

Carol Viera

Born in Massachusetts, Carol Viera was drawn to music at an early age, first performing in recital as a solo vocalist at age six (as she emerged from a gift-wrapped laundry basket) and as a pianist at age eight. Later, originally sparked by need, then by curiosity and value, she pursued music business and production. Alongside her musical pursuits, and fueled by a life-long love of science, discovery and the human possibility, Dr. Viera enjoys an active career as a clinical psychologist and professional coach. Her areas of specialization include cognitive psychotherapies, neuropsychology, nutritional/health psychology and, what she terms, "psychoeducational mentoring."

Dr. Viera's formal training includes degrees from the University of Massachusetts in Amherst (B.A. in psychology, magna cum laude, Phi Beta Kappa), Boston College (M.Ed. in rehabilitation, psychology) and the University of Illinois in Chicago (M.A. in psychology, clinical-cognitive, clinical neuropsychology; Ph.D. in psychology, clinical-cognitive, clinical neuropsychology). Dr. Viera studied Music Business at Berklee College of Music and received coach training from MentorCoach (the international leader of coach training for mental health practitioners).

Dr. Viera has served on the faculties of the Tanglewood Music Center and the Longy School of Music and considers psycho-educational mentoring to be foremost in her approach when working with musicians. As a licensed clinical psychologist and coach, Dr. Viera, in addition to working individually with musicians (both face-to-face and virtually), works jointly with her husband, Norman Bolter. This team has authored several papers and booklets on music-making, including *Methods of Effective Practice*, *It's Not All in the Air* and *The Metronome Meditation*, and ongoingly conduct master classes in the USA and abroad.

Dr Viera is co-founder of the Frequency Band and owner/creative director of Air-ev Productions. With Mr. Bolter, she co-leads ongoing Frequency Band workshops locally in Boston and worldwide and co-directs the Frequency Band performance ensemble.