

# *Raphael School for Singing and Singing Therapy*

*Based on the School of Uncovering the Voice*



Singing therapy according to the “*School of Uncovering the Voice*” is an anthroposophically oriented art therapy. In the searching, exploratory handling of the musical elements, the breath, the listening process as well as consonants and vowels, we ourselves immerse ourselves deeper and deeper in a transformative learning that can accompany us throughout our lives on the way to our “I-sound”. Through this active, searching transformation, we connect with our inherent creative resources. The voice is the organ that connects us more and more deeply and consciously with these creative, creative forces within us.

*“Learning in this way that as an adult you transform yourself, become a different person, yes, develop into something that you were not before, which is therefore more than bringing existing predispositions to fruition” .... (Coenraad van Houten<sub>1</sub>) ... that is adult education at eye level, which serves us as an ideal.*

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In this way, in active experience we develop new deepening possibilities of perception for our body, our soul and the connections that we as a personality have with the cosmic forces surrounding us such as the elements, the zodiac, the planets, etc. This deepened self-awareness together with the knowledge of the above-mentioned elements enables us to stimulate the creative self-healing powers of the clients in our work as singing therapists and thus to accompany them on a path to inner balance and health on all levels.

*"But for this to happen, the actively learning ego must become a flame; it must burn up what has been absorbed from outside so that the new can be born in us individually." (C. van Houten<sub>1</sub>: Adult education as an awakening of the will)*

The "School of Uncovering the Voice" was developed by Valborg Werbeck-Svärdström in cooperation with Rudolf Steiner from 1912-1924.



*Valborg Werbeck-Svärdström*

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## *Duration and structure of the course:*

in singing therapy and singing based on the “*School of Uncovering the Voice*”.

- The “Raphael School for Singing and Singing Therapy” is a member of the International Association for Education in Anthroposophical Artistic Therapies - iARTE. The Curriculum has been recognized and approved by the Medical Section of the School of Spiritual Science at the Goetheanum.
- The 2025-2028 course will take place in North America using the English language.
- Each study year comprises two sessions: 10 days in Spring, March/April and 10 days in Summer, July/August.
- In total, the course comprises approx. 750 (45 minutes) units. Regular individual practice and learning between modules is required to deepen the experience.
- Regional peer group work will help to consolidate and establish the study process.
- Individual revision and consolidation of the course content is documented by written assignments, which must be handed in for the next module.
- In addition, internships take place in the third and fourth years. (at least 40 hours in total)
- The participants of the continuing education in singing therapy and the course instructor sign a study contract in which their mutual responsibility in terms of teaching and participation is outlined.
- The course can be completed with either a social-artistic or a therapeutic degree. At the end of the second year, the individual possibilities in this regard are discussed in a personal reflection meeting.
- For the therapeutic conclusion, an independently conducted therapeutic case is presented in writing and in a lecture.
- The therapeutic certificate of completion entitles the holder to carry out singing therapy with children and adults on medical prescription within the framework of the previous professional qualification.



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## ***Course content and objectives:***

- In the continuing education, the therapeutic effects of sound, breathing, sounds and musical elements on the singing person are examined phenomenologically. These experiences are deepened by anthroposophical doctors or other experienced teachers and brought into practical connection with therapeutic work.
- From the very beginning, therapeutic exercises and their practical application are taught.
- The book "The School of Uncovering the Voice " is the basis for the studies and will be incorporated into the courses in terms of theory and practice. In addition, anthroposophical writings by Rudolf Steiner are studied as the basis of the work.
- Choral singing and improvisation build up a working repertoire for later group lessons and also help to strengthen the social connection of the student community.
- Movement elements (eurythmy and Bothmer gymnastics) are integrated into the daily presential lessons as a basis for bodywork.

## ***Topics of the training are:***

In the 1st and 2nd year (basic training and development of tools)

- The whole person hears, breathes and sings/
- The three-fold and four-fold human being
- Vowels in their relationship to planetary activity in the microcosm and macrocosm
- Metabolic processes in the human being that break down and build up
- The 7-fold differentiation of the living in the seven life processes
- The four ethers and the four organ systems: lungs, liver, kidneys, heart
- The zodiac and the 12 consonantal forces in their relationship to the human form.
- Physiology and function of the human voice

In the 3rd and 4th year

- The 3-fold and 4-fold human being in health and illness. Connecting to the healing power of the center through singing
- The basic pathological gestures: sclerosis, tumor, allergy, inflammation
- The laws of the human biography; child development; crises in human biography
- Mental crises in life: Anxiety, stress, trauma, depression, burnout
- Immunology and the healing power of the center; cancer as a temporary disease;
- Singing therapy as a support in palliative care and end-of-life care
- Therapeutic skills
- Internships

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### *Deepening work with the voice*

Depending on the personal stage of development of the voice, individual or small group lessons are offered or recommended to support individual voice development. These hours are documented and they are included in the total number of hours. These hours are not part of the course fees.

### *Working with the lyre:*



The lyre is very suitable as an instrument to support vocal therapy work. The lively sound carries the voice and the instrument is easy to tune to the preferred tuning (a 432Hz) in therapy. Since there is no time to learn the instrument during attendance lessons, we recommend purchasing and learning outside of attendance lessons. However, when documenting the process, the hours spent can be incorporated into the participant's personal portfolio.

*"Singing is first and foremost the inner dance of the breath, of the soul, but it can also free our bodies from all stiffness into dance and teach us the rhythm of life."*

*Yehudi Menuhin*

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### ***Requirements for admission:***

- Minimum age of 23 years
- Willingness and interest in dealing with anthroposophy as well as in dealing with the "school of voice revelation"
- Basic knowledge of music theory or the willingness to acquire it.  
*and*
- Basic medical/therapeutic training  
*or*
- Training as a singer or instrumentalist  
*or*
- Pedagogical or socio-pedagogical training



#### **Stefanie Aurig,**

Singer, singing and music therapist, since 1992 alternative practitioner for psychotherapy and biography coach. Lecturer in Germany since 2010 (English and German course), Brazil since 2013, Australia, Holland, Switzerland, Finland, Bulgaria

**Teaching subjects:** vocal therapeutic phenomenology, singing, voice development, individual or Small group lessons, methodology, understanding of the human being, movement elements and training management

#### **Solco Aurig**

Cellist, music therapist and music teacher, lecturer in vocal therapy training since 2021;

**Teaching subjects:** musical phenomenology and human studies; choir conducting; Improvisation; Anthroposophy; Training management



**Other teachers support the training**

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