  
Virtual anatomy lecture regarding the SomaTraining Proprioception course, taught by Dr. Guy Voyer
- Body Mapping Trainee Practice Course** **February - March 2021**  
A virtual six-week Body Mapping workshop for ABME Licensure Trainees, given by Amy Likar
- ELDOA Level 4 Certification Course** **October 2020**  
Certification course to become a Certified ELDOA Trainer. This course covers the pelvis and the biomechanics of the pelvis, which includes the sacra-iliac joint and the 22 axes of rotation. This is the final course to become an ELDOA Trainer. Taught by Dr. Guy Voyer and Bryce Turner
- ELDOA Level 3 Certification Course** **September 2020**  
Certification course that focuses on the peripheral joints: the hips, shoulders, ribs and sternum. ELDOA Levels 1 and 2 are required prerequisites. Taught by Bryce Turner.
- ELDOA Level 1+2 Certification Course** **July 2020**  
This ELDOA training course combines ELDOA Level 1- "The Most Frequently Used ELDOA of the Spine"- with ELDOA Level 2- "The ELDOA of the Spine"- taught in a four-day course format. Taught by Justin Brien.
- "What Every Musician Needs to Know About the Body"** **July 2020**  
Virtual Body Mapping seminar and workshop by William Johnston
- Body Mapping Summer Institute Newfoundland** **July 2020**  
Virtual Body Mapping seminar and workshop by Jennifer Johnson and Anita King
- Summer Flute** **June 2020**  
Virtual Body Mapping seminar and workshop by Amy Likar and Kelly Wilson
- PAMA's Certificate in Essentials of Performing Arts Medicine** **June 2020**  
Online course and assessment by the Performing Arts Medicine Association
- Karen Tuttle Viola Workshop** **June 2020**  
Virtual workshop that is taught by several generations of former Tuttle students in Karen Tuttle's Coordination system. Taught by Susan Dubois,

Sheila Browne, Jeffrey Irvine, Ed Gazouleas, Kim Kashkashian, Michelle LaCourse, Lynne Ramsey, Karen Ritscher, Steve Wyrczynski, and Carol Rodland

**Round Top Festival Institute** **Summer 2018 – 2019**

Viola studies with Susan Dubois, Bret Deubner, Ettore Causa, and Larry Wheeler. Chamber music studies with Tomas Cotik, Regis Pasquier, Susan Dubois, Stefan Milenkovich, and Christiano Rodriguez

**Suzuki Association of the Americas** **August 2014 – May 2015**

Received certification in teaching Books 1-4 for both violin and viola. Trained by Kimberly Meier-Sims

**Core Member of the Bird String Quartet** **2012 – 2014**

Performed and worked in a competitive string quartet at the Cleveland Institute of Music. Studied with Cleveland Quartet member Peter Salaff and the Cavani String Quartet. Received coachings from Ida Kavafian, Frank Huang, and Mathieu Herzog (founding member of Quatour Ébène)

**Texas Music Festival** **Summer 2012**

Received full scholarship as a TMF Fellow

**Killington Music Festival** **Summer 2008**

Five-week chamber music festival in Killington, Vermont.

**Interlochen Viola Institute** **Summer 2007**

Received a full scholarship to a one-week viola intensive workshop with daily viola ensemble rehearsals, masterclasses, student recitals, and focus on orchestral and solo repertoire. Taught by Heidi Castleman and Daniel Sweaney

**Interlochen Arts Camp** **Summer 2007**

Received a full scholarship to the six-week Interlochen Summer Arts Camp

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## PROFESSIONAL AFFILIATIONS

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**Dalcroze Society of America** **August 2022 – August 2023**

**SomaTraining Program** **March 2021 – Present**

**ELDOA Training Program** **January 2022 – Present**

**The Association for Body Mapping Education** **2020 – Present**

**Six-Level ELDOA Certification Program** **2020 – Present**

**American Viola Society** **2020 – Present**

<b>Performing Arts Medicine Association</b>	<b>2020 – Present</b>
<b>American Federation of Musicians</b>	<b>2020 – Present</b>
<b>Dallas-Fort Worth Professional Musicians' Association</b>	
<b>Pi Kappa Lambda National Music Honor Society</b>	<b>2018 – Present</b>
<b>Suzuki Association of the Americas</b>	<b>2014 – 2017</b>