



PROSPECTUS 2010

Thank you for your interest in Psychophonetics. This prospectus serves to answer the questions you may have regarding Psychophonetics and the training offered at Persephone Institute.

GENERAL INTRODUCTION

What is Psychophonetics?

Psychophonetics is a modality of personal development and psychotherapy for the healing and transformation of the body, soul and spirit. It accesses and utilises the deep intelligence of verbal as well as non-verbal modes of knowing and communication. It extends the art of conversational counselling into the direct experiences of body awareness, body expression, spontaneous visualisation and the healing power of the sounds of human speech. These modes of exploration enable clear observation of our own subjective experience objectively, as a basis for change, development, and for making better choices. Psychophonetics acknowledges the living body, the depth of the soul and the individual spirit as the essential components of the human being.

Psychophonetics was founded by Yehuda Tagar, an Israeli/Australian adult educator and psychotherapist now based in Cape Town, South Africa. Through years of transformational theatre work he discovered the power of the sounds of human speech, spontaneous body expression and visualisation to access, release and transform human experience. This work enabled Yehuda to create a powerful methodology of personal change called Philophonetics then called Psychophonetics counselling and psychotherapy.

The sounds of human speech became the living keys for the inner doors of experience. Unlocking the inner structure of human experience enables the drama and characters of the psyche to become conscious, re-creating a new drama of the soul. In this way, Psychophonetics becomes a psychotherapy of freedom.

Within us lives the link to the source of our creation. We can re-create ourselves from within (Tagar)

Realising the important healing and transformational potential of his findings, Yehuda redirected his efforts into the field of human development, psychotherapy and healing. The work of Rudolf Steiner, in combination with humanistic and transpersonal psychology, provided a vibrant theoretical background for Yehuda's applied research. Psychophonetics is a development and practical application of Psychosophy, a psychology based on Spiritual Science and Anthroposophy.

Psychosophy offers a comprehensive language and holistic frame of reference capable of matching the breadth and depth of the human being. Psychophonetics, as applied Psychosophy, offers unique insights into the dynamics of perception, cognition, memory and psychosomatics; time streams, feeling, imagination and willing; sickness and healing, biography and personal transformation.

Persephone Institute specialises in professional training in Psychophonetics and Psychosophy. It is dedicated to the integration of personal, spiritual, professional and artistic development in adult education.

Who can benefit from Psychophonetics?

- ✚ Psychophonetics is suited to people who wish to connect to their deeper identity, autonomy, creativity, vitality and spirituality, as a basis for enriching and strengthening their personal and professional lives.
- ✚ Psychophonetics encourages people to take personal and practical responsibility for their own healing, transformation and development.
- ✚ It provides practical leadership training by enabling leaders to be in charge of their own healing, development and inner resources. It is an on-going practical training in methodical empathy.
- ✚ It supports the development of relationships, sexuality, parenthood, vocation, creative and artistic expression, and inner personal authority.
- ✚ It facilitates effective recovery from addiction, depression, anxiety, trauma, abuse and dysfunctional behavioural patterns.
- ✚ It also complements holistic and Anthroposophic medicine in the healing of psychosomatic, psycho-spiritual and psycho-social issues, with its participatory approach.
- ✚ Psychophonetics provides an opportunity to gather our wisdom, heart and commitment for human development into a higher, focused and effective new professional application.

Psychophonetics counselling sessions, short courses & practitioner courses

Qualified Psychophonetics practitioners provide private Psychophonetics sessions, short courses and seminars for personal and professional development based on Psychophonetics in Australia, South Africa and the United Kingdom.

Three years of professional training towards the *'Advanced Diploma in Psychophonetics counselling and psychotherapy'* is offered in Cape Town (South Africa) and Stroud (England) – and moving to Bath in 2011. In addition, senior Psychophonetics students under supervision offer low cost counselling to the public as part of their practicum training.

Public seminars, workshops and training are offered on request. See the websites for what is currently available and for further details.

