

New Thought Vermont and International Association for Voice Movement Therapy present...

The Heart of Voice Movement Therapy (VMT): The Work and Its Application

An experiential and informational day for therapists, case managers, parents, shared living (home) providers and other care providers.

Friday, October 23rd, 2015

8:30 AM—4:30 PM

Location: The Weston Playhouse, Weston, Vermont (on the town green)

Workshop Sessions

Workshop A: Using VMT with Individuals with Cognitive and Other Developmental Delays, or Differences, to Improve Communication and Self-Awareness

Workshop B: VMT Work with Individuals Experiencing Mental Health and Substance Use Issues

Workshop C: Retreat for Parents and Home Providers—Using Voice and Movement for Self-Renewal

Schedule

8:30—9:15 Registration and Gathering Time at the Weston Playhouse

9:15—9:45 Welcome and Brief Introduction to the Work of VMT

9:45 Transition to Workshop Sessions

10—12:15 Morning Sessions A, B, or C

12:15-1:30 Lunch on Your Own

1:30—3:45 Afternoon Sessions A, B, or C

3:45 Transition to the Weston Playhouse

4-4:30 Closure

Cost: \$35 for the day; \$15 for parents and home providers attending the retreat.

Registration fee includes workshop sessions and light refreshments—lunch on your own.

Note: Space is limited, so please register early if you want to guarantee a place

Registration Form — Detach & Submit with Payment

New Thought Vermont and International Association for Voice Movement Therapy
The Heart of Voice Movement Therapy (VMT): The Work and Its Application
Friday, October 23rd, 2015

Name _____

Address _____

Town _____ State _____ Zip _____

Telephone _____ Email _____

Please list in order of preference (1, 2, 3) your workshop choice for the day:

___ A. Using Voice Movement Therapy with Individuals with Cognitive and Other Developmental Delays, or Differences, to Improve Communication and Self-Awareness

___ B. VMT with Individuals Experiencing Mental Health and Substance Use Issues

___ C. Retreat for Parents and Home Providers—Using Voice and Movement for Self-Renewal

Please check which one applies most to your attendance:

___ Therapist ___ Case Manager ___ Community Outreach Specialist

___ Other Provider (Please specify) _____

___ Parent ___ Shared Living Provider (Home Provider)

Cost: \$35 for the day; \$15 for parents and home providers attending the retreat.

Fee includes workshop sessions and light refreshments—lunch is on your own.

Note: No admission possible without prior registration due to space constraints, and registrations will be taken on a first-come, first-served basis.

Please mail this registration form with payment (in the form of a check) to:

New Thought Vermont, PO Box 185, Weston, VT 05161

For additional information or questions, please contact Will Freeman at (802) 384-3845 or movement@sover.net.

Workshop Session A

Using Voice Movement Therapy with Individuals with Cognitive and Other Developmental Delays, or Differences, to Improve Communications and Self-Awareness, presented by Anne Brownell and Deirdre Brownell

Recent technological developments notwithstanding the sounding voice is still the main mode of expression and communication between human beings. Whether an individual has substantial, limited or no apparent ability to use words meaningfully, helping a person to make their voice more flexible, durable and versatile by grounding it in the body is useful for several reasons:

- For those with little or no capacity for words, it can help them to develop an affective or feeling language that allows them to express needs, wants and desires;
- For those with more language facility but with physical, emotional or psychological issues that get in the way of expressing themselves appropriately, it can help them better access and combine the two channels of vocal communication – the cognitive or meaning message encoded in the words they speak and the affective or feeling message communicated by the tone and quality in which those words are spoken;
- Being able to combine these two vocal channels enables a person to make them more congruent so that what one says is clearer and less likely to be misunderstood. In both cases, having and owning one's own voice increases self-esteem and the ability both to express feelings and to communicate more effectively.

