



The British Academy of Sound Therapy Professional Sound Therapy Training Courses Australia 2015

High quality heart-centred learning



- Love what you do
- Make a difference to your life and the lives of others
- Work in a creative and dynamic way with a modality that consistently demonstrates positive effects
- Enjoy a 'healthy sound' business



The British Academy of Sound Therapy and 21st Century 'Wholing'



By joining a BAST course you will:

- Have the potential to make a difference to your life and the lives of others
- Have the opportunity to start a business in this exciting and creative field
- Learn more about the practical application of tried and tested methods supported by the latest research and development in the field
- Gain a high level of qualification enabling membership to the most respected bodies in the CAM field
- Get access to further opportunities within BAST
- Receive support with developing your skills as a professional sound-worker
- Have fun exploring the therapeutic potential of sound

Our courses are packed full of different techniques to enable you to work in every corner of the community with a diverse range of effective therapeutic instruments and techniques.

Looking for the right course can be daunting and confusing, and we understand that when investing time and money to further your skills, you need to be confident with the choice you are making. We have been training professional practitioners for 15 years and have developed an effective way of making sure we deliver high-quality training at affordable prices in a realistic time-frame.

We are very excited about running our courses in Australia for the fourth year running and are looking forward to growing a healthy community of sound-workers worldwide. Research and development is also important to us and we feed the latest developments in sound therapy as well as related fields into our courses. We believe that this enables us to be amongst those at the cutting edge of our field.



Whether you are already a complementary therapist or entirely new to this field, you will discover a grounded and structured approach for working with clients, and for conducting your own soundbaths. Altogether a wonderful experience, with the privilege to have met dear friends for life.

Nancy, BAST graduate



**Be among the first in Australia to qualify
in this award-winning method.
Places are limited so please book early!
No previous experience is necessary
to join our courses.**

Our courses are perfect for:

- Anyone wanting to extend their skills and discover more about therapeutic sound
- Artists who wish to incorporate sound into installations
- Nurses/carers and health professionals
- Psychotherapists
- Music therapists
- Teachers
- Holistic practitioners

Course Format

- **Dynamic and interactive 5 day intensive modules maximise in-class practical learning**
- **Some theoretical elements are delivered by webinar and email pre/post intensive to ensure a high level of support**
- **Extra modules can be taken to add to your skill-set**
- **Graduates of our courses become BAST members for life, providing access to research and business opportunities**



Training Pathways

There are different pathways you can take to maximise your investment – see below.

LEVEL 1 – Professional Diploma in Group Sound Therapy and/or Professional Diploma in Group Voice Therapy

The group sound therapy and voice therapy courses are specifically designed to enable you to run a wide range of different therapeutic sound and voice workshops and relaxation sessions. With a strong 'arts in health' angle, these courses offer so much scope for building a healthy sound business. If you want to specialise in group-work these two levels can be taken together.

LEVEL 1 – Professional Diploma in Group Sound and/or Voice Therapy

LEVEL 2 – Professional Diploma in 1-2-1 Sound Therapy

In the UK the combination of group and 1-2-1 therapy has been shown to be a very effective model for building a healthy sound business quickly, maximising your skill-set and income potential. Both Levels can be taken together in the same year at a discounted rate, or Level 2 can be taken the following year if preferred.

If you prefer to focus on 1-2-1 therapy you need to attend module 1 to build your knowledge, skills and contact teaching hours, but don't need to complete the case studies for Level 1.

Ongoing Opportunities

BAST continues to grow in Australia it is our aim to:

- Run continuing professional development modules in the following:
 - Professional Diploma in Holistic Voice Therapy
 - Mantra Therapy
 - Gong Therapy
 - Drum Therapy
 - Tuning Fork Therapy
- Train a team of trainers to run courses going forward.
- Run community projects and events
- Conduct research projects



Lyz Cooper MA, FICNM – Founder and Principal

Lyz has been working in education for over 20 years, within the holistic health for over 30 years and with sound for over 20 years. She is a published author who has researched and developed effective techniques for helping to improve health and wellbeing using sound. Lyz's passion and dedication has resulted in her being awarded a Fellowship of the Institute of Complementary and Natural Medicine for her contribution to sound therapy worldwide.

