



Therapeutic Voicework: Principles and Practice for the Use of Singing as a Therapy (Art Therapies Series)

Paul Newham

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Based on Paul Newham's experience as a voice and movement therapist and on his work running the only professional training course in the psychotherapeutic use of singing currently accredited by the RSA, this book explores both the theory and practice behind the use of voice and singing in expressive arts therapy. Each chapter of the book takes a specific area within which the therapeutic use of voice and singing has been explored and offers a comprehensive history of its development, covering subjects which include infant development, psychoanalysis, analytical psychology, the arts therapies, avant garde theatre and spiritual healing. From this extensive appraisal, the author draws together strands from various disciplines and creates from them a coherent system of Therapeutic Voicework. The presentation of this methodology is woven into each chapter through the description of exercises and case studies. This book will make informative and valuable reading for all those interested in the use of Voicework as a distinct therapeutic process or in combination with drama, movement and music.

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