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**April 10–13, 2011 (Sunday–Wednesday)**

## The Voice of Trauma: An Integrative Music Therapy Approach to Treating Trauma

### **Louise Montello**

For psychotherapists, life coaches, yoga teachers, and people with early trauma.

The voice is a mirror of the soul and the link between psyche and soma. In this experiential workshop, noted music therapist and 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. Louise 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 storytelling, vocal improvisation, and drumming. Participants will learn:

- The effects of early trauma on the nervous system
- To externalize and transform resistant sub-personalities
- To assess strengths and weaknesses of people in recovery
- Contraindications for uncovering/releasing techniques
- The use of music and sound in daily life as an integrating, empowering force.

Clinical case examples will be shared that document the effectiveness of voice-centered music therapy in transforming the ravages of early trauma. No singing experience or musical background necessary. **CE Credits available for this program.**

**Recommended reading** Louise Montello, *Essential Musical Intelligence* (Quest).



**Louise Montello, LP, LCAT, MT-BC**, is a practicing psychoanalyst and music therapist and the award-winning author of *Essential Musical Intelligence*. Former clinical research scientist at New York University's Department of Psychology, Louise is an internationally acclaimed authority on music and healing. She has published numerous articles on her approach for trauma recovery in peer-reviewed journals and has presented professional trainings on the topic for more than 10 years. A jazz pianist/composer, Louise is also clinical director of Performance Wellness, Inc., a training and consulting firm dedicated to using a unique blend of music therapy, behavioral medicine, and yoga science to help people from all walks of life perform to their fullest. [www.performancewellness.org](http://www.performancewellness.org)

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