The purpose of this workshop is two-fold:

1. To help those who work with individuals experiencing cognitive and physical and/or emotional barriers to relate to them more effectively through voice and movement. The morning will consist of simple experiences designed to help practitioners feel what it is like to try to communicate vocally under such circumstances;
2. To provide various kinds of practitioners with some specific voice and movement principles and strategies they might find useful in working with their clients. The afternoon will be devoted to exploring and discussing participants' questions and concerns about individuals or groups with whom they work in the light of some of the principles and practices they have experienced in the morning.

Please wear comfortable clothes, as we will be standing and moving (not necessarily beyond a walk) and please bring a bottle of water.

Workshop Session B

VMT with Individuals Experiencing Mental Health and Substance Use Issues, presented by Christine Isherwood

This day-long workshop will constitute an exploration into the possible uses of Voice Movement Therapy with clients experiencing mental health and/or substance use Issues.

Within the morning session we will take a journey with some of the core components of VMT, in order to experience some of the different possibilities which can exist within ourselves and the myriad ways of expression through voice and movement.

In the afternoon session, we will discuss case studies, engage creatively with scenarios which may have been troubling or inconclusive, and express safely that which may have been left unvoiced. Through self-reflection, observation, vocal and somatic experience and expression, and discussion, we will encounter and inspire new and different ways of working.

Workshop Session C

Retreat for Parents and Home Providers—Using Voice and Movement for Self-Renewal, presented by William Charles Freeman, Ph.D., BC-DMT and Helen White, CPRP, VMTR

Please dress comfortably.

In the field of human services, there are often demands that each of us do more and be more for those whom we serve, and sometimes we find that our reserves can run near empty. This can be especially true for parents and home providers of individuals with significant disabling conditions, and this day of retreat is a time to come together for refreshment and renewal.

From identifying the challenges of our day-to-day roles as parents and providers to discovering the opportunities to live life differently, allowing us time for resilience and recovery, we will find our way toward developing new strategies for coping with the stresses we face. Unwinding thought, increasing awareness, releasing tension and allowing expression through movement and voice offer us new ways of looking at, being with and responding to the vicissitudes of life. Individually and together as a group, in a safe and supportive environment, we will explore spontaneity, authenticity and simplicity in creative expression.

Letting go enables natural movement and interactive play to come forth, while stress fades away and well-being is experienced. Through creative and physical expression, reflection and integration, a sense of discovery and enjoyment in the process can be experienced individually and as a community. It is anticipated that participants will leave this day renewed, supported, better equipped to face our daily responsibilities with greater ease and with a plan for improved self-care.

Biographical Descriptions

Anne Brownell, MA, VMTR



Anne is director of the Norma G. Canner Foundation for Voice Movement Therapy and teaches and supervises on the Foundation Training in Voice Movement Therapy: *The Voice Unchained*. After studying and working in the Expressive Therapies with pioneer dance therapist Norma Canner and noted clinician and author Penny Lewis, Anne's search for the vocal component for a movement-oriented therapy led her to be the first American to train in VMT with founder Paul Newham in London; to teach and supervise with him on trainings in both England and America; and to establish her own training program, first in the United States, with Christine Isherwood, VMTR, for 4 trainings, and then in South Africa where she has completed 2 trainings.

Anne has also acted as a VMT consultant for schools in the United States and South Africa, working with children experiencing developmental and language delays; taught the first for-credit graduate course in VMT for Castleton State College, Vermont; conducted a private practice and supervision; and presented at conferences here and abroad.

Prior experience includes working in Early Intervention programs, supervising graduate students in Dance Therapy on the therapeutic use of the voice, and conducting music and movement groups for previously homeless and substance abused people with HIV and AIDS. Anne has served as scriptwriter and executive producer for several films on the Expressive Therapies, most notably *A Time to Dance: The Life and Work of Norma Canner* and *Going to the Source: A Study of Group Process in the Natural World*. Her CD, *A Journey in Song*, illustrates a range of possibilities inherent in a single human voice, and she delights in performing songs in different genres and sounds.

