

Testimonial from Katie Pryce

I have been a professional musician all my working life as a horn player, and have played at a high level in orchestras and as a solo artist. I started encountering acute stage fright in my late 20s which caught me off guard at the time and affected my career.

I attended a group counselling workshop for musicians run by Deborah and I found the dynamic of the sessions comforting and open. It felt very easy to talk about experiences and personal issues that I had encountered. The three days of sessions were interesting engaging, and there were many exercises that I had not come across before that I found very relevant to me and was very eager to try them out! Deborah's manner was warm and thoughtful as well as pragmatic which I found to be a perfect combination.

Since these workshops, I have performed in the UK and Ireland and in the past this would have caused a great deal of stress and negative impacts to my work beforehand. I would have also leaned on the use of beta blockers to get me over certain hurdles. I can honestly say, that after reading my notes and practicing the given exercises, that I have not felt so secure and confident in a stressful playing scenario for quite some time. It felt like I was a kid again, enjoying why I do this, being able to actually take risks with my music making and to at last, not have so much self-focus and instead focus on the contribution I was making musically. In short, to be able to have fun while playing the French horn again, something I have done for many, many years is a completely invaluable gift! I cannot express the relief! I very much cannot wait until I can put these exercises into practice with other aspects of my playing such as auditions.

Deborah's deep knowledge of the music world coupled with her passion and exceptional skills as an ACT therapist has helped me beyond measure. I would recommend her without hesitation to anyone struggling with similar issues. I am so grateful to her for these new lease of performing life!

