

# Peter Hess® Sound Therapy



**Peter Hess® Sound Therapy sees itself as a holistic, complementary offer in the context of body therapeutic, psychotherapeutic and medical treatments.**

The Peter Hess® Sound Therapy:

- is based on the holistic Peter Hess® Sound Methods with singing bowls and/or other sound instruments.
- includes specific sound massages and sound settings.
- is based on the model of salutogenesis and the humanistic psychology view of man.
- does not replace conventional medical treatment, but supports and supplements it as a complementary service.
- only becomes a therapeutic instrument in the hands of trained specialists from recognized health professions and allied health professions.
- is aimed at people of all ages.
- can be used to accompany deep relaxation or to treat specific symptoms, as well as combining and supplementing various methods from the fields of dialogue, movement and perception.
- aims to strengthen resources, regeneration processes and self-healing powers.
- utilizes the principles of the Peter Hess® Sound Methods (see OMW 3) and the quality of the Premium Peter Hess® Therapy Singing Bowls (see OMW 5), which were specially developed for this work.
- has been used successfully for more than 20 years in practices, clinics, rehabilitation centers, etc.



***Peter Hess® Sound Therapy is a recognized therapeutic direction as part of the Bachelor of Science 'Therapy Sciences' course at SRH Fernhochschule – The Mobile University.***

## **Quellen:**

Peter Hess und Christina M. Koller (Hrsg.): **Klangmethoden in der therapeutischen Praxis**. Verlag Peter Hess, 2009

Brochure: **Power Source Sound – Peter Hess® Sound Massage and Sound Methods in the Context of Health, Therapy and Care.**

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## **Note:**

The OMW are a joint project of the group 'Klang ohne Grenzen' (KOG) and the International Association of Sound Massage Therapy.

This OMW was created in co-operation with Angelika Rieckmann and Simone Westholt-Smith.

We are part of the OMW network (in German):

<https://omw.hdz-nrw.de/omw-netzwerk.html>

