



The New York Open Center is a non-profit holistic learning center offering evening events, full-day workshops, ongoing classes, and advanced trainings.

Home

Advanced Trainings

New York Open Center Sound and Music School



Wellness

An 11-Month, 150 Hour Professional Training

Other Services

John Beaulieu, ND, PhD, Don Campbell, PhD, Pat Moffitt Cooke, PhD, David Darling, Arthur Harvey, DMA, Joshua Leeds, Louise Montello, PhD, MTBC,R. Carlos Nakai, Russill Paul, Layne Redmond

Teachers

The New York Open Center is Proud to Launch One of the Nation's Most Comprehensive and Diverse Sound and Music Training Programs

About Us

This unique training emphasizes a holistic and intercultural approach to sound and music healing, drawing from a broad range of contemporary and indigenous healing systems. We have brought together some of the nation's finest sound and music teachers, healers and researchers to serve as our faculty. Each teacher in his or her own way is a master of the use of sound and music for healing body, mind and spirit.

Support Us

WHO SHOULD ENROLL IN THIS PROGRAM?

This training is appropriate for all levels of participation—for individuals seeking insights into personal mastery as well as therapists seeking time-tested healing tools. It is especially appropriate for psychotherapists, music therapists, occupational therapists, nurses, teachers, physicians and others seeking innovative techniques to deal with our society's ever-growing therapeutic needs.

HOW IT IS USEFUL TO YOU?

This training clearly presents the transfor-mational powers of sound and music in health, education and wellbeing. Used as therapeutic tools, sound and music help reduce stress, depression and anxiety; induce relaxation or sleep; activate the body; and improve memory or awareness. Innovative and experimental uses of sound and music can also improve listening disorders, dyslexia, attention deficit disorder, autism, and other mental and physical disorders and injuries.

THIS PROGRAM WILL HELP YOU:

- Open doorways into deep states of healing and transformation
- Enhance therapeutic relationships between client, therapist and music
- Gain insights into physical, psychological and spiritual dimensions of life
- Gain skills into using sound and music as therapy or as an agent of change
- Receive Continuing Education Units
- Build networks of practitioners with similar interest in Sound and music healing
- Have specific therapeutic healing impact to reduce stress, depression, anxiety and induce relaxation
- Improve personal wellbeing
- Aid in awakening creative expression
- Find balance in yourself and your world

COURSE SCHEDULE

CREATING INNER HARMONY: HEALING WITH VOICE SOUND AND MUSIC

A balanced diet of sound, music and movement can provide an inner attunement for better mental and physical health. This workshop will explore two areas in current research for improving health: environmental sounds and vocal production.

Using vocal techniques from "Creating Inner Harmony" and "Toning", two new books by Don Campbell, this workshop

will train you to access the sound of your own voice and how to modify imbalance in your body. It will also provide the tools to use these techniques to work with clients or patients. It will teach method to scan the body through the voice. You will learn how to experience the power of each vowel sound and how each one can enhance and improve focus, clarity and relaxation.

Hospitals throughout the United States are now using Don Campbell's "Harmonic Healthcare(tm)" for emergency rooms, waiting rooms, public areas and administrative areas. Learn about how you can use these environmental techniques of music and sound to improve home and working areas. This pioneering technique has far reaching implications in public and private healthcare.

This workshop is experiential and will provide time for questions and exploration into new forms of music being used in therapy and performance.

May 16–18, 2008, Don Campbell, PhD

APPLIED PSYCHOACOUSTICS

Sound is an age-old healing modality that has retained its potency in modern times. New technologies complement ancient wisdom and bring a deeper understanding of molecular reactions, neurological benefits, and the emotional effects of sound in healing. *Psychoacoustics*—the study of the effect of music and sound on the human nervous system—forms the foundation upon which the emerging field of *soundwork* builds.

The primary focus of this workshop is the exploration of Psychoacoustics from a therapeutic and educational vantage point. During the course of the weekend we study fundamental concepts of psychoacoustics, explore the emerging field of Soundworks and adapt proven principles to your practice. Likewise, highly sophisticated soundworking techniques and leading sound therapies (including Tomatis sound stimulation and binaural frequencies) will be presented. References and resources will be abundant. In this workshop will investigate:

- Sound as frequency medicine,
- The vital importance of auditory health,
- The core principles of Dr. Alfred Tomatis (1920-2001),
- The function of the auditory system from a Tomatis vantage point,
- The interconnection of tonal processing and neurodevelopmental issues,
- How stress- or noise-induced auditory dysfunction may result in learning, communication, and social difficulties,
- Current sound stimulation techniques that retrain middle ear function,
- Resonance (tone) and entrainment (rhythm) for brainwave modification,
- Binaural beat frequencies,
- The effects of auditory pattern identification,
- Why intentional soundspace greatly impacts any practice,
- Psychoacoustic music production techniques,
- How to create soundtracks and soundspace conducive to office ambience, treatment application, and classroom environments

