

EUFONOLOGI

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"Intuitive vocalization is your vocal reaction to the impulse your client conveys to you in a given situation."

Summary

Vocalization affects mental health, wellbeing and development. In the fields of pedagogy and education there is an increasing focus on the benefits and advantages of sound and breathing. This workshop argues for the implication of the intuitive use of voice as intervention method in coping with for example stage fright, uneasiness and nerve impairments. Providing the client with calmness and clarity.

Ephonology is the intuitive use of voice for soothing, calming and relieving purposes. It is an easy and effective method to connect with clients and help them to achieve a healthy breathing pattern. Participants in this workshop will discover how they with few means can relieve their clients of anxiety, nervousness and even pain by directing their human voice into a specific area of the client's body. This approach to helping clients differs from traditional methods by using vocalization and not including verbalization, as participants learn how to respond intuitively vocal to the inaudible information from client.

Practical

First the participants warm up with bottom-up exercises creating arousal. Then participants vocalize their individual sound observing the connection occurring throughout the group through the joint vocal sound. Thereafter the participants work together in pairs, absorbing data and intuitively relating vocally, with sounds, to the information that passes between them. The participants discover how much information you can get and give by letting an intuitive vocalization be the carrier of data.

Necessities

Movable chairs without armrests, laptop.

About the presenter

Danish-American Varinka Kierulff Boseman, born 1963, has a master degree in Rhetoric with a profile in Voice Production from the University of Copenhagen; she has a degree in Monody and is certified by Audun Myskja in 2015.

She studied with Mirka Yementzakis in Athens, Greece and Aase Oersted in Birkerød, Denmark. Boseman works as a Speech and Hearing Consultant in the municipality of Faxe in Denmark, where she is responsible for the voice area 0 - 18 years. Boseman is a museum host at The Danish Music Museum and participated with the poster presentation *Naturelogos* at IALP's conference in Athens in 2010. Boseman taught singing at Archi Theatrical School and has lead several workshops on intuitive use of the voice.