



The Art & Science of Transformational Change  
June 1-5, 2023 | Baltimore, MD



**Enrich & Expand Your Results through Sound Therapy**  
**Simple and In-Depth Techniques**

25<sup>TH</sup> INTERNATIONAL ENERGY PSYCHOLOGY CONFERENCE

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The Art & Science of Transformational Change  
June 1-5, 2023 | Baltimore, MD



**Greg Carpenter M.Div. LMFT**

[gdcconsulting@comcast.net](mailto:gdcconsulting@comcast.net)  
[www.gcarpenter.net](http://www.gcarpenter.net)

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**My Sound Samplings...**

- Native American Flute Sound Meditation/Albums
- [gregcarpenter.bandcamp.com](http://gregcarpenter.bandcamp.com)
- Meditative Sound Recordings YouTube Channel
- [YouTube.com/@GregCarpenter](https://www.youtube.com/@GregCarpenter)

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## Objectives

- Name two sound tools to enhance therapy/coaching
- List two sound tools for Self-Care.
- Name two electronic therapeutic sound devices
- Describe two sound therapy approaches for working with core issue
- Identify two intention statements for use with clients
- Describe the "felt experience" of the Group Sound Meditation

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## Ambient Sound/Sonic Landscapes

Ambient –  
completely  
surrounding

Create a certain  
reaction or  
mood



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## Sound Therapy: A Working Definition Mitch Nur

- Ambient Mode Music Therapy**
- Create an atmosphere of ambient audio with the intention to change consciousness
  - Through a Mindfulness Protocol
- Ambient Mode Soundscapes**
- Raise and lower frequency domains with the intention of changing consciousness



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## Sound Therapy...

- A merger of **psychology and psychoacoustics**
- **Sound Therapy** is the use of harmonic resonance to foster a stronger sound/awareness
- **Musical Instruments & Indigenous Sound Tools** are used in rituals and ceremonies, combined with drone instruments
- **Application:** relief of stress related issues through to embracing a better relationship with Self




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## My Journey into Sound Therapy

- Using **Bilateral Music** with Clients
- My self experimentation
- Experimenting with vibrational instruments
  - Singing Bowls
  - Hand Drums
  - Rattles
  - Toning/Chanting
  - Didgeridoo
  - Native Flutes
  - Gongs




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### Brainwave Entrainment Music

- **Bilateral** – left to right, right to left (headphones)
- **Binaural Beat** – two slightly different frequencies (headphones)
- **Isochronic Tones** – single tone, on/off (headphones optional)
- **Monoaural Beats** – mixing two tones together (headphones optional)

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### Sound and Self-Care



- Electronic Psychoacoustic Devices
- Bioacoustical Audio Device
- Apollo Wearable from Apollo Neuro
- Audio Visual Entrainment Devices
  - David Delight Pro
  - BrainTap
- NeoRhythm – pulsed electromagnetic fields

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### Sound Therapist Toolbox

- **Indigenous Sound Tools**
  - Voice - Toning & Chanting
  - Rattles
  - Drumming
  - Didgeridoo
  - Himalayan (metal) Singing Bowls
  - Gante Bell
  - Tingshas
  - Native Flutes
  - Gongs



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### Experiencing The Vibrations

- **Goals...**
- **Simple:** to balance and calm our nervous system.
- **Deeper:** ...to create harmony out of disharmony ...*Healing (self care) can also be a means of connecting with our innermost essence, so that we expand our identity beyond a limited ego-based definition of self* "The Healing Power of Sound" Mitch Gaynor



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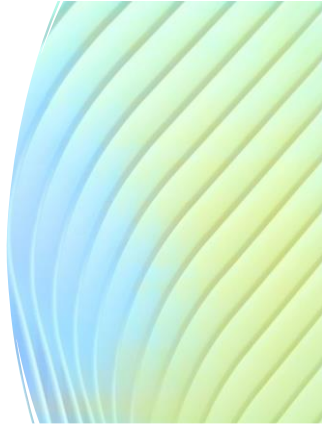
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# Benefits of Sound Meditation

Alex Tannous <https://soundmeditation.com/>

- Disengage undesirable habitual patterns
- Empower positive cognitive change
- Managing depression
- Accessing and Releasing Trauma
- Bringing self into state of union, peace and calmness
- Experiencing resonance and attunement




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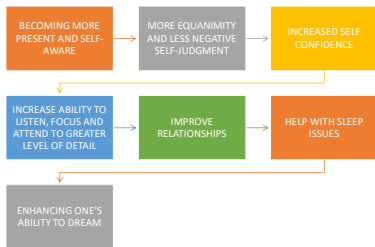
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## SoudSound Benefits (cont.)




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## A Guide for Listening..

- Listen for the overtones
- Observe the wobbles or beats and speed of different overtones
- Notice varying dynamics
- Visualize opening to the sound and merge with it
- Allow being absorbed within the sound
- Breathing into the sound until you lose time




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### Experiencing...

