

## Mind Body Education



# The Master Practitioner in Holistic Sound Therapy Training Program

*This is a post graduate program for graduates of the MBE Meditation Teacher Training Program or the Holistic Integrated Creative Therapies Program.*

Step into the realm of transformative healing with our Master Practitioner in Holistic Sound Therapy Training Program.

This comprehensive and immersive program is designed for individuals seeking to deepen their knowledge and skills in the field of sound therapy.

Guided by qualified and experienced practitioners, you will embark on a profound journey into the world of sound, exploring its powerful effects on the mind, body, and spirit.

Through a blend of theoretical teachings, hands-on practice, and experiential learning, you will delve into advanced sound healing techniques, including the use of various instruments, vocal toning, and energy balancing.

Discover how to create personalized sound healing sessions, tailored to individual needs, and gain insight into the principles of sound therapy research and application.

Whether you are a holistic practitioner who wants to expand your practice or someone ready to embark on a wonderful new career, this program will equip you with the skills and confidence to become a Master Practitioner in Holistic Sound Therapy.

### Module 1: Introduction to Sound Therapy

#### I. Overview of Sound Therapy and Its History

- A. Introduction to the concept of sound therapy and its origins
- B. Historical overview of sound healing practices across cultures
- C. Evolution of sound therapy in modern times
- D. Understanding the current landscape and applications of sound therapy

#### II. Basic Principles and Theories of Sound Healing

- A. Exploring the fundamental principles underlying sound healing
- B. Understanding the theories of resonance, entrainment, and vibration
- C. The impact of sound on the physical, emotional, and energetic levels
- D. The role of intention and mindfulness in sound healing

#### III. Introduction to Different Sound Healing Modalities and Instruments

- A. Overview of various sound healing modalities in this course

- B. Understanding the healing properties and applications of different instruments
- C. Exploring the therapeutic techniques associated with each modality
- IV. Ethics and Professionalism in Sound Therapy Practice
  - A. Importance of maintaining ethical standards and boundaries in sound therapy
  - B. Client consent, confidentiality, and privacy considerations
  - C. Professional conduct, accountability, and ongoing professional development
  - D. Understanding the limitations and scope of practice as a sound therapy practitioner
- V. Introduction to the Role of a Sound Therapy Practitioner
  - A. Exploring the role and responsibilities of a sound therapy practitioner
  - B. Developing effective communication and rapport with clients
  - C. Creating safe and supportive healing environments
  - D. Establishing self-care practices for the practitioner's well-being
- VI. Case Studies and Experiential Learning
  - A. Examining real-life examples of sound therapy sessions and their outcomes

## **Module 2: Fundamentals of Sound and Vibrations**

- I. Understanding the Physics of Sound and Vibrations
  - A. The fundamental principles of sound and vibrations
  - B. Exploring concepts such as wavelength, frequency, amplitude, and resonance
  - C. Understanding the transmission and propagation of sound waves
  - D. Examining the scientific basis of sound therapy and its effects on the body
- II. Exploring the Properties of Sound Waves and Frequencies
  - A. Understanding the characteristics of sound waves and their measurement
  - B. Exploring the audible spectrum and its relationship to human perception
  - C. Investigating the effects of different frequencies on the body, mind, and spirit
  - D. Examining the role of harmonics and overtones in sound healing
- III. Relationship between Sound and the Human Body/Mind/Spirit
  - A. Exploring the connection between sound and the human energy system
  - B. Understanding the impact of sound on physiological processes and brainwave states
  - C. Investigating the psychological and emotional effects of sound vibrations
  - D. Discussing the spiritual and transformative aspects of sound therapy
- IV. Importance of Intention and Mindfulness in Sound Therapy
  - A. Understanding the role of intention and mindfulness in sound healing
  - B. Exploring techniques for cultivating presence and intention in sound therapy sessions
  - C. Examining the power of conscious listening and focused attention
  - D. Discussing ethical considerations and practitioner self-care in sound therapy
- V. Practical Exercises to Develop Sensitivity to Sound Vibrations
  - A. Guided exercises to enhance sensitivity and perception of sound vibrations
  - B. Developing the ability to discern subtle changes in sound qualities
  - C. Practicing deep listening and attuning to different frequencies
  - D. Cultivating an embodied experience of sound through mindful engagement