Educational philosophy

Human beings are regarded as the original spiritual sources of awareness, ethics, creativity and self-guidance. The practitioner is a team-worker and 'midwife', ushering in the unfolding of inherent human potential. Encouraging authentic expression is a core aspect of the teaching methodology, with the development of empathy as a practical educational goal.



PROFESSIONAL COURSES IN PSYCHOPHONETICS

OBJECTIVES

- ✚ To train people to become qualified Psychophonetics Practitioners, capable of facilitating a time effective, cost effective and client empowering process of awareness, transformation and healing. People are encouraged to take personal responsibility for their lives, in healing their wounds and accessing deeper resources for recovery, transformation, growth, development, social participation and creativity.
- ✚ To provide a modern adult education process through which people are encouraged to apply the developmental and therapeutic processes they intend to use with future clients, in their own personal development.
- ✚ To equip graduates with a range of highly effective, generic range of tools for personal and social awareness, exploration, empowerment and resourcefulness, incorporating both verbal and non-verbal modes of communication, applicable across the divide of cultural, racial, ethnic, gender and socio-economic divides.
- ✚ To provide a process through which people can become facilitators of an effective process for empowering individuals, families, workplaces and communities, to access their deepest resources for creative healing and change- into opportunities for learning, healing and growth.

CERTIFICATE IN PERSONAL DEVELOPMENT AND COUNSELLING SKILLS

This one year foundation course in Psychophonetics offers skills for self-awareness, self-management, healing, transformation, realisation of one's higher potential, communication and counselling skills, as well as leadership skills. The course equips students with a self-educational and self-therapeutic process based on Psychophonetics.

Module 1.1: Fundamentals of Psychophonetics

Module 1.2: Counselling dynamics: Pathways of personal healing through expression

Module 1.3: Foundations for sustainable personal and interpersonal development

Module 1.4: The art and science of empathy – Conversational counselling strategies

Module 1.5: Practicum 1 - practical experience of counselling and psychotherapy

Module 1.6: Introduction to Rudolf Steiner's Anthroposophy

ADVANCED DIPLOMA IN PSYCHOPHONETICS

This course is suited to professionals who wish to become skilled practitioners in Psychophonetics. It is also for those who are in the human services who wish for career development and enrichment, enabling them to express their deeper wisdom, experience, spirituality and humanity in their work, while continuously growing and healing themselves.

Entry requirements: Completion of Foundation Year; academic qualification in a field relevant to human development, healing and leadership; demonstrated ability to act as an agent of change in their society; and an interview

SECOND YEAR

Module 2A: Sequences of Psychophonetics

Module 2B: Psychophonetics methodology of experience-awareness

Module 2C: Psycho-phonetics - Psychophonetics sound work methodology

Module 2D: Psychosophy

Module 2E: Special Topics in counselling and psychotherapy

Module 2F: Practicum 2

Module 2G: Biography - Human development through the lifespan

THIRD YEAR

Module 3A: Practicum 3

Module 3B: Advanced Psychophonetics sequences

Module 3C: Advanced Psychophonetics methodology

Module 3D: Therapeutic applications of Anthroposophy

FURTHER TRAINING IN PSYCHOPHONETICS

Advanced training in Psychophonetics is mostly provided to members of IAPP through continuing education. It includes advanced training in Relationship counselling, Group-work, Workplace consultancy, and other special topics of application.

PROFESSIONAL ASSOCIATION

Graduates and practitioners who have completed the *Advanced Diploma in Psychophonetics* at Persephone Institute, can join the *International Association of Psychophonetics Practitioners* (IAPP) to become a registered Psychophonetics practitioner.

VENUE & FEES

South Africa – Persephone Institute, 25 Riverside Terrace, Hout Bay, Cape Town

UK – Centre for Arts and Science, Stroud, Gloucestershire

Fees for 2010

South Africa – R16, 000 per year

UK – £4,000 per year

TEACHERS

Yehuda Tagar: Principal, course convenor and senior lecturer at Persephone Institute, and chairperson of IAPP. Yehuda is an Israeli/Australian psychotherapist, trainer and international lecturer, now based in Cape Town. He is the founder of Psychophonetics and Persephone Institute. He has practiced, taught and lectured internationally since 1991, primarily in Australia, New Zealand, South Africa and the UK.