Visit www.vmtusa.com for more information.

Deirdre Brownell, MA, VMTR

Deirdre Brownell, BA, MA, daughter of Anne Brownell, has a great interest in Voice Movement Therapy. A singer as well as a scholar, she believes that music has a language all its own that everyone can understand, if not in a cognitive sense then in a spiritual as well as a psychosomatic sense. "I believe that psychotherapy must have a physical as well as mental and emotional base. We carry our emotions in our bodies all our lives, more than we realize, and the only way to get them out is to go back to that primal infant and child stage and release them through sound and movement. The voice is very powerful - and everyone has something to say."

Deirdre started with a BA degree in Sports Medicine, then followed that up with a Masters in Psychology. She is currently studying for her PhD in Imaginal Psychology at Meridian University in Petaluma, California where she is working on a dissertation about healing the loss of the embodied voice in people with learning differences



through VMT and imaginal psychology. She has also worked in Early Intervention Programs in Massachusetts and Sports Medicine at colleges in California. She completed her first year of training in Voice Movement Therapy in 2012 and served her combined PhD internship and qualifying practical work for VMT as an intern at Alta Du Toit Skool, Western Cape, South Africa, from February to December 2013.

E-mail: Ddbc125731@aol.com



Christine Isherwood, BA Hons UK, Dip Assert Tr, VMT-R, is Director of the Voice Movement Therapy Training, “Singing The Psyche”, and has taught trainings in Europe and the USA. She works with individual clients, teaches workshops internationally, and supervises VMT students and practitioners.

Prior to VMT she worked with homeless people and as a mental health counselor, group facilitator and trainer. She has run groups within community settings for those actively experiencing mental health or addiction issues, including for the Philadelphia Association (established by R.D. Laing), several branches of Mind (Britain’s leading Mental Health organization), and for The Metro Centre, South East London’s LGBT centre.

She has written and performed in political musicals, toured with theatre groups and bands, and recorded. Christine has lectured and taught at Liverpool Institute for Performing Arts, Western Australia Academy of Performing Arts, and the International School of Interdisciplinary Studies, Canada.

William Charles Freeman, Ph.D., BC-DMT, (Board Certified – Dance/ Movement Therapist) is an educator, movement therapist and consultant, specializing in work with children and adults with and without disabilities, their families and those who serve them.

For over thirty-five years, William has designed, directed and facilitated professional development, parent education and direct service programs in movement therapy and the expressive arts. He maintains a practice with individuals with and without disabilities and provides consultative services and teaching for education, mental health and arts agencies. He conducts seminars for professionals and parents, and retreats for individuals interested in personal growth and spiritual development.

William has designed and developed graduate and undergraduate programming, taught coursework and supervised student field-placements and internships in movement and expressive arts with Goddard College, University of Vermont, Castleton State College and elsewhere.



For many years, William has been active with the Norma G. Canner Foundation for Voice Movement Therapy, including serving in the roles of guest teacher, internship supervisor and consultant for the Voice Movement Therapy Foundation Training; Managing Consultant for the Foundation; and now as Senior Consultant and facilitator of special projects. He is an Associate Member of the International Association for Voice Movement Therapy (IAVMT) and in October, 2015 is co-chair of the IAVMT conference in Vermont.



Helen White, CPRP, VMTR, has been a mental health professional for over twenty years, working in the front-lines for the past sixteen years. Helen's passion for psychiatric rehabilitation led her to train in Voice Movement Therapy in 2008. She has witnessed VMT's ability to empower a person through their voice, resulting in greater self-confidence and self-esteem. Helen has integrated VMT into her clinical practice and also offers weekly guitar class and song writing. She enjoys voice coaching, singing and dancing in her community.

Helen is a member of Psychosocial Rehabilitation Canada and has presented her VMT work at an annual conference.

She lives in Ottawa and has two daughters and four grandchildren.