In 2011 Lyz was approached by Radox and asked to collaborate with ambient music trio 'Marconi Union' to create a therapeutic piece of music. Mindlab, based at Sussex University, tested the track against other music and were so impressed with the results it was dubbed 'The Most Relaxing Track in the World'. 'Weightless' was awarded Time Magazine's 'Top Best Inventions of 2011', scoring higher than the Apple iPhone 4S Siri digital assistant!



Lyz co-founded the Sound Therapy Association (STA), an organisation which aims to support all sound therapists and organisations, setting standards and furthering the field. All BAST students are able to join the STA as well as the IICT, which enables you to join a register of practitioners and get insurance to practise professionally.



...all that remains to be said is thank you for giving me back my life again which I promise you has only just started!

client testimonial



LEVEL 1

Professional Diploma in Group Voice Therapy Dip: GVT (BAST)

23rd – 27th July – Lavalla Centre, Rosalie, Brisbane



Humans have been making music for tens of thousands of years. Singing bonds people together, exercises a range of muscles and makes you feel happy.

Gareth Malone – Presenter of BBC 2 programme 'The Choir'



A fun and interactive 5 day course for all experience levels.

Vocal/choral work is rapidly becoming a cultural phenomenon and enjoying huge popularity.

This course gives you the skills to run a diverse range of groups from general vocal development to deeply transformational and therapeutic voice-work. It also aims to give you the skills to plan and deliver an exciting portfolio of voice related self-development and wellbeing sessions.

Our method of voice therapy offers you the potential to take group voice-work much further with our effective combination of participative and reflective techniques.

This course also provides a bridge to the Professional Diploma in 1-2-1 Sound Therapy. Or if you want to specialise in group work you can add The Professional Diploma in Group Sound Therapy this year at a discounted rate.



COURSE CONTENT

Your Therapeutic Voice

Exploring the key concepts underpinning working with the voice as a transformational and therapeutic tool. We will cover anatomy and physiology of the vocal mechanism, breath-work and exercises to help you develop and free your voice and uncover your vocal potential.

Your Interactive Voice

This module explores fun, creative and interactive vocal games, warm-ups and ice-breakers to enable groups to experience the therapeutic power of vocal connection. This includes a beautiful and effective voice and movement meditation practice similar to Tai Chi, which is both relaxing and balancing for the system.

Your Expressive and Creative Voice

This session focusses on the facilitation of creative vocalising and vocal art (voice-scapes). These dynamic vocal expression techniques bring a new dimension to therapeutic voice work, enabling participants to freely express themselves without feeling pressured to 'sing' in the conventional sense. This can take the form of an abstract vocal piece for group or choral performance or a personal introspective journey. We will explore vocal harmony, harmonic singing, simple group 'tone poems' (which are songs without words), and singing our story.

Your Transformational Voice

This module takes you deeper using Vocal Processing Techniques which use the breath, movement, visualisation and voice to externalise and express both personal and group process. These transformative techniques can be delivered as deeply as you wish depending on the group you are working with. We will explore personal narrative further and learn how to challenge and work with unhelpful belief. The threads of the previous modules will be brought together as we discuss how to construct workshop/group sessions and take your work forward.

Webinar Programme

The course continues with 4 x 1 hour bi-monthly webinars which intend to support students through their case-study groups, as well as delivering templates and further information on how to run successful transformational voice sessions.

Webinars are held online in the comfort of your own home during an evening which is mutually arranged by the group.

Earlybird Deadline April 30th
Course Fee: \$1750

Full price for this course is \$1950 – a payment plan of 5 installments of \$390 a month from March – July is available.

Take two or three courses at a discounted rate – see page 7



LEVEL 1

Professional Diploma in Group Sound Therapy

5th – 9th August, Rosalie, Brisbane

12th – 16th August, Cameron Park, Newcastle

20th – 24th August, Box Hill, Melbourne

DIPLOMA IN GROUP SOUND THERAPY

This course has proved such a worthwhile investment for my journey with the healing effects of sound. BAST is not the only organisation I've trained with during the last two years but it's the one that has offered the most structure and hands-on tuition – aspects that are very important to me in my learning process.

Helen Harris, BAST graduate, pictured below far left

This course can be taken on its own or as Level 1 of a 2 part Practitioner Level Qualification (see page 6).

