



ENCOURAGING THE SOUL TO SING:

Discover the potency
of voice in the healing
arts

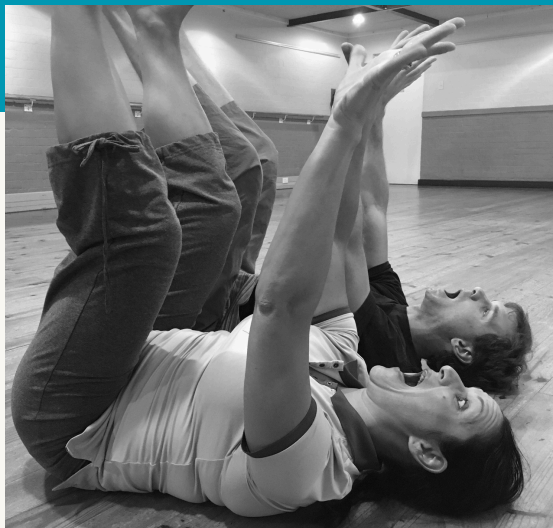
AUGUST 2025

A 5-day experiential
Introduction to
Voice Movement Therapy



Voice Matters

The voice is a bridge between the inner landscapes of the psyche and the outside world, it is the way we make our needs and desires heard, and more than this, as an embodied channel for expression that connects our physical sense of self and experience of emotional states with our energy and unique person, our voice is at the very heart of who we are and who we want to be.



Voice Movement Therapy is the first in-depth Expressive Arts Therapy that focuses on developing an embodied voice as a way to explore the contours of the self and more fully express the human experience.

VMT is a unique embodied psychotherapeutic approach to understanding identity and personal story through body, movement, voice, breath, and image that does not rely on language to make meaning.

Voice Movement Therapy is a dynamic, embodied and creative learning process that profoundly changes people's lives because it provides a robust framework to address trauma, emotions and mental states as physical and vocal experiences. It facilitates and provides a container for the amplification of self-expression and creates an embodied connection between human experience and soul.



Program Outline

Day 1

An introduction to the history of Voice Movement Therapy and the foundations of practice

- Understanding the application of VMT through case studies
- Introduction to the central concept of the Vocal Tube and how it relates to sense of self, healing and transformation.
- Archetypes, subpersonalities (as used in VMT) and active imagination
- Experiential play with the foundations of practice

Day 2

Exploring breath in relation to:

- Vocal production and self-expression
- Emotions and sense of self
- The body and tension patterns which hinder expression
- Imagination and subpersonalities
- Movement quality and voicing in relationship
- Grounding, confidence and presence
- Freeing the body through embodied breathwork and voice and how this can lead to a more liberated sense of self

Day 3

An introduction to the VMT 10 Vocal Components

- The voice science – how we physically make different vocal sounds
- The creative exploration – how sound connects to imagination
- The expression of emotion – how sound holds emotions and the voice as a felt experience
- What the 10 vocal components tell us about the psyche
- How VMT works to expand the vocal range and expressive ability of clients and why this is important to healing and transformation

Day 4

An introduction to understanding the self and expression in space

- The VMT Sphere – personal relationship to space, environment and others
- Exploring the planes of motion from within the Sphere – Vertical, Horizontal and Sagittal
- The voice in space and in relation to other
- Understanding and maintaining boundaries as a vocal and physical experience
- Grounding and being present in the present

Day 5

The Song as Container

- VMT as therapeutic practice
- Finding voice for things and parts of the self that are silenced
- When words are not enough
- Integrating the bodymind-voice in the creative act
- Self-awareness, self-resourcing, and building resilience through VMT
- VMT for anxiety and depression



Learn How To

Integrate elements of voicework, songwriting, breathwork and embodiment into your current creative arts therapy practice.

Who is this program for?

This 5-day program has been designed for practicing Creative Arts Therapists and Students of Creative Arts Therapy.

Interested counsellors and psychologists who already incorporate some aspect of creativity or embodiment into their practice, as well as artists and performers who would like to incorporate the embodied voice into their auto-ethnographic research process, are invited to connect with Gina to assess suitability in the event that places become available.



Gina Holloway Mulder

BADA hon. (WITS), PGDA (WITS),
MAP (WBS), VMTR (NCF- USA),
MA (UP)

As a specialist with an in-depth understanding of the integration of voice, body and psyche, Gina is passionate about offering a unique approach to facilitating human development, healing and transformation through embodied and creative learning strategies.