June 6–8, 2008, Joshua Leeds

INTRODUCTION TO PSYCHODYNAMIC MUSIC THERAPY

In this experiential workshop, noted music therapist/psychoanalyst, Louise Montello will introduce you to a depth-oriented, relational approach to using music and sound therapy in treating people with mind-body illnesses, debilitating anxiety, depression, learning disabilities and addictions. Drawing from her 20 years of clinical practice, along with cutting-edge research in mind-body medicine, Dr. Montello will demonstrate the relationship between music, emotion, physiology and illness/wellness. You will be guided through a number of music therapy processes including intentional sound making, improvisation, drumming, and musical affirmation that allow you to bypass the limitations of the conscious mind and connect with the deeper intelligence of the soul where all healing takes place. Special focus will be given to exploring the therapeutic relationship and its role in facilitating the healing process.

July 18–20, 2008, Louise Montello, PhD, MT-BC

DISCOVER YOUR INNER MUSICIAN

David Darling, a master teacher of helping others discover their innate creativity, designed this workshop specifically for the New York Open Center Sound and Music School. In this inspired weekend, David teaches how to discover within ourselves and to teach others to find and use creativity as a tool for healing and inspiration. He shows how to create a healing environment for patients or clients to come face to face with their own wondrous capacity to heal

themselves by using their own unique sounds and rhythms. During this workshop participants use their voices, bodies and instruments they play, have always wanted to play or want to start playing again. The workshop includes:

- Free movement, chanting and drumming
- Ways to explore how we hear and receive musical vibrations
- Methods to connect and claim individual innate rhythm and timing
- Tools to eliminate a negative musical and creative self-image

Sept 5–7, 2008, David Darling

MUSIC RX: JOURNEY OF EXPLORATION AND EXPLANATION

Scientific studies on the brain, intelligence and music confirm that music and sound have a significant impact on higher level brain function and emotional well being. It can be argued that musical intelligence probably carries more emotional, spiritual and cultural weight in human development than any other set of influences. In this workshop Dr. Harvey, one of the most venerated researchers, teachers and authors in the realm of sound and music therapy will examine and demonstrate some of the diverse approaches to therapeutic use of music and sound and how they affect us physiologically and psychologically. Through lecture, discussion, audio resources and experiential exercises, Dr. Harvey will help students gain a thorough understanding of the various uses of sound and music therapy in health care for personal and professional applications. He will also teach the distinctives of sound therapy, music therapy, music for health and music medicine. This is an experiential workshop in which students participate in adaptive and traditional music making with instrumental and vocal processes. Special emphasis will be devoted to Stress Management approaches with music and the use of music and sound to accelerate learning. Come prepared to be educated, entertained, enlightened, entrained and enriched.

Oct 3–5, 2008, Arthur Harvey, DMA

NATIVE AMERICAN SOUND HEALING

Over the past two decades Modern medicine has acknowledged the powerful healing techniques of traditional cultures. Although we have come to understand the significant impact of many Eastern systems of healing, we have only recently begun to recognize that some of the most important systems of traditional healing are born out of the Native American culture. One of the most important of those healing systems is the process of Sound Healing. Within that context, we are very fortunate to have one of the premier exponents of Native American Sound and Music with us for this weekend. Having studied within his own Navajo-Ute tradition as well as working with broader Native American contexts, R. Carlos Nakai has been one of the principle interpreters of the healing impact of Native American Sound and Music. Mr. Nakai is considered by many to be one of the world's leading authorities and performers of the Native American flute. What is less known is that he is one of the premier teachers of Native American Sound Healing. In this workshop Mr. Nakai will focus on Amerind sacred, secular and social music and its impact on the healing process. By using active discussion, participatory exercises and deep listening we will use a variety of material culture items, vocal song, movement, ritual and commentary to explore effective self healing methods as well as techniques to use with patients or clients to support their healing process.

Oct 31–Nov 2, 2008, R. Carlos Nakai

THE YOGA OF SOUND

In India, the use and knowledge of sacred sound has always been central to its highly advanced spirituality. This is evident in the spiritual and healing power of Indian chant and music that is now so popular in the west. We will, together, explore and discuss how we can use this knowledge in the healing of self, culture, and community in the west today. During this weekend, students will be introduced to: a) the broad scope of sound in the Indian tradition with a special focus on understanding mantras, which are specially constructed sounds that function as "sonic pharmaceuticals". b) Guidelines to pronunciation: for in tongue placement lies the power of these sounds to have a direct bearing upon our health and energy as well as our power to affect the health and energy of others. c) Learn how musical intervals can affect changes in consciousness.