This course is packed full of different tools and techniques to enable a sound-worker to work in every corner of the community with a diverse range of therapeutic sound interventions, rhythm sessions and cutting edge sonic artistry! Your qualification is highly respected in the CAM field and is recognized by the IICT, ICNM, CMA and the STA.

Instruments Featured

- Himalayan Singing Bowls
- Crystal Singing Bowls
- Therapeutic Percussion
- Therapeutic Drumming
- Gong

See what our students had to say about Level 1 – click on the video on this page <http://www.healthysound.com/international/>



FEATURED IN THIS COURSE

Therapeutic Process and Therapeutic Tools

The range of tools used on the course will be demonstrated via a combination of relaxing soundbaths and experiential sessions and key concepts will be delivered supported by research and development to help explain why sound is such a powerful and effective tool.

Gongbaths, Soundbaths and Relaxation Sessions

We will explore how to give relaxing sessions using the gong, Himalayan and crystal bowls. We will also explore how these 'sound bath' and 'gong bath' sessions affect neurology, biology and psychology and practice playing techniques to encourage maximum relaxation.

Soundscapes, Interactive Sessions, Sonic Art

We will explore how to use sound as a dynamic 'healthy art' form. Soundscape sessions are interactive, dynamic and fun, encouraging communication, collaboration and artistic and emotional expression. This module is a perfect way to combine sound with other visual and written art-forms such as poetry, creative writing, photography, sculpture and so on.

Rhythm Group Facilitation

This part of the course is all about the nature of rhythm and how effective it can be as a therapeutic tool. Therapeutic drum circles, community music making, 'rhythm of life' sessions and rhythm games will all be explored. Express your story in a rhythmscape offering an outlet for communication beyond words, explore the application of rhythm in a therapeutic context and the use of rhythm games to develop social skills, communication, expression, team building, conflict resolution and group interaction.

Working with Unhelpful Narrative

How many of us go through life with unhelpful beliefs that hold us. We will explore a powerful and effective method to question these beliefs through therapeutic sound-work that offers an outlet for expression beyond words. As a result the unhelpful story can be released and a new potential way of being explored. This method has produced life-changing results and takes sound-work to a new and deeper level than other therapeutic sound methods being used today.

Webinar Programme

The course continues with 4 x 1 hour bi-monthly webinars to support students through their case-study groups, as well as delivering templates and further information on how to run successful transformational sound sessions. Webinars are held online in the comfort of your own home during an evening which is mutually arranged by the group.

Earlybird Deadline April 30th
Course Fee: \$1750

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LEVEL 2

Professional Diploma in 1-2-1 Sound Therapy

TL Dip ST (BAST)

27th – 31st August, Box Hill, Melbourne

THE ORIGINAL BAST METHOD

This method of sound therapy was the first professionally recognised training course in the UK and was launched by Lyz Cooper in 2001. It comprises Himalayan singing bowls, Passive Voice Therapy (toning and overtone), Crystal singing bowls and therapeutic percussion.

This method is based on use of specific instruments and techniques to encourage a deep state of relaxation to occur. Research has shown that this method also helps to improve health and wellbeing as well as reduce a wide range of stress related symptoms and relieve muscle tension and chronic pain. It has also been very beneficial in relieving the symptoms of diseases such as MS, Parkinson's and Cancer. The reflective element of the work (gentle questioning) enables personal awareness to develop and grow, making this a highly transformative methodology.



The five day module concentrates on practical elements for working in a 1-2-1 setting, and is the perfect addition to Professional Diploma in Group Voice Therapy or Group Sound Therapy Courses, giving your business stability and versatility.

Training days will be from 10 - 5 most days with some evening sessions (details will be provided on request).

Students will be required to complete case studies and coursework and a practical and theoretical assessment will be completed.

Following the module there will be 5 bi-monthly webinars lasting approximately 1.5 hours to support you with your case studies.

FEATURED IN THIS COURSE

Reflective Practice Techniques

Reflection is key to transformation. By enabling a client to reflect on their personal circumstances/symptoms etc, changes can be made on all levels of being.

Holding the Therapeutic Space

Case study taking, best practice and working with clients.

