

# INNER SOUND

## Sound Therapy Practitioner Training: Therapeutic Music

*Course: 09practitioner (therapeutic music)*



## Volume I





# Course Outline



## **VOLUME I**

**PLEASE NOTE:** Whenever the word(s) 'CD' or 'CDs' are used in this training, it also refers to the downloaded version of the title. You can, of course, purchase the CDs if you prefer.

### **Introduction to course**

What is Sound Therapy and therapeutic music

What is **INNER SOUND**

How to use 20 **INNER SOUND** CDs to facilitate learning the course material

Certification Process for **INNER SOUND** Sound Therapy Practitioner (Therapeutic Music)

### **Section 1 History of Music and Sound Therapy**

From the beginning of recorded history to the present

History of **INNER SOUND**

### **Section 2 How Sound Heals**

*(This section is also used in 09practitioner (tuning forks). You only have to submit the exam questions once if you are taking both trainings.)*

Physics of sound

Effect of sound on the biological functions of the body

Effect of sound on the physiology of the body

Effect of sound on the nervous system (Psychoacoustic)

Theory and function of emotions

Effect of sound on the emotions

Field theory

Acoustic and electronically produced sounds

Where different instruments resonate

### **Section 3 Elements of INNER SOUND**

21 musical motifs and exercises

12 Life Themes and exercises

**INNER SOUND** Tools for Self-Discovery titles and exercises

### **Section 4 Listening Programs**

What is an **INNER SOUND** Listening Program

List of Themes and Symptoms for the Body, Mind, Emotions and Energetic

List of **INNER SOUND** CDS

List of Exercises for the **INNER SOUND** CDS

Motifs and Life Themes

## **VOLUME II**

### **Section 5 How to determine which music to use**

From Interview and observations  
From Iris Interpretation  
From Personal use

### **Section 6 How to Create a Listening Program**

**INNER SOUND** Interview Sheet  
Listening Program Worksheet  
Listening Program Instruction Sheet  
For Personal Transformation  
As a complement to other techniques and therapies

### **Section 7 Listening Goals**

Alleviate Symptoms  
Creation of an on going process with music by the client

### **Section 8 Client/Practitioner Relationship**

How to describe the therapy process and listening goals to the client  
How to conduct an interview and session  
How to apply the music (Use of headphones, speakers and CD player/media player/smart phone or computer)  
Code of ethics and professional attitude  
Consent Forms  
Insurance

### **Section 9 Equipment and Environment**

Affiliate program  
Downloading the titles  
Sound Equipment  
Office Space

### **Section 10 Tests**

**Contact information:**

If you have any questions or comments about this course, please do not hesitate to contact us. Email: [arden@innersoundonline.com](mailto:arden@innersoundonline.com)  
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# INNER SOUND

## International Sound Therapy Training

Course: 10practitioner (therapeutic music)



## Introduction to **INNER SOUND** International Sound Therapy Training *Course: 10practitioner (therapeutic music)*

This course is about the conscious use of sound and music. Music and sound are powerful forces that have been used by man since ancient times. They are once again being acknowledged and accepted by our modern society. This course presents **INNER SOUND**, an original system of sound therapy and therapeutic music developed by Arden Wilken and Jack Wilken (USA) since 1978. **INNER SOUND** integrates information from the ancient use of sound with modern technologies and research about the body and the mind. A selection of the music of **INNER SOUND** is included with the course on 20 Cds. All the information necessary to use the music on a personal or transformational basis with others is included with this course. Non-musicians with little or no musical training can learn to use **INNER SOUND**.

### **COURSE OBJECTIVES:**

To present basic information about the following:

1. History of music and sound therapy/healing
2. Psychics of sound
3. Effect of sound on the biological functions of the body, the physiology of the body and on the nervous system
4. Theory and function of emotions and the effect of sound on the emotions
5. Field theory as it relates to the human body
6. Difference in acoustic and electronically produced sounds
7. Where instruments resonate in the body
8. **INNER SOUND** and its elements
9. Conditions, symptoms or processes that can be worked with **INNER SOUND**
10. **INNER SOUND** as a complement to other therapies, techniques and healing modalities
11. Which **INNER SOUND** music to use in specific circumstances
12. How to use the music
13. Listening goals
14. Professional attitude and clear communication with client
15. Use of sound equipment
16. Listening room, equipment and virtual sessions

The following titles are currently included with this training: The Brain Tape / Cosmic Alignment / Deep Touch / Dreamtime / Floating in the Sea / Inner Focus / Inner Harmony / Inner Sun / Intuition / Just Celtic / Just Piano / Magical Garden / Music for Children / Music for Healing / Nature Serenade / New Heart / Radiant Body / Repose / Sound Touch / Voyage to Freedom. They can be downloaded or purchased as CDs from [www.innersoundonline.com](http://www.innersoundonline.com).



