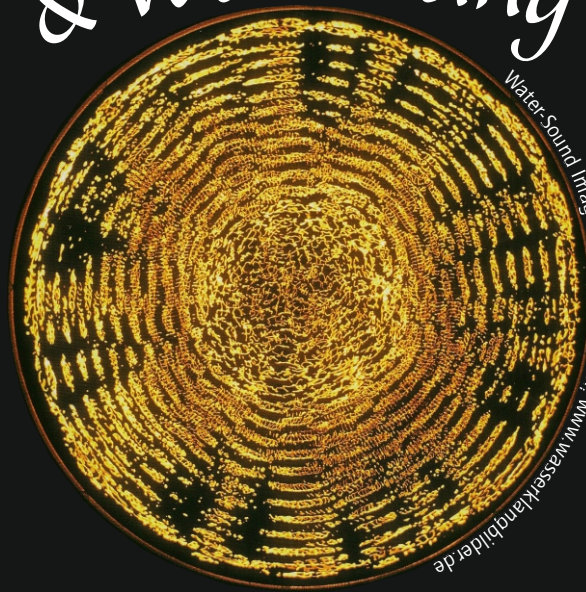


FOUNDATION TRAINING

8 Modules in Half-terms, Holidays & Weekends  
Duration: 21 days over 8 Months

# Singing for Health & Well-Being



Water-Sound Image by Alauterwasser, www.wasserklangbilder.de

## New Paradigms in SINGING THERAPY

offering an inspiring holistic marriage of

- © Vocal © Psychological © Spiritual
- © Cross-cultural & © Medical Perspectives.

Explore: © Therapeutic Voice Exercises  
© Songs for Singing Therapy & much more . . .

Course Leader: Michael Deason-Barrow

*Tonalis*

VENUE - The Field Centre, Nr. Nailsworth, GLOS  
Tel. 01666-890460      info@tonalismusic.co.uk

# SINGING FOR HEALTH & WELL-BEING

This groundbreaking, inspiring and practical training represents one of the first detailed explorations of the **USE OF SINGING FOR THERAPEUTIC PURPOSES**.

It will explore  
**NEW PARADIGMS IN**  
**THE EMERGING FIELD OF SINGING THERAPY**  
in an Exciting Marriage of

- Vocal • Medical • Physical • Cross-cultural
- Psychological & • Metaphysical Perspectives.

Singing is utterly life enhancing  
and one of the greatest therapies available to us.

It can:

- improve our well-being, breathing and energy levels
- relieve stress levels and transform emotions
- help us connect with others in an increasing age of loneliness
- help transform disabling illnesses
- help with healing disordered voices (i.e. voice pathologies)
- release us from the challenges of everyday life & much more . . .

*Thus it is not without good reason that we speak of 'SINGING THE BLUES AWAY'.*

*On 'Singing for Health and Wellbeing, you will have the opportunity to explore:*

- Therapeutic Singing Exercises linked to each component of voicework (researched and created by Tonalis)
  - Special Therapeutic Songs and
    - Vocal Improvisations to mediate between our conscious and unconscious worlds in order to process and integrate their gifts

*All this will be informed by*

**A Variety of Different Approaches to Therapeutic Singing**

from • Body-Mind-Voice approaches • Voice-based models of Psychotherapy

- Singing Therapy for Medical conditions & • The Treatment of Voice Disorders
- to • Metaphysical and Sacred Perspectives on Singing Therapy (especially using the path of Curative Singing inspired by Werbeck's 'Uncovering the Voice')

# 'Let me hear his voice that I may know him.' (Socrates)

For thousands of years singing has been an integral part of healing all over the world, from: mothers singing lullabies to soothe their children to shamans using the power of their voices in healing rituals and monks chanting sacred mantras. The healing voice therefore has a long and veritable therapeutic heritage from the archetypal myths of Orpheus and healing world voices → the psycho-therapeutic approaches of Wolfsohn, Newham and Austin → today's research into singing therapy for medical conditions.