Professional Memberships: SAAP (South African Association of Psychotherapy); WCP-AC (World Council of Psychotherapy – African Chapter); AMASA (Anthroposophic Medicine Ass. South Africa).

Keriesa Botha: Vice principal, Psychophonetics practitioner, trainer and lecturer at Persephone Institute. Keriesa is a founding member and executive committee member of IAPP. She has been a teacher trainer and writer of educational materials for more than a decade and has a special interest in the recovery from sexual abuse and supporting the cycles and transitions of women.

Katherine Train: Nutritional consultant, Psychophonetics practitioner, trainer, lecturer at Persephone Institute. Katherine is the secretary and a founding member of IAPP; and has practiced in Cape Town since 2005 and has been teaching Psychophonetics since 2007. Her special interest is in movement, accessing authentic creative expression, empathy as a human resource for the future and as a means of sustainable individual and community living.

Dr Raoul Goldberg: Medical consultant and lecturer at Persephone Institute, Psychophonetics practitioner, vice president and a founding member of IAPP. Raoul is an Anthroposophic medical practitioner, and chairperson of AMASA (Anthroposophic Medical Association of SA). He has integrated Psychophonetics counselling into his Anthroposophic medical practice in Cape Town. Raoul has been a school doctor in Waldorf Schools and has lectured and written widely on child development and health.

Dr Elina Komarova-Tagar PhD: Medical consultant & lecturer at Persephone Institute, Anthroposophic medical physician, rehabilitation specialist, Rhythmical masseur, skin & beauty therapist.

PUBLICATIONS REGARDING PSYCHOPHONETICS

JOURNAL ARTICLES

- Sherwood, P. & Tagar, Y. (2002). Philophonetics-counselling for preventing burnout in nurses. *Australian Journal of Holistic Nursing*, 9 (2), 32-40. (Refereed feature article)
- Sherwood, P. & Tagar, Y. (2000). Experience awareness tools for preventing burnout in nurses. *Australian Journal of Holistic Nursing*. 7(1), 15-20 (Refereed feature article)
- Sherwood, P. & Tagar, Y. (2000a). Self care tools for creating resistance to burnout: A case study in Philophonetics-Counselling. *Australian Journal of Holistic Nursing*, 7(2), 45-47
- Sherwood, P. (2000). Beholding: Bridging the chasm between entering and exiting the sexual abuse experience. *Incest Survivors Association Journal*. Western Australia, Spring, 27-35
- Steele, R. (2004). The theory and practical application of sounds in therapy. *Psychotherapy in Australia Journal*, Vol. 11 (1), pp. 66-71, (Nov)
- Tagar, Y. (2004). Soul work bridging across thresholds: Living Anthroposophy as a potential bridge between cultures in modern Africa. *Anthroposophy in Action: Journal of the Anthroposophical Movement in South Africa*. Cape Town.
- Tagar, Y. (2004). Healing the spiritual scars of abortion. *Anthroposophy in Action: Journal of the Anthroposophical Movement in South Africa*. Cape Town.
- Tagar, Y. (2003). Psychophonetics: A path of self-knowledge and healing. *South African Journal of Natural Medicine*, Issue 8.
- Tagar, Y. (1995). Philophonetics-Love of Sounds: New faculties of self-knowing and healing. *Australian Naturopathic Practitioners & Chiropractors Association Journal*, Vol. 2 (3), pp.22-23.