### **What is Music Therapy?**

Music therapy has a long past but a short history. We know from the earliest medical texts that music was used to invoke healing, and as well, it was used therapeutically throughout history both in the west and in the east. Only in the last half century, though, has it emerged as an organized profession. It now has its place in the clinical field with physiotherapy, occupational therapy, speech therapy and psychology in the paramedical services provided by health authorities in many countries.

As a profession it exists in about 50 countries with a wide difference in the number of therapists in each country. The first formal associations were formed in the 1950's in the UK and the United States; in the 70's in Spain, France, Italy and Finland, Canada and Australia; Switzerland and Belgium in the 1980's and Greece in the 1990's. Musical therapy is very distinct and different from country to country due to cultural ideas about the use of music, political and financial issues, health care approaches and definitions of therapy. The different approaches and techniques may have come from psychoanalytic, behavioral or humanistic traditions or from special education philosophy, etc. The more typical ways music therapy is practiced is the use of active and creative music making to build a therapeutic relationship between an individual or group of clients and the therapist. The process by which a client expresses emotional, physical or psychological needs and difficulties in creative improvisation either on their own, or in dialogue with the therapist forms one of the most common approaches in music therapy. For this reason music therapists are usually musicians.

Receptive forms of music therapy are also used including the use of music in guided imagery, vibration therapy and physiologically interactive music as well as the use of popular classical music to elicit feelings, memories, associations and desires. In this kind of musical therapy non-musicians are perfectly capable to learn how to consciously use pre-recorded music to assist their client make change.

Music therapy is now considered both an art and a science, with more and more research being done to establish the actual effect of music and sound on the nervous system, emotions and physical body. This research is also bringing about new technologies with which to record music or to produce sound. Music therapy can benefit a wide variety of people, from both clinical and non-clinical populations.

### **What is Sound Therapy?**

Sound therapy emphasizes the use of tones, vibrations or sounds. How the nervous system reacts to sound in music or by itself as well as work with the voice to free up the expression is part of sound therapy. In this field sound is presented as a sequence of tones rather than a complex musical composition. Often non-musical instruments are used to create the sounds such as tuning forks, Tibetan and crystal bowls and electronic tone generators. Musical instruments can also be used. In medicine, for example, explosions of frequencies that duplicate the frequencies of kidney stones are used to dissolve the stones. Some people consider sound therapy to be its own field, while others put it under the general umbrella of music therapy.

### **What is INNER SOUND?**

**INNER SOUND** is an original system of sound therapy and therapeutic music which creates either expansion or contraction in different systems of the body helping the individual to release and/or integrate blocked emotions which have become trapped in the body. These blocked emotions can be the cause of physical, emotional and mental problems or symptoms. The music of **INNER SOUND** can either be used as focused listening with headphones, focused listening while performing specific exercises to enhance the effect of the music, or as background music to accompany other therapies or other activities.

The basis for **INNER SOUND** consists of approximately 50 musical motifs, short melodies with specific rhythmic patterns, developed by Arden Wilken from 1978 to 1996 while composing over 10,000 personal music composition based on the individual's requested healing theme. (21 of the basic 50 **INNER SOUND** motifs are presented in this course on the SOUND TOUCH CD.) Using the appropriate combination of these motifs Arden composed the music on 18 of the 20 CDs included with this course. **SOUND TOUCH** contains the 21 **INNER SOUND** motifs as well as 12 life themes. Two of titles are in just tuning which enhances relaxation and contain arrangements of well-known folk songs and classical piano works, **JUST CELTIC** and **JUST PIANO**. (See Section 1 for more information about tuning.)

