

Who is the Course for?

It is for all those people who want to explore 'Social Therapeutic Music Making'.

In particular, it is designed to meet the needs of:

♦ Special Needs Teachers • Music Therapists • Community Musicians and • Doctors

Tonalis, you will find, stands at the intersection where all the latest research on 'music therapy' and 'music and health', meets: community, anthroposophical, world music therapies and the best of sound therapy practices, in an integrated and professional way.

Through such initiatives as this, Tonalis is committed to raising the musical standards in the Special Needs and Community sectors, and is confident that participants will return to their life and work inspired and better equipped to work with music as a social and therapeutic art.

Testimonial

"As a music therapist I am impressed at the sensitive and original investigation Tonalis gives to music. Its perspective is important for anyone concerned with the therapeutic use of music."

DR. GARY ANSDELL – Head of Research at the Nordoff–Robbins Music Therapy Centre

Course Leader

Michael Deason–Barrow is the director of 'Tonalis: Centre for the Development of Music' which offers Trainings in the fields of Community Musicing, Singing, and Music as a Therapeutic Practice. He has taught at all levels from universities and schools to being a music therapist in special needs education. He has lectured on music therapy at the interdisciplinary conference 'Music and the Heart' at Clare College, Cambridge University, and is a visiting teacher at the Nordoff Robbins Music Therapy training in London.

Fees: £110 (for booking by March 10th) **£120** (thereafter)

Concessions: £95 for practising music therapists and full-time students by March 15th.

Work Scholarship: £75 for full-time students & the unwaged. Please check availability.

Times: 2nd: 12 noon - 9pm, 3rd: 10am - 6:30pm, 4th: 10am - 4:30pm

Lunches: Local Stroud Cafés. Tea & Coffee will be provided.

A Registration Letter incl. travel directions will be sent on receipt of your application.

TONALIS MUSIC CENTRE, 4 Castle Farm Close, Leighterton, GLOS, GL8 8UY

✂ **APPLICATION FORM - COMMUNITY & EDUCATIONAL MUSIC THERAPY**

Please complete & send to the above address with your cheque payable to - 'Tonalis'.

Name: _____ email: _____

Address: _____

Postcode: _____

Tel: _____ Mobile: _____

Do you require accommodation in Stroud? Yes No

Community & Educational MUSIC THERAPY

Explore a New Vision of Music in Special Education and Community Settings



KEY THEMES INCLUDE:

- ♦ New Instruments
- ♦ Improvisation &
- ♦ Circle Games

FOR MUSIC THERAPY
plus

- ♦ The Harmony of the Human Being:
A Question of Balance

Tonalis

Led by

Michael Deason–Barrow



2nd Midday - 4th **APRIL** 2013

VENUE - Tonalis Music Centre, Stroud, GLOS

Enquiries: Tel. 01666-890460 / info@tonalismusic.co.uk

Open Doors into a Huge New Field of Music Making

Music is increasingly recognised as being of special value for groups of people with special needs, whether children, adolescents, or adults.

Yet, one of the biggest gaps in music training up till now has been the lack of training opportunities for

PEOPLE WHO WORK WITH MUSIC WITH SPECIAL NEEDS GROUPS in

i) COMMUNITY MUSIC THERAPY

(i.e. group therapeutic music making in adult contexts)

ii) EDUCATIONAL MUSIC THERAPY

(i.e. music making in Special School settings, etc.).

This course will respond to this by offering a New Vision of Therapeutic Musicing to meet these needs, and will explore with you how therapeutic music making can help:

- *Promote Social Well-being* • *Express Feelings*
- *Release Muscular Tension* • *Improve Breathing*
- *Unlock Communication where language fails*
- *Develop Cognitive Skills* • *Improve Physical Co-ordination & much more.*

Key Themes this Course will Explore

Community Music Therapy with Adults

This course will explore with you how music can foster the relationship between self and other, and transform the social isolation from the world many people feel, isolated as they often are by physical handicap or emotional pain. The social implications of listening in 'Community Music Therapy' means that music can be a wonderful way of helping people contact

THE HEALING NATURE OF COMMUNITY.

*Via lots of singing and instrumental playing,
this course will introduce you to*

*how community values can inform a new art of music making
that calls us into relationship as co-creators.*

Music in Curative Education

This course will also introduce you to 'EDUCATIONAL MUSIC Therapy' which explores the overlap between Music Therapy and Music Education in Special Schools, namely, how music pedagogy can be deepened by therapeutic elements.

Along the way there'll be lots of EDUCATIONAL MUSIC THERAPY GAMES to develop

• listening & concentration • social skills • bodily co-ordination - & much more...!

Musical Circle Games for Community Building

Each morning will begin with circle activities using hands, feet, instruments, or voices. You'll find these games provide an experience of being listened to and responded to in ways that develop a deep sense of trust, cohesion and belonging.

New Instruments for i) Music Therapy & ii) Community Musicing

Come and explore the stunning new therapeutic and community music instruments Tonalis uses. These deeply musical instruments have been specifically designed to be technically accessible so that special needs groups and non-specialists can play them.

Many of these instruments have been inspired by the question,

'how can instruments create community and call the participants

into musical meetings where the players can reach out and contact each other?'

We will explore together how they create networks of relationships - rather like a weaving - in the space between the participants so that the circle of players becomes dynamically alive.

These new instruments include new therapeutic forms of:

- *percussion* • *gongs* • *lyres* • *harps* • *flutes* • *bowed instruments and*
- *a huge lap xylophone that can be shared between players.*

The Harmony of the Human Being - Musical Principles in Physiology

We say that our HEALTH IS SOUND when our

i) PHYSICAL BODY, ii) LIFE FORCES, iii) SOUL LIFE, iv) THINKING & v) HIGHER SELF/SPIRIT interact with each other in a rich exchange.

Illness, on the other hand, arises when this balance is disturbed through any one-sidedness which results in the Harmony of the Human Being becoming out of tune.

This course will therefore explore with you how music can:

specifically nourish each of the different parts of our being, outlined above, so that we can become a symphony of sound and bring our whole being into harmony.

Improvising/Creating Music in the Space Between I and You

Improvisation brings about new ways of listening and attuning to each other.

You will have a wonderful opportunity to explore how co-creating music can help everyone

Reach Out → Contact → Dialogue and Meet in the Space Between I and You.

So come and explore uplifting therapeutic group improvisations with intriguing names, such as: • *drone space* • *drop outs and* • *sound swaps.*

N.B. You will also find that threading its way through the course will be

New Anthroposophical Approaches to Music Therapy

developed by: • *Ruland* • *Visser* • *Bleffert* • *Huseman* • *Werbeck* - *and others.*