

# VOCAL PSYCHOTHERAPY

## DISTANCE TRAINING COURSE, UK

**2020 - 2022**

This is a two year advanced training course taught by **Dr. Diane Austin**, available to qualified music therapists or other therapists with a comparable skill set, which will result in a certificate in Vocal Psychotherapy from the Music Psychotherapy Center in New York City, USA.

### **Course Description**

**Vocal Psychotherapy** is the use of the breath, natural sounds, vocal improvisation, songs and dialogue within a client and therapist relationship to facilitate intra-psychic and interpersonal change and growth. It combines the ideas and theories of depth psychology with the practice of vocal music therapy. This model includes vocal holding techniques©, free associative singing© and other techniques for accessing conscious and unconscious feelings, memories and associations.

The course will provide students with a broad theoretical and experiential knowledge of the therapeutic benefits of vocal improvisation in music therapy. The strong Jungian-based theoretical foundation will be taught through lectures and discussion and students will learn to apply theory to practice through experiential workshops.

The core learning during the residential weeks will be experiential, providing rich opportunities to observe, participate in and lead voice-centered therapeutic experiences and interventions. The beautiful residential setting will allow the students to fully immerse themselves in the course content and build relationships with fellow participants (see below for details)

Students will be encouraged to communicate closely during training to support one another's learning and development.

## **Course Content**

Through a combination of lectures, workshops and discussion the course will cover:

- The theories of depth psychology including psychoanalysis and Jungian psychology.
- Vocal interventions and how they can be adapted with different populations.
- Vocal holding techniques©, free associative singing© and other techniques
- Awareness of the benefits of deep breathing practice in singing and as a therapeutic tool.
- How natural sounds and movements enable a connection between body, mind and spirit.
- The therapeutic value of toning and chanting.
- A repertoire of improvisational sound and movement games and exercises.
- Therapeutic songwriting
- Use of verbal interpretation

Reading and 2 written assignments will also be set.

## **Course dates and structure**

The course will run from August 2020 to June 2022 with residential weeks in August 2020, February 2021 and July 2021, and February 2022 (dates to be confirmed)

Year 1: 2 x residential weeks, 8 x 1.5hr online seminars

Year 2: 2 x residential weeks, 4 x 1.5hr online seminars

8 x 1:1 online supervision sessions supporting 20 hrs clinical case work

The residential weeks will be over six days, including 5 full days of workshops and a day off in the middle for processing and rest.

The monthly online seminars are at the weekend – the day and time will vary according to your time zone. These will be in small groups, with live online connection to Diane in New York.

Supervision in the second year will be arranged individually.

## Residential Weeks at Fair Oak Farm



Set in the heart of the countryside in the South East of England, Fair Oak Farm offers high quality accommodation and plenty of space to work in small or large groups. This unique and beautiful setting surrounded by woodland and lush green valleys will enable participants to fully immerse themselves in the course and connect with their creativity. Everyone will have their own room, each with its own individual character, and there will be plenty of time to relax in the afternoons and evenings. There will also be one day off in the middle of the six days when students will be free to explore the local area. All food is included and locally sourced where possible, with the exception of lunch and dinner on the middle day.

The farm is located near Mayfield in East Sussex, just one hour from London and Gatwick airport.

Please visit [www.fairoakfarm.co.uk](http://www.fairoakfarm.co.uk) for further information

## **Course fees**

<i>Residential Weeks</i>	Teaching	£120 per day x 5	= £600
	Accommodation & food	£100 per day x 6	= £600
		Per week	= £1200
		x 4 weeks	= <b><u>£4800</u></b>
<i>Online contact</i>	1.5 hr group seminars	£45 x 12	= £600
	1 hr supervision	£50 p/h x 8	= £360
			= <b><u>£960</u></b>
	Total:		= <b><u>£5,760</u></b>

Once a place has been confirmed, a payment of £1000 will be required to secure your place. A range of payment options for the balance are available until August 2021 and a reduction of £260 will be given if the full amount is paid by 30<sup>th</sup> April 2020.

It is strongly advised that people go to their own therapy during the training.

## **How do I apply?**

Applications should include a letter giving your reasons for wanting to take the course, your voice work history, and curriculum vitae. Please send applications via email to: Tina Warnock, Programme Director: [tinaw@belltree.org.uk](mailto:tinaw@belltree.org.uk)

If you would like to discuss your application please email Tina, at the address above, or call +44 (0)1273 776454.

Suitable applicants will be interviewed via Skype by Diane Austin and places will only be secured after the deposit has been paid. There are 17 places available.

For further information about Diane Austin and her work, please visit [www.dianeastin.com](http://www.dianeastin.com)

**Feedback from some trainees on the 2018-20 course:**

*'I left the first residency feeling incredibly touched and assured of the transformation that has begun in me as a result of Diane's teaching and attention, as well as the group's engagement in our shared experience of the course. I went in knowing the content and teaching would be impactful, but was amazed by the deep impact that our cohort of learners also had on one another's process. I am eager to continue exploring my voice and the psychotherapy process with Diane and my cohort.'*

– Cathleen Flynn, USA

*'For me, the combination of the experiential weeks and the online seminars is very helpful; it allows time to digest the information, to think and rethink, to try things out. Because we can meet online every month, we don't lose the connection with the group members and can build on the strong connections which developed in the first experiential week...and we can learn from our own group processes which after all offer loads of live material to work with and to process.'*

– Nele Fiers, Belgium

*'Vocal psychotherapy in UK has been a great experience for me so far. Our group consists of music therapists from all over the world, which is amazing! The setting is very beautiful in the English countryside and the place where we are staying is cosy and relaxing. Tina (Programme Director) was very welcoming and organized. We worked very hard and in-depth in the first week as a group and had the chance to learn many ways to use our voice as a powerful tool to express ourselves and work in the clinical setting.*

*I already feel much more confident using my voice as a music therapist and I have plenty of new tools which will help me work more deeply with my clients. This course is not just helping me as a therapist but on a more personal level as well; going through the experiential exercises and using my voice at this level is enabling me to understand more about myself, my past, my fears and where I am right now. I highly recommend this course to any music therapist who wants to use the voice to work at a deeper psychoanalytical level with their clients.'*

- Elena Pasoudi, Greece

And from the US-based course:

*'I am a Licensed Creative arts Therapist (LCAT) working on an acute behavioral health hospital unit and maintaining a private psychotherapy practice treating clients in recovery from substance abuse and childhood trauma, including sexual abuse. In her program Dr. Austin provides a strong, Jungian based theoretical foundation as well as the opportunity to observe and practice both verbal processing and vocal improvisation techniques. Her Vocal Holding program is comprehensive and thorough offering unique and effective techniques to build trust, promote relaxation and focus, and bring important intrapsychic material to conscious awareness. Throughout the program, Dr. Austin provides ongoing group and individual support. Dr. Austin also provides trainees with an extensive body of research related to her model and her techniques, grounding them in the evidence-based practice required in today's healthcare environment. Dr. Austin's program was without question the most important part of my preparation for this work and was instrumental in my development as a therapist. Thanks to Dr. Austin I approach clients confident, grounded and prepared. I cannot imagine who I would be in my work or how I would practice my work without this preparation. I consider this background and training to have made me as well or better prepared to work in psychiatry than my colleagues in social work or nursing. I give this program my highest recommendation!'*

Laurie Crosse, LCAT, MA, MT-BC, VPT

July 2018  
Experiential  
Week