- Toning
- Rattle
- Frame Drum
- Singing Bowls
- Didgeridoo
- Gong




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### Sound Therapy: You are the Instrument

- The practitioner is the true instrument
- The drum or bowl is a tool
- The client is an active participant in the process and needs coaching in the restoration of well-being
- Danger of falling into a belief that the sound itself is "the cure" and therapist providing the "medicine"
- All together – it is a shared holistic responsibility

Mitch Nur 9ways.org




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### Three Levels of Sound Therapy

- Relaxation and Emotional Regulation
- Adjunctive tool used alongside or integrated in with other modalities
- Stand alone therapeutic approach with sound as the primary intervention.




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## Practical Applications

- *"The sound vibrations of the bowls break down our ability to maintain our 'egoboundaries.' As we release our sense of 'self' we enter into the universal flow of energy."* Diane Mandel [soundenergy.com](http://soundenergy.com)
- Inverted Jamboti bowl on head




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- **Talk & Play** – lightly ring bowl or beat drum as you carrying on talk therapy (what are you noticing now)
- **Rattle, Drum or Bowl** the Energy Field (hemispheric synchronicity)
- **Position** - Standing or laying - working front and back and sides of body
- **Sitting** - back & forth from feet to head

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## Integrating Sound Therapy

- **For Relaxation** - play multiple bowls or drums continuously for 7 - 20 minutes without interruption (mindfulness instructions - clouds)
- **Working Deeper** –
  1. Bilateral - following "what is happening now"
  2. Create Sound Bubble - same protocol
  3. Going deeper, creating resource spot on body and targeting stressor, painful feeling or image

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Clinical Case Examples

Teaching Clients to Relax Through Sound

Reducing Anxiety

Attention/Focus Issues

Trauma – Dealing with Hypo/Hyper Arousal

Horizontal lines for notes

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Clinical Case Examples

Teaching Clients to Relax Through Sound

- 9 sessions of just sound

Anger/Anxiety Intervention – “fit to be tied”

- Bilateral squeezing of hands and then
- Drumming the biofield

Attention/Focus Issues – bilateral music or Baud

- Auditory Processing Issue and Focus

Horizontal lines for notes

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Examples (cont.)

Trauma – dealing with Hyper & Hypo Arousal

- 1. Shifting looping pain
- 2. Ab-Reaction – sounding the field
- 3. Sound and Disassociation = The Baud Unit

Pain Management

- 1. Migraine – playing Gong with IEP protocol
- 2. Neck pain – upside down bowl.

Horizontal lines for notes

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### The Sound Therapy Protocol

- Setup & Identifying Key Targets/Issue
- Choosing your instrument(s)
- Practitioner/Client attunement. Learning how to use sound to stay in rapport
- Applying The Resonant Sounds
- Following "What's Happening Now?"
- Taking the Client on a Sound Journey with less check in



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### Demo "With Check In"



FOLLOWING THE "BREAD CRUMBS"



DISCUSSION...

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### Demo - "Without Check In"

- Inviting clients to follow the wisdom of their Higher Self
- Discussion...



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### Sound Therapy and Intention-based Energy Process (Steve Wells)

Three Stage Process  
-Releasing,  
Restoring and Resetting-

- **Release** emotional attachments
- **Restore** energy flow
- **Reset** your intention to create a positive future




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### Emotional Attachments Defined

- Thoughts that are combined with an emotional distress that come up repeatedly.
- Can be emotional attached to a positive or negative Thought
- When the current moment is entangled with the painful past or anxious future
- **Goal:** To let a thought "just be a thought" without being attached to a trigger.




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### Core Intention Statements

**Releasing Statement:** "I release all my emotional attachments to \_\_\_\_\_ (problem, event, belief, thought, person, situation etc.)"

**Stuck Body Sensation:** "I restore the right energy flow to \_\_\_\_\_ (body area)"

**Past Events:** "I put this experience back into the past where it actually happened/belongs"

**Resistance:** "I release all my resistances and aversions to (this problem / solution / emotion)"

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## The Process

- Start with the Problem
- Notice that you have the Problem and start there
  - Can be global or specific
- Start tapping and use the releasing and restoring statements
  - "let it do what it does" – just observe
- Stay open and notice what comes next and apply releasing/restoring to each aspect until reaching a place of calm/clarity or as long as time permits




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## After Using and Intention Statment...

*(You are not trying to make something happen with your conscious mind. Your unconscious mind (higher self) working with your subconscious mind will reveal to you the next aspects that you can handle)*

- Pause and allow some time processing
- Notice what happens next / Encourage client to "just notice"
- Accept and follow (trust your/their unconscious)
- Apply IEP to subsequent aspects that arise (situations, body sensations, emotions, thoughts, beliefs and past events)



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Key Targets

*Release emotional attachments to restore energy flow disturbances caused by...*

Past traumas, hurts and failures

Beliefs related to these

Future fantasies and projections

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### Demo of Sound Therapy & IEP

-  Choosing your instrument
-  Attunement with Sound, Self and Client
-  Combining Sound Therapy with IEP
-  Discussion




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### Group Sound Meditation Experience

- **Journey work** with through harmonic ambient sounds
  - Setting an Intention for your journey
- **Re-entry & Group Discussion** of felt experience: body sensation, feelings, images, thoughts, insights and possible shifts in consciousness




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### Closing Ritual

- Please Stand and form a Circle...
- The person receiving the ball completes one of the following...
- I learned that...
- I realize that...
- I appreciate that...
- I feel that...
- I now know how to...
- You have been...




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