A key reason singing is innately therapeutic is that sung tone literally vibrates through our whole being like a massage that tones us from within. Via specific exercises it can set up vibrations to break up physical and energetic blocks and thereby effect PHYSIOLOGICAL changes.

Just as significantly, singing can bring light into our underworld and act as an intermediary between our conscious and unconscious life. In fact, it is just because of this connection between singing, PSYCHOLOGY and EMOTIONS that it can be used in a therapeutic way.

*Yet, inspite of the fact that*

- i) the first healers were singers, and
- ii) the voice is everyone's original healing instrument

don't you find it surprising that:

- there is such a scarcity of training in singing therapy, and
- traditional singing lessons are largely lacking in therapeutic awareness?

This is because most lessons teach the 'technical' aspects of singing allied to musicianship, interpretation and stylistic awareness. But this leaves a huge amount unaccounted for.

In fact there is a veritable chasm between thinking of singing in terms of its physical, technical and musical aspects *versus* the emotional, psychological, therapeutic and spiritual elements of voicework.

**THIS TRAINING WILL CHANGE ALL THAT!**

*It will therefore explore:*

- i) how singing is about much more than just the movements of our vocal folds, our resonance, or our breathing. We also need to connect with our spiritual and emotional core.
- ii) how, because our voice mirrors our whole being, it needs to be educated holistically - not merely treated as a mechanism that needs mere physical adjustments.

*'Singing for Health and Well-being' has therefore been designed for*

- people wanting to explore the role of 'singing therapy' in personal development and
- singing teachers, music and sound therapists who want to bring therapeutic perspectives on singing into their practice.

# Key Themes the Training will Explore

## Sing Freedom

The starting place for each module will be to explore what constitutes healthy singing in connection with all the components of voicework, so you can learn how to offer a healthy vocal model to all the people you work with.

*'Singing for Health and Well-being'*

will thus function as a comprehensive **SINGING TRAINING** in itself.

*To help with this there will be:*

## Therapeutic Singing Exercises

A key focus of the training will be to research the relationship between each of the **VOICE COMPONENTS** and the **SELF** and how each element carries within it both psychological and therapeutic perspectives.

*For example, we will explore how the -*

- **RANGE** of our voice connects to the way we can contact our 'heights and depths'
- **RESONANCE/COLOUR** of our voice connects to issues of 'brightness & darkness' in our lives
- **REGISTERS** of our voice connect to issues of 'masculine/feminine' & 'brokenness/wholeness', etc.
- **PHONATION** of our voice connects to qualities such as 'vulnerability and assertiveness'
- **DYNAMICS** of our voice connects to issues of 'loudness and quietness' in our being.

## Breath of Life - Breath of Voice

Clearly the patterns and rhythms of our breathing are deeply connected with our life. (Witness our breathing when we laugh, cry, or speak of 'breathing fresh life' into someone.)

*The training will therefore work in depth with Tonalis therapeutic breathing exercises.*

## The Healing Power of Vowels and Consonants

Each consonant and each vowel is like a different musical instrument which has its own unique energetic power and therapeutic properties. So come and explore:

- i) how toning on each vowel (inspired by Werbeck's 'Uncovering the Voice') relates to different parts of our body and helps to balance the energy centres known as the chakras.
- ii) how each consonant relates to the archetypal 4 Elements of Earth, Air, Fire and Water.

## Voice & Psyche - Tuning Our Primary Instrument: Our Self

Singing therapy calls us to take account of the role of the '**INNER SINGER**' in each of us and how singing can address our • Emotional • Psychological and • Spiritual Life.

A key aspect of this training is therefore centred on exploring

**THE PSYCHOLOGY OF SINGING.**

# Global and Sacred Voices - Healing Perspectives

Singing is an integral part of healing in cultures all over the world today.

