

Compassion Fatigue

"This is the meaning of true love, to give until it hurts." Mother
Teresa

2015

- SOLO Bb TRUMPET -

THALES DEL COMUNE

Engl. **Composition Notes**

Compassion Fatigue is a condition characterized by a gradual lessening of compassion over time. It is common among individuals that work direct with other people traumas like therapists, nurses, teachers, psychologists, paramedics and anyone who helps out others.

Some of the symptoms are hopelessness, a decrease in experiences of pleasure, constant stress and anxiety, and a pervasive negative attitude.

Having gone through this as a teacher, I tried to convey the feeling through the trumpet, an instrument with vocal characteristics capable of expressing different moods.

Performance Notes

Use the mute to 'talk like a voice', controlling the phrases. As it is a programmatic work, the performer could incorporate the tiredness through out the music, in a finale that could be felt physically.

The Plunger is an ideal mute to use, but the player can use others that are easy to manipulate.

Some extended techniques:

Frullato (Flutter Tonguing) – Fast flicker of the tongue

Fall – Dropping notes, common in jazz endings, using half valves and random fingering

Half-valve gliss. – Make a glissando with half pressure of the valves

+ → o → o – Mute movement signals (Closed, half away and open)

Port. **Notas de Composição**

Compassion Fatigue, "fadiga da compaixão" é uma condição caracterizada por uma diminuição gradual da compaixão ao longo do tempo. É comum entre aqueles que trabalham diretamente com outras pessoas e seus traumas, como terapeutas, enfermeiras, professores, psicólogos, paramédicos e qualquer pessoa que ajuda os outros.

Dentre os vários sintomas, temos a desesperança, diminuição nas experiências de prazer, estresse e ansiedade constantes e uma atitude negativa generalizada.

Tendo passado por isso enquanto professor, tentei transmitir o sentimento através do trompete, um instrumento de características vocais capaz de exprimir diferentes estados de espírito.

Notas de Performance

Use a surdina para 'falar como uma voz', controlando as frases. Como esta é uma obra programática, o intérprete pode incorporar o cansaço pela música, em um final que pode ser sentido fisicamente.

A surdina Plunger é a ideal por ser fácil de manipular, mas o instrumentista pode utilizar outras que entreguem o mesmo resultado.

Some extended techniques:

Frullato (Flutter Tonguing) – Rápido tremular da língua

Fall – Queda de notas, comum em finalizações de jazz, utilizando meia válvulas e dedilhados aleatórios

Half-valve gliss. – Glissandi de meia válvula

+ → o → o – Sinais de movimentação da surdina (Fechada, meio afastada e aberta)

Compassion Fatigue

for Bb Trumpet
(Con sord. plunger)

Thales Del Comune
(2015)

Adagietto

Cantabile espressivo (talk with the mute)

con sord.

3

p mf

p mf

p mf

allarg.

Measure 1: Treble clef, 4/4 time. Dynamics: con sord., p, mf. Articulation: 3. Measure 2: Dynamics: p, mf. Articulation: 3. Measure 3: Dynamics: p, mf. Articulation: 3. Measure 4: Time signature changes to 5/4. Dynamics: p, mf. Articulation: 3. Measure 5: Dynamics: p, mf. Articulation: 3. Measure 6: Dynamics: p, mf.

7 A tempo

frull.

p mf

p mf fall f

p

Increasing vibrato

Half-valve gliss.

Measure 7: Treble clef, 4/4 time. Dynamics: p, mf. Articulation: frull. Measure 8: Dynamics: p, mf. Articulation: fall, f. Measure 9: Dynamics: f. Articulation: Increasing vibrato. Measure 10: Dynamics: p. Articulation: Half-valve gliss.

12 Più mosso

mf

f fall 3

bend down

ff

Measure 12: Treble clef, 4/4 time. Dynamics: mf. Articulation: f, fall, 3. Measure 13: Articulation: bend down. Measure 14: Dynamics: ff.

16 allarg.

mf p pp

mf

sempre cresc.

Measure 16: Treble clef, 4/4 time. Dynamics: mf. Articulation: p, pp. Measure 17: Dynamics: mf. Articulation: +. Measure 18: Articulation: +.

21 affrettando

fp

fall

Measure 21: Treble clef, 8/8 time. Dynamics: fp. Articulation: fall.

24 allarg.

fp

ff

fp

dolce

p

pp

Measure 24: Treble clef, 8/8 time. Dynamics: fp. Articulation: +. Measure 25: Dynamics: ff. Articulation: +. Measure 26: Dynamics: fp. Articulation: 3. Measure 27: Dynamics: dolce. Articulation: mf. Measure 28: Dynamics: p. Articulation: +. Measure 29: Dynamics: pp.

28 senza sord. legato

pp (sempre cresc.)

Measure 28: Treble clef, 4/4 time. Dynamics: pp (sempre cresc.). Articulation: 3. Measure 29: Articulation: 3. Measure 30: Articulation: 3.

32

<img alt="Musical score page 2 showing measures 32 to 58. The score consists of two staves for a treble clef instrument. Measure 32: 12 eighth-note triplets starting on B-flat. Measure 33: 12 eighth-note triplets starting on A-flat. Measure 34: 12 eighth-note triplets starting on G. Measure 35: 12 eighth-note triplets starting on F-sharp; dynamic molto accel. Measure 36: 12 eighth-note triplets starting on E-sharp. Measure 37: 12 eighth-note triplets starting on D-sharp; dynamic staccato. Measure 38: 12 eighth-note triplets starting on C-sharp. Measure 39: 12 eighth-note triplets starting on B-flat. Measure 40: 12 eighth-note triplets starting on A-flat. Measure 41: 12 eighth-note triplets starting on G; dynamic fff. Measure 42: 12 eighth-note triplets starting on F-sharp. Measure 43: 12 eighth-note triplets starting on E-sharp. Measure 44: Presto, semper staccato, dynamic f. Measure 45: 12 eighth-note triplets starting on D-sharp. Measure 46: 12 eighth-note triplets starting on C-sharp. Measure 47: 12 eighth-note triplets starting on B-flat. Measure 48: 12 eighth-note triplets starting on A-flat. Measure 49: 12 eighth-note triplets starting on G. Measure 50: 12 eighth-note triplets starting on F-sharp. Measure 51: 12 eighth-note triplets starting on E-sharp. Measure 52: 12 eighth-note triplets starting on D-sharp; dynamic ff to p, Lento, (Frullato - Reach a lot of noise). Measure 53: 12 eighth-note triplets starting on C-sharp. Measure 54: 12 eighth-note triplets starting on B-flat. Measure 55: Vivace, accel., (keep the speed), dynamic mf to f, mf. Measure 56: 12 sixteenth-note triplets starting on A-flat. Measure 57: 12 sixteenth-note triplets starting on G-sharp. Measure 58: legato, dynamic f, mf to f.</p>

61 rall.

f **mf**
 p **f**

A tempo
accel.
64 accel.

p

67 Allegro

fall **p** **f** **p** **6** **6** **sf**

70
f

5
72
mf **tr**

Chaotic random notes, preferable out of tune:
Glissandi, bends, your voice, frullato, etc...
74 legato
(Out of tune)

mf Repeat until you are almost out of breath,
then follow to the next phrase

78 rall.

f

ad. libitum
breathing, tired and struggling
80 Vivace

ff **fff**
Lowest possible note
Blow these notes taking your mouth out