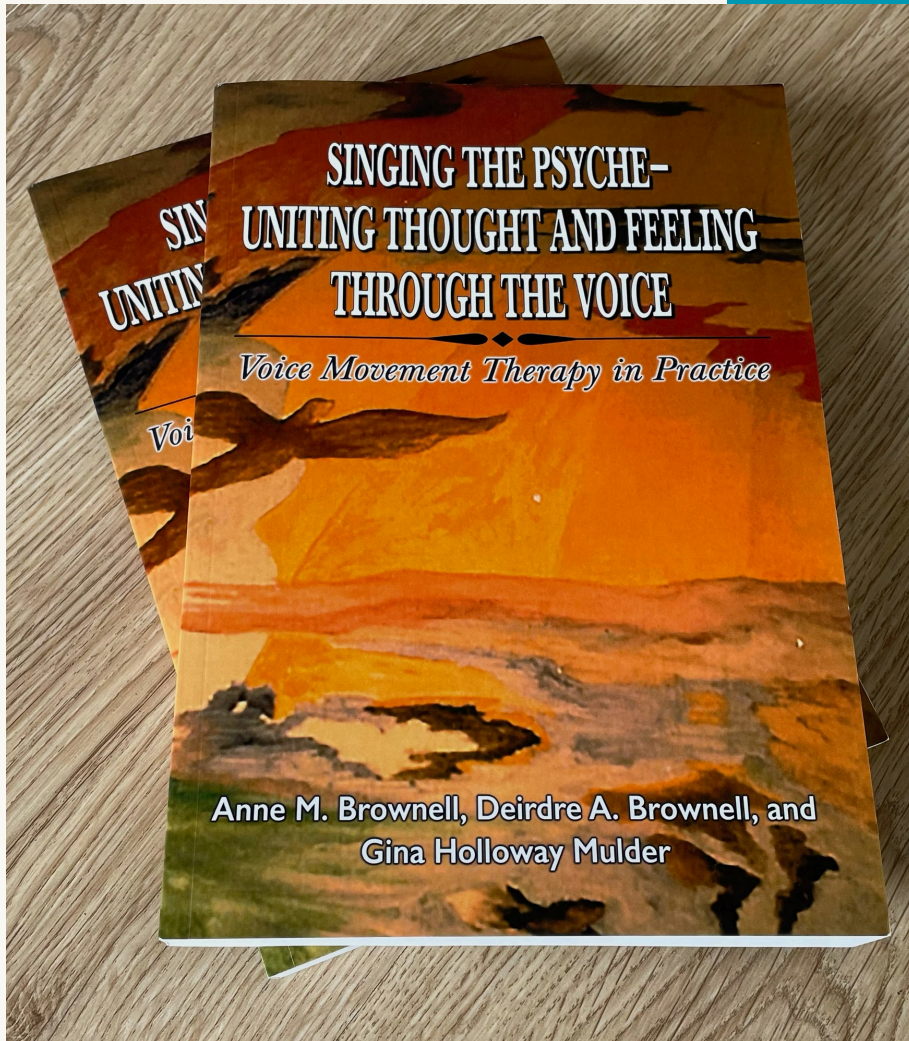


Gina has a foundation in theatre practice, physical theatre performance, choreography, and theatre design and has been facilitating personal and professional development through voice and movement since 1999. After studying in the USA and qualifying in 2007, Gina became South Africa's first Voice Movement Therapy practitioner and began incorporating VMT into her professional practice and artistic auto-ethnographic research process. Gina runs a private VMT practice in Durban, South Africa.

As a global pioneer of the VMT modality Gina is committed to actively researching and expanding the body of work. She has assisted on the international VMT training in China and has served a number of terms on the IAVMT Board of Directors in various capacities. Gina has edited two issues of the International Journal for VMT and is co-editor and contributing author of the book *Singing the Psyche – Uniting Thought and Feeling Through the Voice*.

Over the past 25 years, Gina has passionately shared her skills and knowledge with people in the formats of one-on-one therapy and coaching, lecturing at universities, and workshop facilitation and has developed and presented training and workshops for professionals, executives, government officials, performers, students and youth from diverse industries and sociocultural backgrounds in South Africa, Australia, Malaysia, China and Canada.

Gina is particularly interested in the therapeutic potential of the integration of VMT and self-made masks and is immersed in ongoing research in this context. Her 2016 masters degree dissertation: *Integrating Voice Movement Therapy and Maskwork for Performer Vocal Development: Voicing the Mask to Demask the Voice*, forms the foundation of this research. In 2023 Gina authored a chapter for the book: *The Expressive Use of Masks Across Cultures and Healing Arts*. Gina believes that there is huge healing potential in finding ways of integrating bodymind-voice and image.



A Few References

There are a number of books written about Voice Movement Therapy. The most recent of which is:

Singing the Psyche - Uniting Thought and Feeling Through the Voice: Voice Movement Therapy in Practice. (2023: Brownell, Brownell & Mulder)

- This book is available online or preorder to purchase at the workshop.

Other Books Include:

The Singing Cure: An Introduction to Voice Movement Therapy (P. Newham 1993)

Therapeutic Voicework: Principals and Practice for the Use of Singing as a Therapy (P. Newham 1997)

The Song of The Soul: The Transpersonal Dimension of Psyche and Sound. (Lena Måndotter, 2024)

You may like to visit:

www.iavmt.org

www.voicemovementtherapy.co.za

Booking Details

Email Gina@voicemovementtherapy.co.za to book your place

Cost:

\$ 850 Early Bird: Paid by April 30

\$ 1030 Song Bird: Paid by May 31

\$ 1150 Night Owl: Paid by June 30