A unique part of this training will therefore focus on:

- i) the healing voices found in **WORLD** vocal and musical styles, and e.g.:
  - *Primordial Traditions (such as Native American Chant)* • *Heartfelt Georgian and Hebrew singing* • *The bright voicings of Bulgarian and Sardinian music.*
- ii) how **SACRED SINGING** offers unique therapeutic gifts -  
e.g. • *the Chants of Hildegard of Bingen.*

## Songs in the Key of Life - Therapeutic Songs

Special songs are inextricably linked to people's life stories.

They can create unique ways to explore emotions  
and the inner sound track of our lives.

*On each module we will therefore sing special therapeutic songs that:*

- allow us to meet the past and give voice to our hopes and dreams
- weave together the tales of our joys and sorrows
- give voice to parts of ourselves we often deny
- ask for forgiveness and petition for help to get through difficult times
- encourage spiritual presence and transcendence.
- build confidence and create trust so you can let your light shine
- help you to let go and move on
- give voice to freedom and new life.

## Developmental Pathways in Singing

Explore how our voice accompanies every part of our life's journey, from: early childhood → the unique rites of passage and changes of voice brought about during puberty → questions of singing connected to the aging voice → voice therapy for the elderly and the dying.

*Along the way the training will also investigate*

*many other fundamental issues connected with singing therapy, such as:*

- **GENDER** stereotypes (including male and female beliefs about singing)
- how to help **UNCERTAIN SINGERS** and people with pitch match challenges.

## Singing Therapy in Medical Contexts

Singing therapy has a huge role to play in working with medical aspects of voicework. The training will therefore offer you introductory guidelines on how singing therapy can work with:

- Neurological issues • Dementia • Autistic Spectrum • Respiratory Disorders
- Hearing Disabilities • Older Singers • the Elderly and • Singing for the Dying.

# Vocal Pathologies and their Treatment - An Introduction

New medical insights emanating from Voice Clinics today are helping us understand how PHYSIOLOGICAL misuse of the voice leads to laryngeal disorders (e.g. vocal nodules).

Introductions will therefore be given on specific voice disorders accompanied by therapeutic exercises to address these conditions.

## Assessment and Diagnosis

The key for making a diagnosis for therapeutic voicework is based on recognising that our voice always mirrors our inner life processes and the way it tells us what is in and out of balance.

As an example, such questions could include:

- What are the specific features of a person's voice that are compromised or suffering disturbance (e.g. their range, breathing, resonance and volume, etc.)?
- How does a client's relationship to their mind, body, soul, spirit and energetic being manifest in their voice use?
- Does the voice indicate either a physiological pathology or psychological/emotional issues?

## WHO WILL BENEFIT FROM THE TRAINING?

'Singing for Health and Well-being' offers you the opportunity to experience a unique and dynamic approach to singing therapy, and is for everyone who wants to

**Rediscover the Power of Singing as a Healing Force.**

It is appropriate for people with all levels of vocal and musical experience. You'll find Michael will create a safe environment for everyone to explore the course themes. The sessions will be informative, health giving and practical, and will offer plenty of inspiration to encourage a deeper awareness of the healing properties of the voice

*The training can be used:*

1) for your own **LEARNING** and **PERSONAL DEVELOPMENT**

2) to **PROGRESS YOUR OWN VOCAL DEVELOPMENT**

3) to **OPEN UP** to **WHAT'S INVOLVED** in **THERAPEUTIC SINGING** and to provide a foundation in the field of 'Singing for Health and Wellbeing'

4) to meet the **VOCATIONAL** and **CPD** needs of:

