



# SOUND TOUCH Module



## Introduction to SOUND TOUCH

### Who might find this course interesting?

- Anyone interested in developing personal awareness -

you can use SOUND TOUCH on a daily basis for physical well-being, emotional stability or personal growth

- Any practitioner/therapist/educator (alternative or traditional)

You can use sound and music to enhance your work

- If you love music and want to broaden your experience or expand the role it plays in your life

- If you are a musician and want to receive more pleasure and healing from the music you play

**Sound Good?  
Easy to Learn and Simple to Use**

**Come and Experience  
for Yourself!**

## What is SOUND TOUCH?

SOUND TOUCH is an element of our Sound Therapist Practitioner training that can be used independently.

This 2-day module introduces the fundamental elements of INNER SOUND - the INNER SOUND Motifs. In music, a 'motif' is a short melodic phrase that creates a distinctive rhythmic pattern.

INNER SOUND is a sound healing system based on creating 'relative' movement within your system, without proposing any accompanying belief system or structure. It can support any process of self-development or change including your physical health and emotional well-being.

## How does SOUND TOUCH Work?

By initiating a rhythmic movement throughout your whole system, INNER SOUND's motifs help restore a **dynamic movement** of expansion or contraction in your system. Depending on which **instruments** are used to play the motifs, different aspects of you are influenced - whether mental, emotional, physical or energetic. Used regularly, SOUND TOUCH can help **liberate** trapped or blocked emotional energy that may have built up over time, impeding function, physical movement and emotional expression.

## Does this course offer a qualification?

This course offers an Attendance Certificate & CPD points. It is a detailed introduction to the INNER SOUND 'motifs' & their accompanying exercises.

## What are the Benefits?

INNER SOUND Motifs provide an extensive variety of rhythmic patterns to help release and integrate emotional expression.



# SOUND TOUCH Module



**Course Outline: Two Days (10am - 6pm)**  
**Cost: 165.00**

## *Typical Schedule for SOUND TOUCH Module*

### **Saturday am**

Welcome, Introductions, Logistics

Introducing Emotional Theory  
Sympathetic Resonance  
How Sound Heals

### **Lunch**

### **Saturday pm**

History of  
INNER SOUND Motifs

Suggestions for use of  
INNER SOUND CD

### **Sunday am**

Detailed Review  
INNER SOUND Motifs  
(Uses, Enhancement Exercises,  
Recommended Listening)

### **Lunch**

### **Sunday pm**

Detailed Review (cont'd)  
of INNER SOUND Motifs  
(Uses, Enhancement Exercises,  
Recommended Listening)

Listening Programs  
for SOUND TOUCH CD

## **SOUND TOUCH Module**

### **Teaching Aim**

An in-depth introduction to the INNER SOUND 'Motifs' and their uses

### **Teaching Objectives**

- Explain why sound & music are ideal 'tools' for promoting movement in the body (sympathetic resonance)
- Identify different types of sound used in sound therapy & their benefits;
- Demonstrate how to use music you don't like to make lasting changes in your life

### **Teaching Methods:**

Lecture & discussion;  
demonstrations;  
Practical group & individual sessions,  
observation, feedback & review;  
Q&A

### **Learning Outcomes:**

By the end of the 2-day course, you will be able to :

1. **define** what 'sympathetic resonance' means
2. **describe** 3 different types of sound & their effects
3. **use** INNER SOUND motifs to release & integrate
4. **understand** how the brain processes sound

### **Benefit to students & practitioners:**

Students gain an intensive practical experience of INNER SOUND Motifs together with detailed theory presentations introducing the therapeutic use of sound and music in the form of specific rhythmic patterns & melodies identified by Arden Wilken.



# Booking Information



## School for INNER SOUND (UK)



Sheila Hill is a trained Sound Therapy Practitioner, creating individualized treatments. She uses tuning forks, therapeutic music & voice

Sheila's relationship with **INNER SOUND** spans over 25 years. She has been presenting talks, demonstrations and trainings in the UK since 2002. In 2005, Sheila became the Director of the School for INNER SOUND (UK) and is certified to teach a varied curriculum of the School's international education program.

### Teaching Qualifications:

City and Guilds Teaching Certificate - Teaching Adult Learners  
City & Guilds Level 4 Stage 1 Unit - Assessment Activities  
City & Guilds Level 4 Stage 1 Unit - Resources

### Practitioner-based Association Memberships

Assn of Physical & Natural Therapists (APNT)  
British Complementary Medicine Assn (BCMA)  
International Assn of Sound Therapy (IAST)

### School-based Association Memberships:

British Complementary Medicine Assn (BCMA)  
Complementary Medical Assn (CMA)

Sheila actively supports voluntary self-regulation of complementary therapy in the UK as Acting Lay Chair of the British Complementary Therapies Council. She is also Co-founder of the UK's first member-based Sound Therapy Association.

## Booking Details Training Dates: 2012

**Hours: 10am - 6pm, Cost: 165.00**

Thurs 10 & Fri 11 May  
Or  
Thurs 26 & Fri 27 July

**Price includes SOUND TOUCH CD & extensive course manual**

### Payment Options:

Pay by Bank Transfer (BACS) to Inner Sound a/c  
(Bank details given in Booking Form)

Pay by credit card: Paypal (fee applies)  
Visit [www.inner-sound.co.uk/pay.htm](http://www.inner-sound.co.uk/pay.htm)  
Click on the Paypal button next to course date

Pay by Cheque (sterling only, make payable to 'Inner Sound Arden Wilken Ltd')

### Send cheques to:

Inner Sound (Arden Wilken) Limited  
15A Queens Road  
Twickenham TW1 4EZ