



The Theory and Practice of Vocal Psychotherapy: Songs of the Self

By Diane Austin

Download now

Read Online ➔

The Theory and Practice of Vocal Psychotherapy: Songs of the Self By Diane Austin

The voice is the most powerful and widely used instrument in music therapy. This book demonstrates the enormous possibilities for personal change and growth using a new, voice-based model of psychotherapy where the sounds of the voice are expressed, listened to and interpreted in order to access unconscious aspects of the self and retrieve memories, images and feelings from the past.

Combining theory with practice, the book explains the foundations of vocal psychotherapy and goes on to explore its usage in clinical practice and the various techniques involved. The book integrates important concepts from depth psychology such as regression, reenactment and working with transference and counter-transference with the practice of vocal music therapy. Drawing on over twenty years of research, the author uses case studies to illustrate specific vocal interventions, including improvisation techniques such as vocal holding, free associative singing and psychodramatic singing.

Vocal Psychotherapy highlights the value of voice work as an integral part of the psychotherapeutic process and provides a model of advanced clinical work that will be essential reading for music and creative arts therapists.

↓ [Download The Theory and Practice of Vocal Psychotherapy: So ...pdf](#)

📄 [Read Online The Theory and Practice of Vocal Psychotherapy: ...pdf](#)

The Theory and Practice of Vocal Psychotherapy: Songs of the Self

By Diane Austin

The Theory and Practice of Vocal Psychotherapy: Songs of the Self By Diane Austin

The voice is the most powerful and widely used instrument in music therapy. This book demonstrates the enormous possibilities for personal change and growth using a new, voice-based model of psychotherapy where the sounds of the voice are expressed, listened to and interpreted in order to access unconscious aspects of the self and retrieve memories, images and feelings from the past.

Combining theory with practice, the book explains the foundations of vocal psychotherapy and goes on to explore its usage in clinical practice and the various techniques involved. The book integrates important concepts from depth psychology such as regression, reenactment and working with transference and counter-transference with the practice of vocal music therapy. Drawing on over twenty years of research, the author uses case studies to illustrate specific vocal interventions, including improvisation techniques such as vocal holding, free associative singing and psychodramatic singing.

Vocal Psychotherapy highlights the value of voice work as an integral part of the psychotherapeutic process and provides a model of advanced clinical work that will be essential reading for music and creative arts therapists.

The Theory and Practice of Vocal Psychotherapy: Songs of the Self By Diane Austin Bibliography

- Sales Rank: #1125400 in Books
- Brand: Brand: Jessica Kingsley Publishers
- Published on: 2009-04-15
- Released on: 2014-05-09
- Original language: English
- Number of items: 1
- Dimensions: 9.21" h x .51" w x 6.14" l, .75 pounds
- Binding: Paperback
- 224 pages

 [Download The Theory and Practice of Vocal Psychotherapy: So ...pdf](#)

 [Read Online The Theory and Practice of Vocal Psychotherapy: ...pdf](#)

Editorial Review

Review

I highly recommend this book. I hope that it will help readers to focus on the human voice as an important instrument within music therapy, and that it will be an inspiration for other music therapists to do as Austin has done - to write about their vocal approaches in their clinical work. There is a tremendous need for a range of different approaches to be described as well as for more research on the subject. We have much to learn and document about the human voice within music therapy: its nature, possibilities and effects. -- British Journal of Music Therapy This much anticipated publication details not only Austin's theoretical and clinical practice, but is also packed full of her years of work and life experience. I think it is an intensely personal book and, on reading it, one feels close to her passion and commitment to the work, to music and to people. In the first half Austin draws upon the physical, philosophical, theoretical and technical aspects of vocal work, viewed from the different stances she has integrated into her method. In the second part practical and specific areas are addressed, and specific questions posed about vocal psychotherapeutic work in general. Characteristic of Austin's work, the client is always present and there are case examples throughout, along with her personal reflections upon the ways in which she makes use of her own self in the clinic room, for one of the most valuable aspects of the book is that the songs of the Self in the title are not only those of her clients but also of herself. This depth of the therapist's personal engagement and its contribution to the therapeutic process is a fundamental characteristic of our work, but detailed reflection about this is often absent from music therapy publications. It is well represented here... I recommend to any reader, at any level of practice. -- Nordic Journal of Music Therapy Diane Austin has achieved no mean feat in this commendable book. She does indeed manage to integrate key concepts from depth psychology with vocal psychotherapy whilst keeping it real... how do I feel now about the use of voice and music in the Play room? More enthusiastic, more open to experimentation, in which case, Ms Austen would possibly consider her job done! -- Play for Life Diane's pioneering work with the voice in music therapy is an inspiring and much needed contribution to our field. -- Dr. Clive Robbins, Founding Director of the Nordoff-Robbins Center for Music Therapy at New York University

Review

I highly recommend this book. I hope that it will help readers to focus on the human voice as an important instrument within music therapy, and that it will be an inspiration for other music therapists to do as Austin has done - to write about their vocal approaches in their clinical work. There is a tremendous need for a range of different approaches to be described as well as for more research on the subject. We have much to learn and document about the human voice within music therapy: its nature, possibilities and effects. (British Journal of Music Therapy)