## **Module: 3 Sound Healing with Tibetan Singing Bowls Practitioner Course**

- I. In-depth Exploration of Sound Healing with Tibetan Singing Bowls
  - A. Overview of the module and its objectives
  - B. Understanding the principles and philosophy of sound healing with Tibetan singing bowls
  - C. Exploring the therapeutic benefits and applications of Tibetan singing bowls
  - D. Examining the scientific and cultural significance of Tibetan singing bowls in healing
- II. History, Types, and Properties of Tibetan Singing Bowls
  - A. Tracing the history and origins of Tibetan singing bowls
  - B. Exploring the different types and variations of Tibetan singing bowls
  - C. Understanding the materials, craftsmanship, and symbolism of Tibetan singing bowls
  - D. Identifying the unique properties and characteristics of Tibetan singing bowls
- III. Techniques for Playing and Using Tibetan Singing Bowls for Healing
  - A. Proper techniques for playing Tibetan singing bowls
  - B. Understanding the role of intention, mindfulness, and breathwork in playing the bowls
  - C. Exploring different mallets and playing styles for varying effects
  - D. Incorporating additional techniques such as rimming, striking, and harmonic overtones
- IV. Incorporating Tibetan Singing Bowls into Sound Therapy Sessions
  - A. Integrating Tibetan singing bowls into sound therapy sessions
  - B. Understanding the principles of resonance and vibrational healing
  - C. Techniques for combining Tibetan singing bowls with other sound healing instruments
  - D. Creating personalized sound therapy protocols with Tibetan singing bowls
- V. Hands-on Practice and Proficiency Assessment with Tibetan Singing Bowls
  - A. Guided practice sessions with Tibetan singing bowls
  - B. Receiving guidance and feedback on proper playing techniques
  - C. Exploring the range and versatility of Tibetan singing bowls
  - D. Assessing proficiency in playing Tibetan singing bowls for healing purposes

## **Module 4: Sound Healing with Mantras Part One**

- I. Incorporating Voice and Chanting in Sound Therapy Sessions
  - A. Introduction to the power of the human voice in sound healing
  - B. Exploring vocal techniques for sound therapy sessions
  - C. Chanting as a transformative practice in healing
  - D. Hands-on practice of vocal sound healing exercises
- II. Vocal Sound Healing
  - A. Understanding the healing properties of vocal toning and sounds
  - B. Techniques for using the voice to create resonance and vibrations
  - C. Vocal sound healing for clearing and balancing energy
  - D. Incorporating intention and mindfulness in vocal sound healing practices
- III. Meditation as Medicine
  - A. Exploring the therapeutic benefits of meditation in sound healing
  - B. Understanding the mind-body connection and its role in healing

- C. Techniques for guiding meditation sessions in sound therapy
- D. Hands-on practice of meditation exercises for personal and client use

#### IV. Case Studies and Experiential Learning

- A. Examining real-life examples of sound healing sessions with mantras
- B. Group discussions and sharing experiences
- C. Practicing vocal sound healing and guided meditations

### **Module 5: Sound Healing Instruments and Techniques**

#### I. Introduction to a Variety of Sound Healing Instruments

- A. Overview of the modality and its objectives
- B. Introduction to common sound healing instruments (e.g., singing bowls, tuning forks, drums, sansula, chimes, flute)
- C. Understanding the unique qualities and healing properties of each instrument
- D. Exploring the historical and cultural significance of sound healing instruments

#### II. Techniques for Playing and Using Different Sound Healing Instruments

- A. Proper techniques for playing singing bowls, striking tuning forks, and playing drums
- B. Understanding the different tones, frequencies, and vibrations produced by each instrument
- C. Incorporating breathwork and intention setting while playing instruments
- D. Exploring various sound healing techniques and applications for different instruments

#### III. Choosing Appropriate Instruments and Techniques for Specific Client Needs

- A. Assessing client needs and goals in sound healing therapy
- B. Matching sound healing instruments and techniques to specific client conditions
- C. Adapting instruments and techniques for different therapeutic outcomes
- D. Considering client preferences and sensitivities when selecting instruments

#### IV. Sound Therapy Massage with Singing Bowls

- A. Introduction to sound therapy massage as a healing modality
- B. Techniques for using singing bowls in massage therapy
- C. Understanding the physiological and psychological effects of sound therapy massage
- D. Incorporating sound therapy massage into holistic treatment plans

