

NEW ENGLISH-FINNISH COURSE FOR THERAPEUTIC SINGING 2023-2026

RAPHAEL-SCHOOL FOR SINGING AND SINGING THERAPY

IN CO-OPERATION WITH ALY RY.
FUNDED BY GYLLENBERG FOUNDATION

**"Singing is firstly the inner dance of the breath, of the soul,
but it can also free our bodies from all rigidity...
and teach us the rhythm of life."**

Yehudi Menuhin

Singing therapy based on "The School of Uncovering the Voice" is an anthroposophically oriented art therapy. In a searching, enquiring approach to musical elements, such as breathing, the listening process, consonants and vowels, we will immerse ourselves evermore deeply into a transformative learning process that can be accompany us throughout our lives on the path to our "I-sound". Through this active, searching transformation we will connect with our inherent creative resources. The voice is the organ that connects us increasingly more deeply and consciously with these creative forces within us.

"Learning in such away, that we change, even develop into something we were not before. In other words, something happens that is more than unfolding given talents." (Coenraad van Houten: Awakening the Will, Principles and Processes in Adult Learning, ch. 5)

This is the kind of adult education we are concerned with here.

We will thus, through practical experience, develop new and deepening possibilities for perceiving our body, our soul and the connections which we as a personality have with the cosmic forces surrounding us, such as the elements, the Zodiac, the planets, etc. The deepened self-observation together with the knowledge of the above mentioned elements will enable us in our work as singing therapists to stimulate the creative self-healing powers of our clients and thus to accompany them on a path to inner balance and health on all levels.

"For this purpose, the actively learning ego has to become a flame. It has to burn what it has taken in from outside so that the new in us may be born individually." (C. van Houten: 'Awakening the Will, Principles and Processes in Adult Learning', ch.6)

The School of Uncovering the Voice was developed by Valborg Werbeck-Svärdström in cooperation with Rudolf Steiner from 1912-1924.

Course dates are:

Module 1: 16.2. 18.00 – 20.2.2023 17.00

Module 2: 1.6. 18.00 – 9.6.2023 17.00

Module 3: 22.10. 18.00 – 26.10.2023 17.00

Duration and structure of the course:

- This is a 4-year part-time Further Professional Training in Therapeutic Singing.
- The course is available under the name "Raphael School for Singing and Singing Therapy". The Curriculum has been recognized and approved by the Medical Section at the Goetheanum. The 2023-2026 course is geared to English speaking as well as to Finnish speaking participants.
- Each study year comprises three sessions: 2 times 4 days in February and October and 8 days in June. Also there will be two short modules each of 2 days in April and August/September.
- The course will be held in Tampere, Finland
- The course will comprise the equivalent of 700 (45-Minute) units in total. Regular individual practice and study in between the modules is mandatory to deepen the experience.
- Regional peer-group work will help to consolidate and deepen the study-process.
- In addition, internship will take place during the third and fourth year.
- Course participants of the Therapeutic Singing Training and the Course Leadership will sign a study-contract, outlining their mutual responsibilities in relation to presentation and participation.

Course Curriculum and Aims:

In this Further Professional Training the therapeutic effects of sound, breathing, speech sound and musical elements on the singing human being will be studied in theory and practice in a phenomenological way. These experiences will be deepened through medical and anthroposophical lectures by experienced anthroposophical doctors or other experienced teachers and brought into practical connection with the therapeutic work.

- From the start, students will learn therapeutic exercises and their practical application.
- There will also be group sessions to assess and discuss the progress and questions of the participants.
- The book "Uncovering the Voice. The Cleansing Power of Song" by Valborg-Werbeck-Svärdström is the basis for the study. Its content will flow into the course both in theory and practice. Anthroposophic works by Rudolf Steiner will be studied too as a foundation for the work.
- Choral singing and improvisation will build up a working repertoire for later group teaching and will also contribute to strengthening the social fabric of the student community.
- Elements of movement (Eurythmy and Bothmer-Gymnastics) will be incorporated in the daily lessons as the basis for the physical work.

Working with the Lyre:

The lyre is a very suitable instrument for supporting the work of Singing Therapy . Its living sound carries the voice, and the instrument can easily be tuned to the preferred tuning for therapy (432 Hz). As there is no time allocated to lyre lessons in the program, we recommend students to get hold of and learn to play the instrument outside lessons time. If the process is documented, the hours used for this can nevertheless become part of the participant's portfolio.

Entry requirements:

- Minimum age of 23
- A willingness and interest to become involved with Anthroposophy and with 'The School of Uncovering the Voice'.
- A basic knowledge of music theory or the willingness to acquire it.
- A basic training in a medical or therapeutic profession
or a training as a singer or instrumentalist
or pedagogical or social-pedagogical training

Cost: 2000 € / Year

+ Daily charge for organic meals

Inexpensive accommodation nearby can be arranged.

Applications:

to Stefanie Aurig

email: info@ich-klang.de

or by telephone: 0049-(0)5855-6119968

Stefanie Aurig

Singer, singing- and music-therapist (since 2008/1992) naturopath for psychotherapy and biography coach. Teacher and Mentor in Germany since 2010 (English and German course), Brazil since 2013. Workshops and courses in Australia, Holland, Switzerland and Finland.

Subjects: Phenomenology of singing therapy, singing, voice development, individual and small group teaching, methodology, anthropology, movement elements and course leadership.