



Tuning Fork Practitioner Training



What is Sound Therapy?

Sound therapy uses different types of sound to create a therapeutic change. You can use a single instrument or combination of different ones, tuning forks, a piece of music, even the sound of your own voice to achieve a 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!

Why use Tuning Forks?

A tuning fork produces a single sound frequency. Their precision makes them a reliable 'tool' for producing accurate, 'pure' sound (very few harmonics). Our tuning forks are designed to be used as a series of pairs, maintaining the same frequency relationship, which produces a 'standing wave' of organized movement throughout your whole body.

What are the Benefits?

Our tuning forks promote a balanced movement of expansion & contraction radiating through the core of the body that helps regulate the central nervous system, rapidly producing a state of deep relaxation.

When deeply relaxed, your body can regulate itself more easily, releasing accumulated stress & tension, to function more efficiently. Treatments can be tailored to improve both your physical health and/or your emotional well-being.

Sound Therapy: Tuning Forks Suggested Uses & Benefits

Beauty Therapists:

enhances relaxation during facials & other beauty treatments

Reflexologists:

tuning fork treatments would enhance the relaxing & realigning effect of your work

Hair Salons:

an innovative alternative for relaxing clients

Massage Therapists:

complementary pre & post sessions of all kinds of massage
increases relaxation & enhances re-alignment at all levels

Energy Balancing:

vibratory movement passing rapidly through the whole system
enhances energetic release, re-alignment & contact with self

Meditation:

deeply relaxing, calms the mind & body, enhances visualization & guided meditation

Personal Use:

alleviate all types of stress,
release muscle tension,
reduce physical & emotional discomfort,
promote greater self-awareness

**Sounds Good?
Come & Try It for Yourself!**



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 training courses 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 Council and by helping to create the UK's first member-based Sound Therapy Association.

Booking Details

Training Dates: 2010 - Twickenham

Basic Level: 2 days

Hours: 10am - 5pm,

Cost: 120.00

2010 Dates:

Sat 4 & Sun 5 September

Sat 9 & Sun 10 October

Thurs 11 & Fri 12 November

Advanced Level: 2 days

Hours: 9.30am - 6.30pm

Cost: 120.00

2010 Dates:

Sat 21 & Sun 22 August

Sat 4 & Sun 5 December

Intensive (Basic & Advanced Levels): 3 days

Hours: 9.30 - 6.30pm

2010 Dates:

Thurs 26, Fri 27 & Sat 28 August

Payment Options:

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

Pay via Bank Transfer to Inner Sound a/c
(Bank details given in Booking Form)

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



Tuning Fork Practitioner Training



Course Outline: Two Days (10am - 5pm)
Cost: 120.00 (inc. Manual)

Day 1:

Welcome & Logistics
Group Introduction
Outline Aims & Objectives

History of INNER SOUND
Group Treatment
History, Characteristics & Maintenance of Tuning Forks
How Sound Influences the Body
Communication Systems in the Body
Physics of Sound

Session 1: Individual Practice
Session 2: Student Exchange
Recommended uses for INNER SOUND Tuning Forks:
Spiral of Fifths (set of 13 forks),
Personal Tuners (set of 3),
OM Tuners (set of 3),
Pair 5 (set of 2)
Feedback, Q & A

Day 2:

Review, Discussion, Q & A
Student Assessment Review
Treatment Assessment Tools
Group Demo of Treatment
Session 3: Student Exchange
Feedback

Treatment protocols - how to create a treatment
Contra-indications & over-activation symptoms
Session 4: Student Exchange
Certification criteria

Tuning Fork Practitioner - Basic Level

Training Aim

To demonstrate the benefits of INNER SOUND tuning forks as a means of applying sound to the body, promoting deep & long-lasting Relaxation at all levels.

Training Objectives

- Explain why sound & music are ideal 'tools' for promoting movement in the body (sympathetic resonance)
- Identify 3 different types of sound used in sound therapy & their benefits;
- Learn how to apply INNER SOUND tuning fork treatments to yourself or others

Teaching Methods:

Lecture & discussion; demonstrations; practical group treatments, individual & **pair-work** sessions, observation, assessment & review; Q&A

Learning Outcomes:

By the end of the 2-day training, students will be able to :

1. **define** the terms 'resonant frequency' & 'sympathetic resonance'
2. **describe** 3 different types of sound and their effect
3. **assess** a person's sensitivity to pure sound
4. **apply** basic level tuning fork treatments
5. **name** which pairs of tuning forks balance specific segments of the body

Benefit to students & practitioners:

A comprehensive combination of practical experiences & theory presentations introducing a convenient & **simple** method of **sound therapy** that enhances all forms of **holistic & beauty** treatments. Useful for clients, self, friends, or family as a relaxation treatment.



Tuning Fork Practitioner Training



**Course Outline: Two Days (9.30am - 6.30pm)
Cost: 120.00 (inc. Manual)**

Day 1:

Welcome & Logistics
Group Introduction
Outline Aims & Objectives

Review of Basic Level theory
Review of Basic Level treatment protocols
Student Q & A

Introduction to INNER SOUND Motifs
Motif Protocols
Developing practitioner skills

Detailed introduction to individual motifs
Practical sessions

Day 2:

Review, Discussion, Q & A
Assessment Tools
Student Assessment Review

Continuation of detailed introduction to
Individual motifs
Practical Sessions

How to give group treatments
Case Study examples

Session: Student Exchange
Feedback

Certification criteria reviewed
Q & A, Comments

Tuning Fork Practitioner - Advanced Level

Training Aim

To demonstrate the therapeutic benefits of using INNER SOUND tuning forks as sound therapy in improving specific symptoms & Themes.

Training Objectives

- Develop further student practitioner skills
- Introduce 19 INNER SOUND Motifs
- Demonstrate how to create tuning fork treatments to address specific symptoms or themes

Teaching Methods:

Lecture & discussion; demonstrations; practical group treatments, individual & **pair-work** sessions, observation, assessment & review; Q&A

Learning Outcomes:

By the end of the 2-day training, students will be able to :

1. **describe** what is an INNER SOUND 'motif'
2. **choose** 'motifs' to work with particular themes or symptoms of their clients
3. **assess** a person's sensitivity to pure sound
4. **apply** advanced level tuning fork treatments
5. **name** which pairs of tuning forks balance specific segments of the body

Benefit to students & practitioners:

Advance your practitioner skills. **Enhance** your client treatments - **holistic & beauty**; **Improve** you and your client's self-awareness & **Achieve** long-lasting change in physical health & emotional well-being. A weekend of practical experiences & theory presentations to further your training in INNER SOUND tuning forks.