

Peter Hess® Sound Education (KliK®)



Peter Hess® Sound Education was developed in 2001 by Emily Hess in collaboration with Peter Hess. As a holistic concept, it enriches the variety of pedagogical approaches to effectively promote development, learning and growth processes in all phases of life.

The Peter Hess® Sound Education:

- is based on the holistic Peter Hess® Sound Methods.
- uses audible and tangible sounds from singing bowls and gongs.
- includes specific sound massages, sound settings, sound games and imaginary journeys.
- is based on the model of salutogenesis and the concept of the human being in humanistic psychology.
- is aimed at people of all ages.
- promotes relaxation, body and self-awareness, concentration, stamina, motivation, problem-solving skills, development of potential and more.
- is used in day-care centers, schools, in prevention and counselling/coaching – as a complementary or independent offer.

The further **training system 'KliK® - Sounding Communication'** is part of the Peter Hess® Sound Education and offers the following qualifications: *(partly only available in Germany)*

- KliK® Expert/Practitioner – Sound Communication with Children
- Peter Hess® Sound Expert School (KliK®)
- Children's Sound Relaxation Coaching (KliK®)
- Basic Trust Coaching (KliK®) by Emily Hess®



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Source:

Emily and Peter Hess: **Singing bowls – play and learn with all your senses. Games and self-care with singing bowls for young and old.**

Published by Peter Hess, 2024 (*only available in German*)

Brochures: **Sound: Source of Inner Strength. Explore the Fascinating World of Singing Bowls with Children.** Published by the International Association of Sound Massage Therapy.

Christina M. Koller: **The use of sounds in pedagogical fields of work. Illustrated using the example of sound education according to Peter Hess.** Dr Kovac Verlag, 2007. (*only available in German*)

Photo: © Archiv Peter Hess® Institute

Note:

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

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

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



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