Homework and Sonic Prescriptions

Various techniques to support your clients process and help move energy in the system post-treatment.

Musicality in the Treatment Setting

Transitioning from one instrument to the other, ebb and flow, nuance, musical emotion.

The Therapeutic Process

Drilling down into the concepts, principles and theories behind working with sound in a therapeutic context. Soundbaths will be given to enhance the process.

The Therapeutic Tools and their Sonic Signatures

A practical weekend where Himalayan and crystal singing bowls, voice (toning, overtone, mantra) drum, gong, tuning forks and therapeutic percussion will be explored further. The therapeutic application of these tools will be discussed.

Introduction to Using the Voice & Passive Voice Therapy

Anatomy & physiology of the vocal mechanism, postural awareness and its relationship with the voice, breath-work, vocal care and voice-work for therapeutic use. How to give a treatment using chakra vowels, pitch, vocal techniques and the wonderfully transformational overtone (harmonic) singing.

Himalayan bowls

Giving a treatment using Himalayan bowls. Techniques in more depth, (bowing, water bowls, wahwah, striking, isolating harmonics etc). Learn a wonderful bowl on the body technique with sonic massage and nada pressure, taking Himalayan bowl work to a new level.

Crystal bowls

How to give a treatment using these wonderful and unique instruments. Crystal bowls create the space for a deep state of consciousness to be achieved. We cover intervals as a therapeutic tool, where to place in a treatment and why, entrainment, practical work.

Webinar Programme

The course continues with 5 bi-monthly webinars lasting approximately 1.5 hours (depending on the material to be covered). The aim of these webinars is to support students through their case study period as well as offer support regarding building a successful business.

Earlybird Deadline April 30th
Course Fee: \$1750

Full price for this course is \$1950 – a payment plan
of 5 installments of \$390 a month from March – July is available.

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COURSE FEES AND LOCATION

LEVEL 1

Professional Diploma in GROUP SOUND THERAPY

Course Location

The Cameron Park Community Centre is a state of the art community facility that is the meeting place and home of many of the area's community groups. As the Community Centre is located close to the freeway it is easily accessible for those traveling from Newcastle, Sydney, the Central Coast and Maitland areas. There is off street parking onsite.



LEVEL 1

Professional Diploma in GROUP SOUND THERAPY & Professional Diploma in GROUP VOICE THERAPY

Course Location

Lavalla Centre, Rosalie
Lavalla was opened in 1929 and for 80 years it provided opportunities for faith and education especially to working class youth. The school has been refurbished as The Lavalla Centre to provide support for a wide range of community and spiritual groups. Situated in the pretty area of Rosalie there are tasteful shops and restaurants nearby as well as a range of accommodation. Parking is available nearby.



LEVEL 1 & 2

Professional Diploma in GROUP SOUND THERAPY & Professional Diploma in 1-2-1 SOUND THERAPY

Course Location

The Box Hill Town Hall's history dates back to 1872 when the Nunawading Road District (constituted in 1857) became the Shire of Nunawading. In 2006, the Council undertook a major \$6.5 million capital works program to redevelop and refurbish the Town Hall, transforming it into a thriving modern hub of 14 community groups. There are a range of restaurants, shops and bed and breakfast accommodation nearby and is close to the tram. Parking is available close by. This significant project involved extensive community consultation, followed by the creation of a spacious modern hub to house 14 community groups.



LEVEL 1 – \$1950

Earlybird \$1750 pay by 30th April

LEVEL 2 – \$1950

Earlybird \$1750 pay by 30th April

1 course – Full Fee \$1950 Earlybird \$1750 pay by 30th April

2 courses – Fee \$3700 Earlybird \$3300 pay by 30th April

**Payment plan available: 1 Course – 5 installments of \$390 a month March – July*
2 Courses – 5 installments of \$740 a month March – July***

All students are required to complete a one day first aid qualification before the completion of the course.

* the final installment needs to reach us by July, so if you are enrolling after March, please adjust installments accordingly.

Fees can be paid by debit or credit card for a 3% fee and bank charges may apply in some cases.

To enroll – all you need to do is contact us and a Skype session with Lyz Cooper will be arranged where all your questions will be answered. Contact details below.

APPROVED TRAINING CENTRE



British Complementary
Medicine Association



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