

Program for VMT Conference 09 in St. Johann bei Herberstein, Austria:

Friday 2nd of October:

9.00-11.00: **Voicing the four directions** - Veronica Phillips.

The Four Directions honoured in Shamanism are a powerful and potent guide and connection with the Earth. In this holy place, especially for those who have gone before us, where we can be more fully aware of our Ancestors, we will honour the Four Directions in sound and song. We will experience the Four Directions as metaphor, symbol, guide and connection for our life, sensing our inner voice, expressing outwardly, both together and individually.

(Workshop will be held outside, time includes half an hour walk there and back)

11:00-12:30: **Voice & muscular tension, with references to both VMT and SLP** - Tracy Starreveld:

12:30 - 14:00: **Lunch**

14:00-15:30: **Gestalt and VMT - The mutual dance** – Dr. Yaron Ziv.

This workshop will demonstrate the empowerment of the Gestalt methods using voice work and the mutual empowerment of VMT work by implying Gestalt Principles. The workshop is basically experiential, with theoretical anchoring.

15:30-16:00: Coffee break

16:00-16:30: **Letters to a young singer**, by Lena Mandotter, a film about song and psyche.

leading into

16:30-18:00: **Discussion** where practitioners are at with their work.
Sharing- Discussing

18:00-19:00: **Dinner**

19:30-21:00: **Sharing songs - singing together**

Saturday 3rd of October –“open house” - open to our invited guests:

10: 00 - 10:15: Opening - Welcoming all of us and our guests

10:15 -11:00: Talk by Anne Brownell, **“The beauty of the dared expression”**(from Alfred Wolfsohn): a brief history and purpose of VMT

11:00-13:00: We'll have three parallel workshops. You can choose the one you would like to visit and we will try to accommodate you.

1) In Celebration of the Uniqueness of the Self - Christine Isherwood

An experiential workshop which will begin with an introduction to the movement and vocal work which constitutes Voice Movement Therapy. We will go on to explore a vocal and movement landscape, visiting areas of the voice known to us and new to us.

How is the self invoked in song and sound? How to reach into the depths of the self and not only come into contact with what resides there but also to bring it out, to express it and let it go, or let it be made visible and audible so that we have had a tangible experience of it, of ourselves, or of something transpersonal. Invoking ourselves in ways we may not have experienced ourselves before, voicing ourselves anew.

As small children we give vocal input to so much of what we do, yet as adults we are asked to silence ourselves. It seems our songs must go not only unheard but unexpressed, too. Here in this workshop we will reclaim some of our silenced selves, some of our unvoiced selves, some of our unheard selves. Here in this workshop we will allow ourselves to hear ourselves in different ways than the ways we so often hear ourselves in the world, by communicating through song, our own song, the songs we breathe into life. Here, we will come and be with ourselves, and let ourselves be, breathe, sing and move. Please bring a pen and paper.

2) The Embodied Voice: An Introduction to Voice Movement Therapy - Anne Brownell

“It is the limitations of our being which makes us sad and angry and constitutes our fear... If one wants to change character, it is not enough to talk about feelings: they must be experienced and expressed.” (Alexander Lowen) Whether one is working with one's own voice, with singers or other performers, clients in therapy, or individuals experiencing developmental or injury-related impediments, change of some kind is usually what is being sought. In this workshop, we will begin to explore some of the ways VMT engages us in this quest through the medium of the sounding voice.

3) **Singing All Angles: VMT and the Planes of Expression** - Melanie Harrold

Singing is a multilayered dynamic process. The challenge when singing our song is in staying present to the resonance of our soul's intent within our voices while reaching for and receiving contact. The theme of this workshop is to explore the relationship between the therapeutic understanding within VMT and the existential sung moment of relational and artistic expression.

13:00- 14:30: **Lunch**

14:30- 16:30: **A second round of the workshops** mentioned above.

16:30-17:30: **Coffee and cake buffet**

17:30 -18:15: **Performances** by VMT practitioners.

Sunday 4th of October:

8:00: **Breakfast**

9:00: **AGM and final discussions**

11:45: **Lunch**

12:30: **Departure to Graz Airport**

13:30 **Departure to Vienna**