Vocal Explorations: Resonant Practices and Social Group Work. Edition No. 1

Description: Vocal Explorations explores the nature of experiences and possible effects created by a range of non-language-based practices used in social group work. The practices of toning, chanting, harmonic overtone singing and meditation ('resonant practices') use either silence or bodily resonance generated through vocal sound. This Master of Social Work thesis argues that resonant practices could augment the current social group work repertoire of skills by responding to problems of language through silent stillness and multi-sensory awareness. The value of this research lies in its questioning exploration of the experiences of thirty-one participants in three small groups structured around the use of resonant practices as tools for personal exploration. Participants reported a range of positive after-effects from their involvement in the resonant practices group work. It is argued that the combination of social group work techniques and the non-language-based resonant practices can have some beneficial outcomes for people seeking greater self understanding, change, or peace of mind.


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