RESEARCH STUDIES

- Bignell, B. (1994). *Active participation in the emergence of musical phenomena: A commentary and guide*. Masters Thesis. Institute of Education, University of Melbourne.
- Eggers, J. (2003). *Neither flesh nor fleshless: An object- relational study of the experience of Philophonetics-counselling*. Masters Thesis. Dept. of Psychology, University of Pretoria.
- Steele, R. (2005). *A hermeneutic phenomenological study of/in transformation: An embodied and creative exploration of therapeutic change, through Psychophonetics psychotherapy*. Doctoral Dissertation. Interdisciplinary. Edith Cowan University, Western Australia

BOOK CHAPTERS

- Birch, Lea. (1997). *Fortifying the healing process: Art therapy for children with cancer*. In Ian Gawler (ed), 'Science, Passion and Healing: The relationship between Mind, Immunity and Health'. Yarra Junction, Australia: The Gawler Foundation (pp37-45)
- Crowley, B. & Crowley, E. (1994). *Words of power: Sacred sounds from East and West* (Chapter 21, Universal Sound). Minnesota, Llewellyn Publications (pp 281-294).
- Tagar, Y. (2003) *Psychophonetics in South Africa*. In Ntomchukwu Sylvester Madu (ed), Contributions to Psychotherapy in Africa. Polokwane (Pietersburg): UNIN Press (pp91-118).
- Tagar, Y. (2000). *Participatory therapy: Non-verbal communication and the healing team of client, therapist and life-body*. In Marc Cohen (ed), 'Pathways to Holistic Health'. Clayton, Victoria: Monash Institute

of Public Health (pp163-182)

- Tagar, Y. (1999). *The use of non-verbal expression in stress management- with Philophonetics-Counselling*. In Ian Gawler (ed), 'Medicine of the Mind'. Yarra Junction, Australia: The Gawler Foundation (pp245-266)
- Tagar, Y. (1997). *Cooperating with the life forces within: A possibility inspired by Anthroposophical medicine and demonstrated by Philophonetics-counselling*. In Ian Gawler (ed), 'Science, Passion and Healing'. Yarra Junction, Australia: The Gawler Foundation (pp167-181)
- Tagar, Y. (1996). *The healing power of expression with Philophonetics-Counselling*. In Ian Gawler (ed), 'The Mind-Body Connection'. Yarra Junction, Australia: Gawler Foundation (pp239-250)

CONFERENCE PAPERS

- Chartres, R. (Steele) (1996). *The inner dimensions of parenting: Parenting and self-parenting skills*. In 2nd National Conference, 'Parenting in the 90's and Beyond: Helping the Next Generation Grow' Conference Proceedings, Melbourne, Australia.
- Sherwood, P. & Tagar, Y. (1999). *The spiritual conditions for adult development in counselling training*. Online conference proceedings for the Higher Education Research & Development Society (HERDSA) Annual International Conference: 'Cornerstones: What do we value in Higher Education', Melbourne (12-15 July).
- Steele, R. (2006). *Awakening to experience: The holistic nature of therapeutic change*. In 'Essence and Spirit' Psychotherapy and Counselling Federation of Australia (PACFA) National Conference Proceedings, Melbourne, Australia.
- Tagar, Y. (2001). *A new perspective on clients' experience of past sexual abuse: Its application in psychotherapy*. Paper presented at the South African Association of Psychotherapists Conference. Grahamstown, South Africa: Rhodes University
- Tagar, Y. (1995). *Empowerment, maintenance and care for the carer*. Paper presented at the 'Pathways to Healing: Enhancing Life through Complementary Therapies' Royal College of Nursing Australia Conference, Canberra.
- Tagar, Y. (1994). *Awakening to the inner resounding of human experience*. Paper presented at the 'Australian Consciousness and Action' Transpersonal Studies National Conference, Perth, Western Australia.
- Tagar, Y. (1994). *The client as an expert in the client's own experience*. Paper presented at the First National Conference of the Complementary Health User's Group, Melbourne.
- Tagar, Y. (1993). *The inherent connection between emotion and motion: Self-orientation and healing through movement and sound*. Paper presented at the 'International Association for Physical Education in Higher Education' (AIESEP) Conference, Ballarat University, Australia.
- Tagar, Y. (1986). *Philophonetica: Love of Sounds. Discovering the connection between the sounds of language and the human soul*. Paper presented at the biennial conference of the Anthroposophical Society in Australia, Warrah Village, Sydney, Australia.

