

WHO'S WHO IN MUSIC



JULIE JAFFEE NAGEL, PhD (*BM '65, MM '66, piano*). Dr. Nagel is a psychologist, psychoanalyst, and musician who brings her unique combination of experience and education in music and mental health to a nuanced understanding of performance anxiety as well as diverse other psychological problems. A graduate of The Juilliard School—having worked with Josef Raieff for both her Bachelors and Masters degrees—the University of Michigan (Master's degree in Social Work; dual doctoral degrees in Psychology and Social Work), and The Michigan Psychoanalytic Institute, she has helped numerous people understand and overcome blocks to creativity, performance anxiety, relationship issues, and self-esteem.

Dr. Nagel was invaluablely inspired by her time at Juilliard to research and understand the complexities of treating stage fright, and really probing the intricate relationship between music and feelings—the how and the why of their compatibility. Now as an expert in her field, Dr. Nagel is equally at home on stage, in the consulting room, in presentations to groups of all kinds, and as a mentor, her expertise and warmth is recognized as exceptional. Realizing that one size does NOT fit all and that there are no quick and easy “solutions” to complex issues, Dr. Nagel assists individuals and groups in understanding what blocks their personal and professional fulfillment and customizes concrete strategies that offer new perspectives.

Julie Jaffee Nagel has communication skills beyond the consulting room, speaker's podium, and concert hall. As a writer, she has published in major journals. As a presenter and teacher, she has offered lectures, workshops, presentations, and consultations locally, nationally, and worldwide to professional organizations. She has won prestigious awards for her interdisciplinary work on music and emotion.

In February 2020, just before the Pandemic lockdown, Dr. Nagel presented her theater piece *A Conversation Between Mozart and Freud* at Steinway Hall in New York City. The piece included Zachary Green (*BM '15, MM '17, composition*) as Freud and Louis Nagel (*BS '64, MS '66, DMA '73, piano*) as part of the cast to illustrate the value of music in our lives.

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Dr. Nagel also recently appeared in an episode of the OFF THE COUCH podcast with Harvey Schwartz, M.D: [‘Music Sounds the Way Emotion Feels’: from the Piano to the Couch with Julie Nagel, PhD \(Dexter, Michigan\)](#). Linked on the same page as the podcast episode is a list of recommended readings, as well as a two piano live performance of [St. Saens 2-Piano Variations on a Theme of Beethoven](#) with her husband, Louis.

Her three books are receiving wide acclaim from professionals in the fields of music, psychology, psychoanalysis, education, and mental health. Her first book, [Melodies of the Mind](#) (2013), explores how music touches our feelings and how music and psychological ideas are useful in everyday life. Her second book, [Managing Stage Fright](#) (2017), offers questions for thought for music (and other) teachers to use in their work with students and performers. Her newest book, [Career Choices in Music: Beyond the Pandemic: Musical and Psychological Perspectives](#) (2023), explores the importance of one’s career to mental health and the psychological, musical, and social challenges and opportunities brought by the Pandemic.

Regarding her most recent release, President Emeritus of The Juilliard School, Joseph Polisi, says “This is a definitive study that is a must-read for musicians young and old as well as general readers interested in the music profession. Dr. Nagel’s carefully researched work combines the perceptions of a musician and psychologist dealing with post-pandemic challenges involving musicians’ contributions to our society.”