



Introduction to Sound Therapy



What is Sound Therapy?

Sound therapy uses different types of sound e.g. a single instrument or combination of different ones, a piece of music, even the sound of your own voice to create a therapeutic change.

How does it Work?

It works on the principle of 'sympathetic resonance' one vibrating object producing spontaneous movement in another. Whether you pluck a string, hit a drum, or hum a note you produce a spectrum of vibrations that radiate out from their source, influencing everything they touch. Whenever we listen to music or any type of sound, it initiates a global response throughout our whole system. The effect is rapid because sound uses the body's own pathways to travel at the speed of sound. We're literally "wired" for sound!

Does this course offer a qualification?

No, this weekend course is designed to be a general introduction to the subject of sound therapy and is not limited to the INNER SOUND method of sound therapy. We cover several aspects of working therapeutically with sound & music that is applicable to all types of sound therapy.

This weekend offers an enjoyable experience to all-comers, whether you simply love music and wish to learn more about how you can broaden the role it plays in your life. Or you may wish to incorporate using sound & music in your work and want to learn more before choosing a professional training.

What are the Benefits?

Learn about the history of sound & music & its therapeutic use; discover how you can expand the benefits of music in your daily life; an enjoyable weekend filled with sound & music!

Introduction to Sound Therapy

Who might find this course interesting?

- If you know nothing about the subject of sound therapy and want a place to start
- If you love music and want to broaden your experience or expand the role it plays in your life
- If you are a musician and want to receive more pleasure and healing from the music you play
- If you are a practitioner/therapist/educator (alternative or traditional) and want to use sound and music in your work
- If you are looking for a simple yet effective tool you can use daily for physical well-being, emotional stability or personal growth

This course provides you with a general introduction to sound therapy and the therapeutic use of sound & music, whether personal or professional. It is not specific to any particular method.

**Sound Good?
Come & Experience for Yourself**

**PLEASE
BRING YOUR FAVORITE CD
TO THE COURSE!**



Introduction to Sound Therapy



Course Outline: Two Days (10am - 6pm)
Cost: 130.00

Typical Schedule for Intro course

Saturday am

Welcome & Introductions

Understanding how music and sound can heal our body, mind, emotions & energy fields
Sound & musical journey through time to experience healing effect of different music and sounds - Ancient Chinese, Indian and early Christianity

Saturday pm

Sound and music journey continued - Western classical, ethnic, present day
How to use music you don't like to make deep changes in your life

Sunday am

Understanding how the brain processes sound, psychoacoustics
What are Harmonics and why are they important in our lives
Healing power of your own voice, practical experience.
No singing or musical experience necessary

Sunday pm

Where different instruments resonate in the body and subtle energy fields
Overview of sound therapy techniques and therapies available today including INNER SOUND
Sound therapy with Digiridu, Tibetan Bowls and crystal bowls, Mongolian throat chanting and tuning forks - a healing experience
Summary

Introduction to Sound Therapy

Teaching Aim

A general introduction to the subject of sound therapy

Teaching Objectives

- Explain why sound & music are ideal 'tools' for promoting movement in the body (sympathetic resonance)
- Identify different types of sound used in sound therapy & their benefits;
- Demonstrate how to use music you don't like to make lasting changes in your life

Teaching Methods:

Lecture & discussion;
demonstrations;
Practical group & individual sessions, observation, feedback & review;
Q&A

Learning Outcomes:

By the end of the 2-day course, you will be able to :

1. **define** what 'sympathetic resonance' means
2. **describe** 3 different types of sound & their effects
3. **use** 5 vocalic sounds to release & integrate
4. **understand** how the brain processes sound

Benefit to students & practitioners:

A combination of practical experiences & theory presentations introducing the therapeutic use of sound and music.
Choice of 2 INNER SOUND Cds for personal and professional use.



Booking Information



UK School for INNER SOUND



Sheila Hill is a trained Sound Therapy Practitioner, creating individualized treatments. She uses tuning forks, therapeutic music & voice.

Sheila's relationship with **INNER SOUND** spans over 25 years. She has been presenting talks, demonstrations and trainings in the UK since 2002. In 2005, Sheila became the Director of the UK School for INNER SOUND and is certified to teach a varied curriculum of the School's international education program.

Teaching Qualifications:

City and Guilds Teaching Certificate - Teaching Adult Learners
City & Guilds Level 4 Stage 1 Unit - Assessment Activities
City & Guilds Level 4 Stage 1 Unit - Resources

Practitioner-based Association Memberships

Ass'n of Physical & Natural Therapists (APNT)
British Complementary Medicine Ass'n (BCMA)
International Ass'n of Sound Therapy (IAST)

School-based Association Memberships:

British Complementary Medicine Ass'n (BCMA)
Complementary Medical Ass'n (CMA)

Sheila actively supports voluntary self-regulation of complementary therapy in the UK as a member of the British Complementary Therapies Interim Council and by helping to create the UK's first member-based Sound Therapy Association.

Booking Details Training Dates: 2009-10

Hours: 10am - 6pm, Cost: 130.00

Sat 19 & Sun 20 September, 2009
Sat 15 & Sun 16 May, 2010
Sat 18 & Sun 19 September, 2010

**Price includes 2 INNER SOUND Cds
of your choice
& course manual**

Payment Options:

Pay Online - visit www.inner-sound.co.uk

Request Paypal email invoice

Pay via Bank Transfer to Inner Sound a/c
(Bank details given on request)

Pay by Cheque (UK students only, pay to 'Inner Sound Arden Wilken Ltd')

Send your payment to:

Inner Sound (Arden Wilken) Limited
15A Queens Road
Twickenham TW1 4EZ