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The Theory and Practice of Vocal Psychotherapy

Songs of the Self

Diane Austin

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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.

The Theory and Practice of 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.

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.

Contents: Introduction. *Part I: Theoretical Foundations of Vocal Psychotherapy.* 1. The Voice. 2. Contributions from Jungian Psychology. 3. Contributions from Object Relations Theory. 4. Contributions from Trauma Theory. 5. Contributions from Intersubjectivity. 6. The primacy of Countertransference. *Part II: Clinical Practice of Vocal Psychotherapy.* 7. Beginning a Practice. 8. Resistance in Vocal Psychotherapy. 9. Vocal Interventions. 10. Vocal Holding Techniques. 11. Free Associative Singing. 12. Songs. 13. The Therapeutic Process: Connection. Final Thoughts. Index.

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