



**April 4–7, 2010 Sunday–Wednesday**

# The Voice of Trauma: A Sound Approach to Healing the Wounds of Childhood Trauma

## Louise Montello

The voice is a mirror of the soul and a link between psyche and soma. In this experiential workshop, noted music therapist and psychoanalyst Louise Montello demonstrates how expression can be inhibited by unresolved trauma that wreaks havoc in mind and body. She creates a safe environment for people to explore the natural expression of voice through playful warm-ups, conscious breathing, and basic singing techniques. Trauma themes are explored through musical storytelling, vocal improvisation, and drumming. You will

- Learn to use music and sound to externalize and transform resistant sub-personalities commonly found in traumatized individuals
- Explore case studies that document the effectiveness of voice-centered music therapy in transforming trauma
- Focus on assessing strengths and weaknesses of traumatized clients, the effects of early trauma on the nervous system, and contraindications for uncovering and releasing techniques
- Learn to use music and sound to transform hyper-vigilance into calm acceptance.

No singing experience or musical background is needed.



**Louise Montello, DA, LP, LCAT**, is a practicing psychoanalyst, music therapist, and award-winning author of *Essential Music Intelligence*. A former clinical research scientist at New York University, Louise is an internationally acclaimed authority on music and healing. She has published numerous articles on her approach to trauma recovery in peer-reviewed journals and presented professional trainings across the globe for more than 10 years. A jazz pianist and 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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