#### V. Hands-On Practice with Various Sound Healing Instruments

- A. Guided practice sessions with singing bowls, tuning forks, and drums
- B. Experiencing the vibrations and resonances of different instruments firsthand
- C. Receiving and providing feedback on instrument playing techniques
- D. Exploring the therapeutic effects of sound healing instruments through personal practice

### **Module 6: Sound Healing with Mantras Part Two**

#### I. Meditation as Medicine Part Two

- A. Recap of the importance of meditation in sound healing
- B. Exploring the therapeutic benefits of mantra meditation
- C. Deepening understanding of the mind-body connection in healing
- D. Guided mantra meditation practice

## II. The Physics of Mantra as a Healing Modality

- A. Understanding the vibrational nature of mantras
- B. Exploring the concept of resonance and its impact on healing
- C. Principles of sound frequency and its effects on the body
- D. Examining scientific research on the efficacy of mantras in healing

## III. Creating Effective Mantra Treatment Plans for Individual Clients

- A. Assessing client needs and goals in the context of sound healing
- B. Selecting appropriate mantras based on specific healing intentions
- C. Designing customized mantra treatment plans for individual clients
- D. Incorporating additional sound healing techniques to enhance the healing process

## **Module 7: Individual and Group Sound Therapy Sessions**

### I. Introduction

- A. Overview of the module
- B. Brief introduction to sound therapy C. Importance of individual and group sessions

### II. Understanding the Differences between Individual and Group Sound Therapy Sessions

- A. Definition and purpose of individual sound therapy sessions  
Benefits of one-on-one sessions  
Tailoring treatments to individual needs
- B. Definition and purpose of group sound therapy sessions  
Benefits of group sessions  
Building a sense of community and support
- C. Similarities and overlaps between individual and group sessions

### III. Creating Effective Treatment Plans for Individual Clients

- A. Assessment and client intake process
- B. Identifying individual goals and needs
- C. Selecting appropriate sound therapy techniques and instruments
- D. Developing personalized treatment plans

### IV. Group Dynamics and Facilitating Sound Healing Experiences in a Group Setting

- A. Understanding group dynamics in a sound therapy context
- B. Creating a safe and inclusive environment for group sessions
- C. Building rapport and trust within the group
- D. Managing group dynamics and addressing individual needs
- E. Adapting techniques for a group setting

### V. Practical Exercises for Conducting Individual and Group Sound Therapy Sessions

- A. Demonstration of individual sound therapy session  
Setting up the space and preparing the client  
Selecting and using appropriate sound healing instruments  
Techniques for individual sound healing sessions  
Demonstration of group sound therapy session  
Group setup and preparation  
Techniques for facilitating a group sound healing experience
- C. Hands-on practice sessions

Participants will have the opportunity to practice conducting individual and group sound therapy sessions under the instructor's guidance.

Instructor feedback and support during practice sessions.

Hands-On Practice with Various Sound Healing Instruments

### **Module 8: Sound Healing with Mantras Part Three**

#### **I. Meditation as Medicine Part Two**

- A. Recap of the importance of meditation in sound healing
- B. Exploring the therapeutic benefits of mantra meditation
- C. Deepening understanding of the mind-body connection in healing
- D. Guided mantra meditation practice

#### **II. Practical Mantra Treatment Sessions**

- A. Introduction to the power of mantras in healing
- B. Selection and exploration of healing mantras for specific intentions
- C. Techniques for chanting and vocalizing mantras effectively
- D. Practical application of mantra treatment sessions on oneself and others

#### **III. Chakra Tuning**

- A. Introduction to the chakra system and its significance in sound healing
- B. Understanding the energy centres and their corresponding mantras
- C. Techniques for balancing and harmonizing the chakras through mantras
- D. Hands-on practice of chakra tuning with mantras

### **Module 9: Shamanic Sound Healing Therapy**

#### **I. Introduction to Shamanic Sound Healing Therapy**

- A. Overview of the module and its objectives
- B. Understanding the principles and philosophy of shamanism
- C. Exploring the role of sound in shamanic healing

#### **II. Shamanic Journeying and Altered States of Consciousness**

- A. Introduction to shamanic journeying as a healing practice
- B. Techniques for entering altered states of consciousness
- C. Deepening the connection to inner wisdom and intuition
- D. Using sound as a tool for facilitating the journey experience