All of the titles and motifs are recorded with special processing called ***Spectrum Sound Resonance System (SSRS)***, developed by Jack Wilken, which creates beneficial effects on the nervous system. **SSRS** was created specifically to enhance the effects of the music. The use of specific instruments in **INNER SOUND** focuses the sound or music at separate parts of the body, and based on the relative amplitudes and timing with which the music is played either the expansion/letting go or a contraction/focusing effect mentioned above is created. All of these factors are woven together to create a certain pulse in the music which can be used to activate and balance the vibrations of the body. This activation of these vibrations is paralleled by the activation of hormones and chemicals. A general example of this would be how the low frequency beats typical in rock music activate the adrenal glands

and how the endorphins are activated by classical music producing musical thrills. By listening to the music Arden has created for specific themes it is possible to create long-term changes through a process of repatterning the chemistry and frequency of the body.

**HOW TO USE THE 20 INNER SOUND CDS  
TO FACILITATE LEARNING THE COURSE MATERIAL**

The music included with the course helps create movement at different levels of the individual. One of the ways it can be used is to facilitate learning. To help learn the material more quickly and easily, try the following:

1. At the beginning of each section and in some cases during them, follow the listening suggestions for the title to be listened to and whether or not to use headphones. Different music is suggested if the information in the section is more technical, for example as in Section 2 HOW SOUND HEALS, or more historical as in Section I. Different parts of the brain process specific kinds of material. Unless otherwise stated listen to Dreamtime in bed before sleep. If this is done on a regular basis, not only will sleep be enhanced, but the information being studied will be more easily integrated and remembered on a long-term basis.
2. If desired, listen to any of the CDs as background music at other times during the day other than while studying. It is better; however, to wait to do the exercises that accompany each title or motif until arriving to that part of the course, Section 3. Having listened to the music on its own before that as either background music or to facilitate learning will make it easier to learn the exercises.

### **Tests and Practitioner Certification Process**

Section 10 contains tests for each of the sections of the course, including the Introduction. (The test for Section 6 includes doing a complete Listening Process with 2 case studies.) They can be done when you finish each section or at the end of the course. If you are interested in being certified as an **INNER SOUND** Sound Therapy Practitioner (Therapeutic Music), the tests must be submitted to the School for **INNER SOUND** for evaluation. You can do this after completing each section or at the end of the course. Upon receipt of all tests, you will be contacted by Arden Wilken, Director of Education, for an interview to complete the certification process.

There is no time limit in which you need to complete the certification process. It should take on the average of 1.5 years to complete the course material. To shorten your time, start Section 3 right away. This is the listening process to experience all the music and exercises. This can be done while you are studying the rest of the Sections.

As well as receiving certification as an **INNER SOUND** Sound Therapy Practitioner (Therapeutic Music) you will also receive certification from the International Association of Sound Therapy. Upon completion of all course work, you will receive your Practitioner certification in Therapeutic Music + 150 CE hours from the School for **INNER SOUND**.



## **4 Reactions to Music**

### **REACTION 1**

During the music: Extreme movement either positive or negative is experienced.  
 After the music stops: Reaction continues for more than 1 hour

### **REACTION 2**

During the music: Extreme movement either positive or negative is experienced.  
 After the music stops: Reaction stops within an hour

### **REACTION 3**

During the music: Even movement is experienced.  
 After the music stops: Reaction continues for more than 1 hour

### **REACTION 4**

During the music: Nothing is felt.  
 After the music stops: Nothing is felt or any of the 'After the music stops' symptoms are present from **Reactions 1-3**.

### **Listening Strategy**

**REACTIONS 2 and 3** give the most integrated movement from the music. If **REACTIONS 1 or 4** are experienced, listening for shorter, less frequent periods until they disappear. **REACTIONS 1 and 4** are an indication of unconscious defenses against change and actually signal that the music is touching the blockages. However, the movement is happening more quickly than the organism can assimilate it.

**REACTIONS 2 and 3** indicate that the music is moving the blockages neither too fast nor too slow, allowing the individual the time needed to assimilate and absorb the movement. This strategy for working with the music is developed in greater detail throughout the length of the course.

