

# FIND YOUR VOICE

## Daryl's Bio

Since leaving a full-time career in engineering, Daryl has devoted himself to pursuing his heart's desire, diving headfirst into the highly expressive worlds of Georgian polyphonic folk music, contact improv dance, improvisational theatre and Voice Movement Therapy (VMT). He currently sings with the Georgian ensemble Machari in Toronto, and visited Georgia in 2007 with other members of Machari to study with songmasters Tristan Sikharulidze, Islam Pilpani and Polikarpe Khubulava.



Daryl took the Foundation Training in VMT in 2008, and is now a qualifying practitioner. He has also completed the first year and a half of a four-year training program in Psychotherapy, Bioenergetics and Integral Healing at the Integral Healing Centre of Toronto (Canada). He currently works part-time seeing his VMT clients, and part-time doing environment-related engineering work on a contract basis.

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Voice Movement Therapy  
with Daryl Vineberg

- Private sessions
- Group workshop series

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# Voice Movement Therapy

*"The voice is the direct expression of the soul"*

- Alfred Wolfsohn

Voice Movement Therapy (VMT) is a therapy of the voice which seeks to expand the creative expression of the self by developing an embodied voice.

We will work together to deepen your experience of your own voice, and open to your creativity.

Your authentic sound awaits...

## Origins of VMT

Voice Movement Therapy (VMT) was developed into its current form by Paul Newham. He expanded on the work initiated by Alfred Wolfsohn, and explored further by Roy Hart and the Roy Hart theatre. Wolfsohn was a German-born singing teacher who suffered aural hallucinations as a result of being on the front lines during World War I. After years of suffering and searching, he was able to find release by reproducing the very sounds that haunted him, and went on to develop a therapeutic method based on using the voice.

## More about VMT

VMT is an expressive arts therapy which offers the opportunity to move emotion into art and into the world through song. Working with opening the expressiveness of the voice allows the voice to emerge more fully, but what really emerges is the *person*.

In VMT, the therapist can also assist with massage, manipulation and compression work to help to loosen up muscular tension which inhibits free vocal expression.

## VMT Testimonials for Daryl

"On several occasions I have been brought back to my experience of the work that emerged during our time ... and I am filled with gratitude... I remember the power and solace of exploring my emotions/my voice, and am again filled with gratitude..." - S.

"On the evening of the fourth class, stretching out and loosening up for fifteen or so minutes before the start it occurred to me, that in this space, with these men, I am not ashamed to be a man. Funny, I did not consciously know how deep the shame ran, until, in a still moment of safety the shame was gone. I am with men that



want to explore and evolve, connect and share. Seems as strange and healing as my deep shame is strange and debilitating.

As willing as the participants were, we would have stood in a circle, uncertain of where and how to move and explore the terrain. I'll take the liberty of speaking for the group and especially for myself – we were blessed to have you. Blessed to witness you in your integrity, working boldly with both technique and intuition. You introduced us to the ways and means of sound and movement exploration and stood fast, following the group dynamic when we were flowing and leading us when we hit the bumpy patches and got stuck in our stuff. Not an easy task by any means." - K.

"Your indubitable commitment was obvious throughout the process. I felt myself slowly relaxing and relying on you! You were consistent and passionate." - R.