Dec 5–7, 2008, Russill Paul

BIOSONIC SOUND HEALING

Sound Healing teaches an Energy Medicine approach, developed by Dr. John Beaulieu, which integrates energy healing, systems science, molecular research, and spiritual wisdom. In this workshop, students learn practical methods of using tuning forks to tune the nervous system, stimulate trigger points, and align our posture to visual harmonics. Special emphasis is given to developing systematic evaluation methods based on structural analysis and the five elements. Evaluation methods, which can also be used for healing, include postural analysis related to sonic intervals and five element evaluation using voice and movement patterns. The material is supported by clinical examples and stories based on Dr. Beaulieu's thirty-three years of practice. Sound Methods will include the use of Pythagorean Tuning Forks, Otto (osteophonic) Tuning Forks, and five element music, and voice analysis.

Jan 9–11, 2009, John Beaulieu, ND, PhD

CROSS-CULTURAL INDIGENOUS AND TRADITIONAL MUSIC IN HEALING METHODS

In this workshop, Pat Moffitt Cook a pioneer in the field of indigenous sound and music healing, explores indigenous and traditional cross-cultural therapeutic techniques and sound/music repertoires. Sound and music have been used successfully in indigenous cultures throughout history to intercept illness, to control pain, and aid emotional catharsis through relaxation and stimulation. In traditional cultures the conscious use of music has been proven to promote physical wellbeing and to create spiritual connection. In addition, in many indigenous cultures, sound plays a primary role in the death and dying process.

Through experiential practices, demonstrations, dyad and group experiences and discussion, students in this workshop will investigate how sound and music are used as diagnostic tools, healing agents and connectors to spiritual domains and how each of these elements create and construct a dynamic healing session.

An emphasis is placed on trans-cultural themes and addressing the needs of multiethnic client/patient populations.

Feb 6–8, 2009, Pat Moffitt Cooke, PhD

The Voice of Trauma: Music/Sound Therapy in Treating Traumatized Individuals

The voice is a mirror of the soul and the link between psyche and soma. In this experiential workshop, noted music therapist/psychoanalyst Louise Montello demonstrates how expression can be inhibited due to unresolved trauma and how this inhibition can wreak havoc in the mind and body. She creates a safe environment for participants to explore the dimensions of the voice and its natural expression through playful warm-ups, conscious breathing, and basic singing techniques. Trauma themes are explored through musical story telling, vocal improvisation and drumming. Participants also learn to externalize and transform resistant sub-personalities commonly found in traumatized individuals through the vocal giving-and-receiving feedback loop. Clinical case examples are shared that document the effectiveness of voice-centered music therapy in transforming the ravages of early trauma. Special focus will be given to assessing strengths and weaknesses of the traumatized client, the effects of early trauma on the nervous system, and contraindications for uncovering/releasing techniques. No singing experience or musical background necessary.

Mar 6–8, 2009, Louise Montello, PhD, MT-BC

THE HEALING POWER OF THE FRAME DRUM

Chanting, overtone singing, and humming to the rhythms of the frame drum are ancient technologies for synchronizing mind and body for psychological, physical, and spiritual healing. During this workshop, we will use all the tools of the ancient priestesses and priests as we learn a synthesis of frame-drumming techniques from India, the Middle East, and North Africa.

- Invoke the elemental energies of earth, water, fire, and air and create sacred space through ritual
- Focus on the heart chakra to help bring balance to ourselves and the world
- Practice Bhramari pranayama (bee breath) and the traditional mantra and mudra of the Hindu bee goddess, Bhramari Devi.

The frame drum is the world's oldest drum and was played primarily by women for thousands of years as the primary trance-inducing technology for religious and ecstatic rituals. In ancient myth and legend, the frame drum is associated with the bee goddess, who is said to awaken a buzz of ascending consciousness and descending spiritual grace in those who practice these drumming rituals.

Note No prior musical experience is necessary, and appropriate frame drums will be provided.

April 17–19, 2009, Layne Redmond

REGISTRATION AND FEES

A 150-Hour Training Program

Fridays–Sundays, May 16, 2008–April 19, 2009

Fridays, 7:30–9:30pm

(Friday sessions for Certificate Program registrants only; led by Weekend Instructor or Faculty Advisor),

Saturdays, 9:30am–12:30pm, 1:30–5:30pm

Sundays, 9:30am–12:30pm, 1:30–5pm

Students must complete 150 hours of required coursework over a period of 1 year to receive program certificate.

For more information on CEUs, please call 212.219.2527 ext. 135.

Full Payment: 08WHH55SA \$3,650

EARLY BIRD REGISTRATION BY MARCH 21, \$3350

No Member Discount

Payment Plan: 08WHH55SB \$3,955

A nonrefundable deposit of \$855 is due upon registration.

Four further payments of \$775 are due May 30, July 11, September 5 and November 8 (automatic credit card payments only).

Individual Weekends only: \$390 (Does not include friday session, which is reserved for Certificate Program registrants)

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