♦ *Music, Singing & Sound Therapy Practitioners*

♦ *Singing Teachers* and ♦ *Special Needs Teachers.*

It will also bring new therapeutic perspectives, inspiration and CPD to

♦ *Doctors* and ♦ *other Health Professionals.*

# The Structure of the Training

**Duration: 21 days in 8 Modules**  
**in School Holidays, Half Terms and Weekends**

<b>2022</b>	<b>Module 1:</b>	<i>March 5 - 6</i>	<i>- 2 days</i>
	<b>Module 2:</b>	<i>April 8 - 10</i>	<i>- 3 days</i>
	<b>Module 3:</b>	<i>April 30 - May 2</i>	<i>- 3 days</i>
	<b>Module 4:</b>	<i>June 11 - 12</i>	<i>- 2 days</i>
	<b>Module 5:</b>	<i>August 5 - 9</i>	<i>- 5 days</i>
	<b>Module 6:</b>	<i>September 10 - 11</i>	<i>- 2 days</i>
	<b>Module 7:</b>	<i>October 8 - 9</i>	<i>- 2 days</i>
	<b>Module 8:</b>	<i>November 5 - 6</i>	<i>- 2 days</i>

## Distance Learning and Resources

**Distance Learning.** The aim of all the teaching is that it acts as a springboard to launch you into your own practice and creative research. Distance Learning provides the periods of time needed to work on your vocal practice, read, research, review, test, apply and consolidate the inspiration of the teaching within your work and life.

**Distance Learning Study Hours:** As a guide we advise a minimum of 5-6 hours/ week.

**Resources and Study Materials.** To assist your research and practice you are asked to purchase Michael's 3 volume book 'Sing Freedom' and 'Songs in the Key of Life'.

## Contributors

**Michael Deason-Barrow** - Director of 'Tonalis' - is a voice trainer who has taught at all levels from the Nordoff-Robbins Music Therapy Training to special needs education and singing therapy. He has led workshops for the 'Singing for the Brain' organisation and specialises in helping uncertain singers and clients with vocal pathologies. He has taught 'how to transform performance anxiety' at the Royal Welsh College of Music and Drama and written books on 'The Healing Voice', 'Songs in the Key of Life' and 'Sing Freedom'.

**Pia Poulsen** - is a Tonalis trained teacher and a practising Singing Therapist who did a 4 year singing therapy training in Germany inspired by Werbeck's therapeutic voice methods. On this training she will present case studies and lead sessions on singing therapy exercises.

**Marianne Lihannah** - is a Tonalis trained singing teacher who will offer 1 to 1 singing lessons.  
(*N.B. The fee for these lessons is not part of the tuition fee.*)

**Lorin Panny** - is a Eurythmist who will introduce the therapeutic movement qualities of vowels and consonants and work with movement processes in relationship to breathing.

# APPLICATION FORM - Singing for Health & Well-Being

Please complete and send with a non-refundable £40 Deposit/Admin.Fee payable to 'Tonalis' at:-

4 Castle Farm Close, Leighterton, Glos. GL8 8UY, England.  
or pay into the Tonalis account: Sort Code 08-92-50, Account # 68684633

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Telephone: \_\_\_\_\_ email: \_\_\_\_\_

Do you require accommodation? Yes ☐ No ☐

*If you do we will send you a list of local hosts, B&Bs and hotels for you to make your own arrangements.*

*Prices for local family hosts are approx. £22/person/night. (N.B. Your own transport may be necessary.)*



- A QUESTIONNAIRE regarding your reasons for wanting to take this training and your musical background will be sent on receipt of your *Application*.
- A REGISTRATION LETTER with travel Information and registration times, etc. will be sent when the requisite number of participants permit the course to start.

## Fees

**Tuition Fees:** £940

£965

£985

If paying in: 1 instalment

(i.e. 2 x £483)  
2 instalments

(i.e. 3 x £328)  
3 instalments

£20 deducted from the Fees for **Early Booking** by January 15th, 2022.

**Work Scholarship Fee:** £95 off the above fees (N.B. Please check availability.)

A LIMITED number of Work Scholarships are available to help with setting up and clearing away, etc.

## Venue

'The Field Centre' is a unique venue with its central glass-domed teaching space, glorious organic architecture, dining room and stunning views over the Cotswold countryside.

Here's the website for you to see for yourself, [www.thefieldcentre.org.uk](http://www.thefieldcentre.org.uk)

## 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.

**Professor Gary Ansdell** - Nordoff-Robbins Music Therapy Research Associate