



# Sound Therapist Training Course Syllabus

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You will have a professional Diploma recognized by most UK insurers upon completion of your training and Case Studies.

## General Knowledge spread over the year

- Personal Development
  - How to be unique
  - How to trust the inner self
  - How to move from old patterns of behaviours
  - what is learning and knowledge
  - How to release stuck emotions with Sound
  
- Business Knowledge
  - How to start a successful Sound Therapy Business
  - How to find your clients
  - How to advertise your services
  - Practical knowledge: room rentals, timings, setting up and storage

## Level 1 – 8 days Self-Healing and Group Sound Work

- Technical knowledge
  - Tibetan Singing Bowls
  - Crystal Quartz Singing Bowls
  - Gongs
  - Finding the true Voice



- Frame Drums
- How to facilitate a Sound Bath
- How to facilitate a Gong Bath
- How to facilitate a drumming workshop
- What is Rhythm and how to use it
- How to use Magnets with Sound
- Breath work
- Theoretical knowledge
  - Introduction to Sound Therapy
  - The Science behind the Sound
  - Healing and energy work
  - Musicality
  - Working with the Chakras and Sound

## **Level 2 – 8 days How to use Sound in One-to-One Therapy**

- Technical knowledge
  - Singing Bowls Body Massage
  - Voice projection in the body
  - How to analyse a voice with a computer and give sounds to heal from old patterns
- Theoretical knowledge
  - What is Therapy Vs Healing
  - How to hold a space for a client
  - How to recharge and not energetically drain yourself after a session