#### **III. Energy Clearing and Balancing**

- A. Understanding energy anatomy and the concept of energetic blockages
- B. Techniques for clearing and releasing stagnant energy
- C. Using sound vibrations for energy healing and balancing
- D. Incorporating breathwork and movement in energy clearing practices

#### **IV. Creating Sacred Spaces**

- A. Importance of creating a sacred and intentional space for healing
- B. Rituals and practices for consecrating and purifying spaces
- C. Setting intentions and creating a supportive environment
- D. Incorporating sensory elements to enhance the healing atmosphere

- V. Planning and Leading Healing Rituals
  - A. Overview of ritual design and structure
  - B. Setting intentions and creating a ceremonial framework
  - C. Incorporating sound instruments and vocalizations in rituals
  - D. Facilitating group rituals and honouring individual healing needs
- VI. Hands-On Practice with Various Sound Healing Instruments

## **Module 10: Sound Baths and Running Successful Events**

- I. Introduction to Sound Baths and Event Management
  - A. Overview of the module and its objectives
  - B. Introduction to sound baths and their benefits
  - C. Importance of effective event management in creating memorable experiences
- II. Creating and Designing a Sound Bath Experience
  - A. Understanding the principles and components of a sound bath
  - B. Selecting and preparing instruments for sound bath sessions
  - C. Creating an appropriate environment for sound baths
  - D. Designing sound bath sequences and transitions for different intentions
- III. Techniques for Leading and Facilitating a Successful Sound Bath Event
  - A. Developing a presence and creating a safe space for participants
  - B. Establishing rapport and setting intentions with the audience
  - C. Guiding participants through relaxation and meditation techniques
  - D. Incorporating vocal toning and other sound healing practices
- IV. Marketing and Promoting Sound Bath Events Effectively
  - A. Identifying and targeting your ideal audience
  - B. Developing a compelling brand and message for your sound bath events
  - C. Utilizing online platforms and social media for event promotion
  - D. Collaborating with local communities and wellness networks
- V. Practical Guidance for Managing Logistics and Creating a Memorable Experience
  - A. Organizing event logistics, such as venue selection and setup
  - B. Managing sound equipment and troubleshooting common issues
  - C. Creating a welcoming and comfortable atmosphere for participants
  - D. Incorporating additional sensory elements for an enhanced experience
- VI. Hands-On Practice with Various Sound Healing Instruments

## **Module 11: Holistic Counselling Skills for Sound Therapist**

- I. Introduction to Holistic Counselling Skills for Sound Therapists
  - A. Overview of the module and its objectives
  - B. Importance of holistic counselling in sound therapy
  - C. Understanding the mind-body connection in holistic healing
- II. Fundamentals of Counselling Theory
  - A. Introduction to major counselling theories relevant to holistic practices
  - B. Person-centred counselling approach and its application in sound therapy

- C. Trauma Informed holistic counselling
  - D. Psychodynamic counselling and its integration with sound therapy
- III. Developing Effective Therapeutic Relationships
- A. Establishing rapport and trust with clients
  - B. Active listening skills and empathetic communication
  - C. Non-judgmental attitude and unconditional positive regard
  - D. Creating a safe and supportive therapeutic environment
- IV. Assessing and Understanding Clients
- A. Holistic assessment techniques for sound therapists
  - B. Exploring clients' physical, emotional, and spiritual needs
  - C. Identifying underlying issues and challenges
  - D. Utilizing appropriate assessment tools and methods
- V. Integrating Sound Therapy Techniques with Counselling
- A. Using open ended questions in holistic counselling
  - B. Incorporating sound therapy in counselling sessions
  - C. Balancing sound interventions with traditional counselling techniques
  - D. Adapting sound therapy for individual client needs
- VI. Ethical and Professional Considerations
- A. Ethics codes and guidelines for holistic counselling
  - B. Confidentiality and boundaries in sound therapy sessions
  - C. Self-care for sound therapists and preventing burnout
- VII. Practical Application and Case Studies
- A. Applying holistic counselling skills in practical scenarios
  - B. Case studies highlighting the integration of sound therapy and counselling

#### **Required Reading:**

These books will be discussed during the course and need to be read before the course commences.

Sound Medicine- How to Use the Ancient Science of Sound to Heal the Body and Mind By: Kulreet Chaudhary

Meditation As Medicine - Activate the Power of Your Natural Healing Force By: Guru Dharma Singh Khalsa, Cameron Stauth

