



Songworlds

methodology for application within a clinical context

co-facilitated by **Tim Jones and Michael Dick**

In collaboration with **CSPP**

Pescara 2017

Songworlds is a creative conversation through song, inquiry and the practice of Amerta Movement. Songworlds seminars have for many years been a time for personal process and professional application, mainly in the field of the arts. Since the first seminar in Pescara in 2014 interest in its therapeutic implications has become a new focus.

Two courses in Pescara last year laid the groundwork for a three-step study which now starts in 2017, accredited by **CSPP - Centro Studi di Psicologia e Psicomatica Clinica** (Pescara). The education will be supervised by **Dr. Domenico Agresta**, clinical psychologist and psychotherapist.

The strands of engagement in this further education will include personal development, as well as working on skills and knowledge of how to apply Songworlds practices within a clinical context.

A core group has already formed, but we welcome interest from new participants, for example: therapists, Amerta Movement practitioners, those already working with song...

The seminars will be conducted in English.

In 2017 there will be 2 four-day-seminars in Pescara, where:

- We explore further a methodology for Songworlds with emphasis on the body/mind of the therapist for working with individual clients and groups.
- We will focus mainly on personal development and deepening our practice. Embodied practice naturally brings to the fore capacity for the training of others.
- We want to foster a perspective that in Songworlds practices ‘how we know is who we are’. The implications of this understanding within a clinical application, and for the relation of therapist/client or student/teacher, will be a subject for exploration and inquiry.

April 27 – May 1st

practice in depth: looking at what is essential in our experiencing

Please again choose a song from any time in your life, a lullaby, an aria, a pop song, a song that was sung to you, or that you just heard on the radio. Trace the thread of your connection to that song. Perhaps it reflects a theme that is current in your life, or expresses a passion that still burns, or reminds you of an important time and place of your life. Or you just like it!

August 31st - September 4th

clearings for working in dialogue

The term clearing has two different usages in english: it can mean a process of clarification and a place of light, empty of trees within a wood. So these two are one, a way of how to prepare for being able to truly dialogue and two, a sense of the place for it to happen.

Fields of reference are:

- **Amerta Movement** is a free, non-stylized, awareness practice in movement. In Amerta a knowing inherent to body and body-in-movement can be experienced as a source for objective guidance, which can be applied to a clinical context.
- **Songworlds** dialogues and elementary sound practices challenge unconscious veils of memory evoked in us by song. The discipline of song can address individual and collective psychodynamic subjects.
- **Inquiry** is not necessarily intrinsic to psychotherapy. Mostly therapist, who adhere to psychodynamic theories employ some form of it. We see and understand this technique as an open ended practice and tool for self-realization. 2017 courses will discriminate between ordinary and essential experiencing. This discrimination will have implications for all other areas of our practice and exploration.

Facilitators/Tutors

Tim Jones

Singer, storyteller and teacher, Tim founded the *The Nature of Sound* The name brings together two ideas - that of the sound-world of our natural environment - birdsong, wind, traffic, the natural sounds of the human expression - with a feeling for sound's own nature, sound's own soul. From this he has created performances and public workshop programmes. Amerta Movement Practitioner since 1989, and studied Carnatic music with Sivasankara Pannikkar 1984 – 2007; qualified Craniosacral practitioner since 1994. He is also a member of the Ridhwan School www.thenatureofsound.com

Michael Dick

Movement practice in continuous studies with Suprpto Suryodarmo since 1985; Amerta Movement Practitioner and teacher for 'BeWegen'. 30 years of professional experience as actor, director and performance artist; teacher for drama and improvisation; practicing and guiding Sumarah-Meditation; Iokai Meridian Shiatsu practitioner. As a long term member of the Ridhwan School, Michael practices the Diamond Approach and follows their Seminary Training Programme. www.michael-dick.info

Booking and Accommodation

Seminar Venue

Each Seminar will take place in Moscufo, where we will work in the local castle/ town hall. We can also work in the garden at the accommodation venue. Everything is within easy walking distance. There is also the possibility to visit an ancient church nearby. Moscufo is a small town, just outside Pescara.

Accommodation and food costs

single room 35,- € per night

Double room - twin beds or double bed; €50 per room per night (€25 per person per night)

With the maximum of 10 participants reached the price reduces to €46 for a double room, and €33 for a single room, €60 for triple room

A similar reduction is reflected for the catering: full board catering 32/28- €

To see the B&B: www.donfederico.it

To book on to the seminar contact:

Dr. Domenico Agresta

Via Bologna 35, 65121, Pescara, ITAL

Tel. +39 085 979530 Mobile +39 339 1092141 mimmoag@hotmail.com

Seminar times

Thursday arrival and settling in: we start with a light lunch at 13:00:
first session from 15:00 - 18:00; 19.30 – 22.00

Friday, Saturday and Sunday 10:00 - 13:00 and 16:00 - 19:00

Monday 10:00 - 13:00 (departure after lunch)

The timings can be adjusted according to how the seminar develops, with the agreement of participants. We like also to include some early morning or evening sessions.

Registration and payment

There is a limit of 12 participants so early booking is advised.

The seminar cost is €350

Full registration is completed on receipt of half the seminar fee €175.

Participants should make payment direct to:

Centro Studi di Psicologia e Psicosomatica Clinica (individuale e di gruppo), Pescara

Bank: B.C.C. di Castiglione Messeraimondo e Pianella S.C.P.A.R.L.

IBAN: IT27 D084 7315 4000 0000 0126 988

BIC: ICRAITRRD50

Reference: Songworlds Seminar

The remainder of the seminar fee should be received at the latest four weeks before the seminar - for the April seminar by Wednesday 27th March, for September by August 3rd.

Cancellation Policy

Full refund is possible up to one month before the seminar start date. After that a refund is only possible if a replacement participant is found.

Please feel free to contact us for any open question!

Michael Dick Tel 0049-221-321494 / michael.dick@netcologne.de

Tim Jones Tel 0044 1963 23792 / tim@thenatureofsound.com