### **Examples of Experiences**

The following are some examples of what you or your client may experience while working with the music regardless of which of the above reactions are experienced:

- tingling and/or warmth
- visualization of colors or images
- emotional reaction (crying, laughing, etc.)
- sudden awareness of tension spots or areas of soreness
- headache
- the sensations of falling, dizziness, floating or expansion
- memories
- stream of consciousness
- heightened awareness of the body and surrounding environment
- sharper visual perception
- feeling of relaxation
- the sensation of the sound circling in the head.

## **Clarification of feelings, sensations and emotions**

In the process of using sound and music to heal and change your life, you will feel many sensations and feelings. Some will be clear, some will not. To help you clarify the movement that is created by the sound or music we have created 4 categories:

1. **PHYSICAL SENSATIONS:**
  - a) Sensation of the presence, existence or identity of individual parts of the body that make up the whole
  - b) Range of parameters that can be registered by the body; for example, pressure, temperature, pain, tingling, numbness, expansion, contraction and friction.
2. **FEELINGS:** Connected with sensations but begin to give an image that we can recognize in a qualitative sense. For example, 'I feel good/bad', 'I feel alive/dead', 'I feel uncomfortable/comfortable', 'I empty/full', 'I feel sad/happy', 'I feel lonely/connected.'

The above examples of feelings are interpretations of physical sensations, but they do not necessarily have anything to do with the creation of the physical sensation.

3. **SENTIMENTS:** When feelings and physical sensation begin to relate or trigger stored emotional memories. These can be thoughts, memories, images, colors such as 'I saw a purple light', 'I remember when.....'

4. **EMOTIONS:** Global experience of the body triggered by a memory of present time conditioned or unconditioned stimulus. A conditioned stimulus is anything that will activate an emotional response through trained association; for example, the bell for Pavlov's dog. An unconditioned stimulus is a stimulus that has a direct association with the emotional response; for example, a steak for Pavlov's dog.

These global states are characterized by specific physiological parameters in homo sapiens regardless of cultural background or up-bringing: collection of blood, chemical(s) in the blood, tension or relaxation of muscles and time duration.

Some global states could be called anger, fear, grief, sex, love, joy and reverence.

### **Use of the ORCHESTRA OF EMOTIONS**

The Orchestra of Emotions intelligence cards offer great support for yourself and your future clients to process and understand the listening experience - the feelings and emotions brought up by the music. The card set is included with this course. Follow the simple instructions you will find in the box and use it whenever you feel the need for greater clarity. The Orchestra of Emotions book (not included with this course) offers more insight and further instruction on how to use the card set. It is not necessary to use these emotional intelligence cards to use the music, but it offers an excellent tool for self-discovery. You will not be tested on them.

### Working with Section 3

You have the option of working with Section 3 at the same time you are working with the other sections. Section 3 takes you through listening to all the CDs in a detailed way, including the enhancement exercises for each. Below is a summary of the general listening instructions detailed in that section:

**General listening instructions for working with each CD\*:**

*Length of time per day: 1 to 1 1/2 hours a day*

*Length of time per CD: 7 days*

1. For the first 2 or 3 days listen to the music up to 2-3 times during the day either as background music or with headphones.
2. Write down afterwards your reaction and the 4 categories of experience: physical sensation, feeling, sentiment and global state (emotion) described on pages 1 and 2 of this section.
3. For the rest of the week, do the different exercises at least twice each.
4. On the last day after listening write a brief summary of your 4 categories of experience and note all the different reactions you had.

As you will learn in later sections, when working with the Listening Programs, the best movement from the movement is created when you or your client has Reaction 2 or 3. However, while listening to the music in this section you are only interested in noting your reaction, whatever it was.

**Note:** *Do the following to enhance your experience with the music:*

*Keep the amount of other music you to which you normally listen to a minimum.*

*For example, if you have the radio on all day long, try having it on for only a few hours. This will help you absorb more quickly and easily the movement created by the INNER SOUND CD(s) you are working with.*



### Plan for Personal Change

*(Fill out this plan. Look at it again when you finish the course to evaluate your personal changes.*

*Optional: Do an Orchestra of Emotions card spread and take a photo.  
When you finish the course do it again and note any changes. )*

Do you have an area or areas in your life that you would like to focus on to change or develop?

Why do you wish to change this part of your life? Describe the benefits to yourself, your family and others that you feel would happen if you changed this part.

Would there be consequences if you did not make any change?

List things you are already doing to change this part of your life?

Describe the specific steps you see you need to take to create the movement for change..