

Vagusonar-Therapy – a powerful bridge between coherence – resilience – salutogenesis

A demonstration workshop with Sabine Toliver

Tuesday 22 July 2025: 09.30 am – 06.00 pm

Location: MSH Medical School, Am Kaiserakai 1, Hamburg

Participation free of charge

While sick people visit doctors and/or therapists to recover, supposedly healthy people seek out singing teachers to develop their own voice. Sometimes both parties come across hidden trauma or illnesses. The classical voice – in a therapeutic context *vagusonar* – is anchored in the holistic structure of the body. During toning, that voice is able to detect hiding places through vibrations and the resulting peripheral expansion of the body's interior; places, often located at the most distant points of the body, that have so far safely guarded a traumatic event. As a result, this process manifests itself during class as a sign of physical restlessness, tingling and burning of the limbs, dizziness and imbalance, as well as sweating, clearing of the throat, flickering of the eyes, etc. It is not uncommon for a torrent of physical-verbal attacks and tears to erupt at the same time, which overwhelms those willing to sing and singing teachers alike. By means of well-founded explanation of the *why* and *how* (**sense of coherence**), clients and singers learn how helpful the classical, *vagusonar* voice is as a tool within body-focused, therapeutic forms of application. A hitherto shy rejection of this singing approach is thus transformed into its acceptance (**feeling of resilience**), and at the same time forms the chance of a fruitful symbiosis of these three components in the vagusonar-therapeutic context within the **salutogenetic framework**.

The voice, which usually changes positively in terms of sound in the course of the process, is an audible indicator of effectively teaching or therapy for singers and teachers, and thus also therapists. As a result, Vagusonar-Therapy acts as a powerful bridge between *resilience*, *coherence* and *salutogenesis* – not only in trauma work, but also in most body-focused therapy approaches.

Intensive Day Workshop

9:30 a.m. ... Greeting

- **Why vagusonar?** Introduction to the Concept of Vagusonar-Therapy with PowerPoint Presentation
- **The vagusonar (classical) vocal approach – "Not with me!?"** On the calming idea of entelechy & catharsis in responsible cooperation
- **A sympathetic trio:** The vagusonar axis between the sympathetic nervous system- parasympathetic nervous system and the pelvic floor

Short break

- **Polyvagal-Theory and Vagusonar-Therapy combined?** Symbols in comparison – a PowerPoint presentation
- **Mother Hulda and the vagusonar idea ...** who shakes up my trauma?
- **Fear Comes from Confinement** – Introduction and Demonstration of the Principles of the Vagusonar Singing Approach
- **Resilience-Coherence-Salutogenesis** as a Therapeutic Tool and Goal in a Vagusonar-Therapeutic Context

1:00 p.m. ... Lunch break (finger food and drinks)

2:00 p.m. ... Fidgeting allowed! Relaxing body and breathing exercises

2:20 p.m. ... We philosophize in the coffee round:

"I can't sing!" "Who says that?" ... "My fear of asserting myself" ... "Can I trust?" ... "Letting go in order to allow", "My voice – for me a resource or a bogeyman?" ... "Hands off – my soul is mine!" ... The vagusonar singing approach – a human right, because an EGO-STATE?" About the life of a voice-midwife, called a singing teacher.

3:00 p.m. ... Demonstration of some case studies with live demonstration:

Geriatric voice – are you kidding? ... Out of the stage-fright freeze-state, into the vagusonar vocal attachment ... The gentle way out of somatic trauma by means of vagusonar sounds ... "Oh, Schööön!" Rheumatism and voice – impossible at first, now a dream team.

4:30 p.m. ... Volunteers – who would like to? Get to know your vagusonar voice – free of foreign judgement, rich in self-esteem

5:45 p.m. ... Finally: a brief insight into artistic singing lessons