MAGAZINE ARTICLES

- Birch, L. (1999). *Heart to art therapy: Exploring the journey where art meets healing*. Melbourne, Australia: Diversity', Natural and Complementary Health Magazine, No. 18, Nov; 8-11
- Hoffman, N. (1997). *The inner art: The creation of human destiny. An interview with Yehuda Tagar*. South Australia: Transforming Art Magazine.
- Miller, R. (2002). *Redemption of innocence*. Odyssey: Spirit at Work Magazine. Western Cape, South Africa, Vol. 26 (2) April/May

- Reilly, M. (1995). *Recovery from chronic fatigue: My return to life*. 'Diversity', Natural and Complementary Health Magazine, Issue No. 6 (Dec), pp12-13
- Sherwood, P. (2000). *Bridging the chasm: Philophonetics counselling and the healing the trauma of sexual abuse*. 'Diversity', Natural and Complementary Health Magazine, Vol. 2 (4), Dec/Feb; pp18-25
- Tagar, Y. (2008). *Psychophonetics: Psychotherapy as in-depth coaching for personal transformation*. Positive Health Magazine (UK). Issue 148, June.
- Tagar, Y. (1998). *Re-creating heart safety*. Perth, Western Australia: Nova Magazine.
- Tagar, Y. (1996). *Cancer as a threshold of inner healing: Clara's journey*. Adelaide, South Australia: Golden Age Magazine. Issue 30, April/May, pp21-24.
- Tagar, Y. (1996). *The golden coin of now: The present moment as a starting point for healing*. Adelaide, South Australia: Golden Age Magazine. Issue 29, Feb/March, pp21-24.
- Tagar, Y. (1996). *My journey to my true vocation: The creation of Philophonetics-counselling*. Melbourne, Australia: 'Diversity', Natural and Complementary Health Magazine. Issue No. 8, July.
- Tagar, Y. (1996). *Caring for the child within: The possibility, the theory and the practice of self-parenting skills*. Adelaide, South Australia: Golden Age Magazine. Issue 31, June/July, pp21-24.
- Tagar, Y. (1995). *Revelations from the inside: Reclaiming the essential connection, its beauty and its joy*. Adelaide, South Australia: Golden Age Magazine. Issue 25, May/June, pp29-31.
- Tagar, Y. (1995). *Compassion: A path of self healing*. Adelaide, South Australia: Golden Age Magazine. July/August, pp25-28.
- Tagar, Y. (1994). *Jealousy as a path of selfhood*. Melbourne, Australia: Whole Person Magazine. Vol. 6 (1), Jan/Feb; pp13-16.
- Tagar, Y. (1991). *Philophonetics-Language for the whole being: Drama-therapy based on the universal sounds of all languages*. Sydney, Australia: Southern Crossings Magazine. Vol. 11 (5), Sept/Oct, pp48-49.
- Tagar, Y. (1991). *Philophonetics: Language for the whole being*. Melbourne, Australia: Whole Person Magazine. Vol. 3 (4), Aug/Sept, pp45-47.

Original copies for many of these publications are available at: www.psychophonetics.com.au

Psychophonetics appreciates the complexities of the human form. It conceives of humans as multi-modal and it respects people as ecological beings. It is an approach which offers possibilities to healers working in Africa as it recalls the fullness of what living could be.

Professor Stan Lifschitz - Head of Clinical Psychology Masters Program, University of South Africa

Psychophonetics has the potential of making a significant contribution in the treatment of abused and traumatized persons not only in South Africa, but also in the whole of Africa. As the President of the World Council for Psychotherapy African Chapter and the head of the Department of Psychology, University of Limpopo, I would support Psychophonetics counselling and services in any way possible within my capacity.

Professor Sylvester Ntomchukwu Madu - Head of Psychology Department, University of Limpopo; President, World Council for Psychotherapy, African Chapter (WCP-AC)

CONTACT US

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