



Voice Movement Therapy

The human voice reflects both physical and psychic states and has the ability to convey both cognitive meaning and affective expression simultaneously. It is our primary mode of communication for both ideas and feelings and can move us with words and beyond words. It is the only instrument wherein player and played upon are contained within the same organic form and therefore can achieve its fullest expression when firmly grounded in the body. It has two main channels of communication: the words we say - the symbols we use to convey our cognitive message - and the way we say them - the tones and qualities of voice which express the emotional message underlying what we speak or sing.



What is voice movement therapy?

It is an energetic expressive arts system based on the artistic and therapeutic qualities of the singing voice. It is holistic and integrative in approach and grounded in the body. The work was developed by Paul Newham of UK and draws on the pioneering work of singing teacher Alfred Wolfsohn, actor Roy Hart and psychologist Carl Jung. It is both creative and therapeutic in that it requires an exploration of oneself and one's issues through the contours of the voice and through the creative enactment of one's personal story in movement and song.



Who is voice movement therapy for?

It is for those who wish to discover, reclaim, release and give voice to the myriad of expressions we are capable of as human beings. It is particularly wonderful for those desiring to sing; to befriend fear, judgment and vulnerability, often associated with being heard.

Benefits of voice movement therapy

- Renewed personal confidence & self esteem
- Reduction of performance anxiety
- Stress management
- Clarity and focus
- Expanding the range of voice accessing a richer palette for expression
- Integration and understanding of emotion, psyche, spirit and instinct
- Finding and releasing one's natural voice power
- Acceptance of oneself and story
- Relief from pain

References:

<http://vmtoceania.com/about-voice-movement-therapy-oceania.html>

<http://www.iavmt.org/whatisvmt.html>



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