This much anticipated publication details not only Austin's theoretical and clinical practice, but is also packed full of her years of work and life experience. I think it is an intensely personal book and, on reading it, one feels close to her passion and commitment to the work, to music and to people. In the first half Austin draws upon the physical, philosophical, theoretical and technical aspects of vocal work, viewed from the different stances she has integrated into her method. In the second part practical and specific areas are addressed, and specific questions posed about vocal psychotherapeutic work in general. Characteristic of Austin's work, the client is always present and there are case examples throughout, along with her personal reflections upon the ways in which she makes use of her own self in the clinic room, for one of the most valuable aspects of the book is that the songs of the Self in the title are not only those of her clients but also of herself. This depth of the therapist's personal engagement and its contribution to the therapeutic process is

a fundamental characteristic of our work, but detailed reflection about this is often absent from music therapy publications. It is well represented here... I recommend to any reader, at any level of practice. (Nordic Journal of Music Therapy)

Diane Austin has achieved no mean feat in this commendable book. She does indeed manage to integrate key concepts from depth psychology with vocal psychotherapy whilst keeping it real... how do I feel now about the use of voice and music in the Play room? More enthusiastic, more open to experimentation, in which case, Ms Austen would possibly consider her job done! (Play for Life)

Diane's pioneering work with the voice in music therapy is an inspiring and much needed contribution to our field. (Dr. Clive Robbins, Founding Director of the Nordoff-Robbins Center for Music Therapy at New York University)

About the Author

Diane Austin, DA, ACMT, LCAT, received her Doctorate in Music Therapy from New York University. She has maintained a private practice in music psychotherapy for the past 20 years with offices in Manhattan and Sag Harbor, New York. Diane is the Executive Director of The Music Psychotherapy Center and an associate professor in the Graduate Music Therapy program at New York University. Widely published in books and journals, she lectures and teaches nationally and internationally, integrating the theories and ideas from Depth Psychology with the practice of music therapy and the use of the voice in the therapeutic process. Diane lives in Sag Harbor, New York with her husband and Amazon parrot.

Users Review

From reader reviews:

Jenny Dill:

Why don't make it to be your habit? Right now, try to ready your time to do the important take action, like looking for your favorite publication and reading a publication. Beside you can solve your long lasting problem; you can add your knowledge by the book entitled The Theory and Practice of Vocal Psychotherapy: Songs of the Self. Try to the actual book The Theory and Practice of Vocal Psychotherapy: Songs of the Self as your friend. It means that it can for being your friend when you experience alone and beside those of course make you smarter than ever before. Yeah, it is very fortunated for yourself. The book makes you much more confidence because you can know almost everything by the book. So , let us make new experience and knowledge with this book.

Christina Moss:

Reading a book can be one of a lot of activity that everyone in the world enjoys. Do you like reading book and so. There are a lot of reasons why people fantastic. First reading a guide will give you a lot of new data. When you read a reserve you will get new information simply because book is one of several ways to share the information or even their idea. Second, reading a book will make you more imaginative. When you looking at a book especially fictional works book the author will bring you to definitely imagine the story how the people do it anything. Third, you can share your knowledge to others. When you read this The Theory and Practice of Vocal Psychotherapy: Songs of the Self, you may tells your family, friends along with soon about yours e-book. Your knowledge can inspire others, make them reading a guide.

Drew Poland:

It is possible to spend your free time to learn this book this publication. This The Theory and Practice of Vocal Psychotherapy: Songs of the Self is simple to deliver you can read it in the park, in the beach, train in addition to soon. If you did not include much space to bring often the printed book, you can buy often the e-book. It is make you quicker to read it. You can save often the book in your smart phone. And so there are a lot of benefits that you will get when you buy this book.

Natalia Burton:

That guide can make you to feel relax. This book The Theory and Practice of Vocal Psychotherapy: Songs of the Self was multi-colored and of course has pictures on there. As we know that book The Theory and Practice of Vocal Psychotherapy: Songs of the Self has many kinds or genre. Start from kids until young adults. For example Naruto or Detective Conan you can read and feel that you are the character on there. Therefore not at all of book are usually make you bored, any it offers up you feel happy, fun and loosen up. Try to choose the best book to suit your needs and try to like reading in which.

Download and Read Online The Theory and Practice of Vocal Psychotherapy: Songs of the Self By Diane Austin #8PGU29M3CLX

Read The Theory and Practice of Vocal Psychotherapy: Songs of the Self By Diane Austin for online ebook

The Theory and Practice of Vocal Psychotherapy: Songs of the Self By Diane Austin Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Theory and Practice of Vocal Psychotherapy: Songs of the Self By Diane Austin books to read online.

Online The Theory and Practice of Vocal Psychotherapy: Songs of the Self By Diane Austin ebook PDF download

The Theory and Practice of Vocal Psychotherapy: Songs of the Self By Diane Austin Doc

The Theory and Practice of Vocal Psychotherapy: Songs of the Self By Diane Austin Mobipocket

The Theory and Practice of Vocal Psychotherapy: Songs of the Self By Diane Austin EPub

8PGU29M3CLX: The Theory and Practice of Vocal Psychotherapy: Songs of the Self By Diane Austin