

# 4th Fachkongress (Symposium) from 01 to 03 November 2019



**Sound as a source of strength - Strengthening relaxation, health and zest for life with Peter Hess® sound methods**

at Stadthalle (city hall) Gersfeld/Rhön

## The PROGRAM

*Program changes are still possible!*

### Friday 01.11.2019

ab 15.00- Registration at Foyer Stadthalle  
18.00

---

18.00 Dinner

---

19.30 Opening with Peter Hess

---

20.00 Lecture: Resonance and dissonance – Aspects of healthy formation of relationship,  
-21.00 *Prof. Dr. Rolf Verres*

---

21.15 Sound bath, *created by managers of Peter Hess® Academies in all over the world*

### Saturday 02.11.2019

7.30- Emily Hess® sound yoga *with Janine Gabelmann*  
8.30

---

9.30- Gemeinsamer Einklang  
9.45

---

10.00- Lecture: Sound – Rhythm – Consciousness. New findings and application  
11.00 possibilities, *Prof. Dr. Thilo Hinterberger*

---

11.30- Lecture: Principles of treating chronic pain with sound, *PD Dr. Uwe Ross*  
12.30

---

12.30- *Lunch & Break*  
15.00

---

15.00- Workshops for choice (you may attend 1 workshop):  
18.00

- Sound the source of power – Strengthening relaxation, health and zest of life with Peter Hess® sound methods (above all for persons interested in sound without any experience), *Peter Hess*
- Sound – Rhythm – Consciousness. Joint experimentation and exchange, *Prof. Dr. Thilo Hinterberger*
- Sound methods in paedagogics – from day-care centre up to school, *Ulli Krause & Beate van Dülmen*
- Speech-accompanied sound work in the event of chronic pain, *PD Dr. Uwe Ross*

- Sound efforts in nursing (incl. palliative care) and in the event of dementia, *Rosi Bleil*

Parallel 15.00- 18.00	Refresh course on authorization as Peter Hess® sound massage practitioner for education sound massages and for certification as Peter Hess® sound massage practice, part I, <i>Connie Henning</i>
18.00- 19.30	<i>Dinner &amp; Break</i>
19.30- 20.15	Bearing sound into the world – Together we are strong! 20 years of Europäischer Fachverband Klang-Massage-Therapie e.V.
20.30- 21.30	Mediterranean sounds – Concert with Simone Campa/ Italy
Ab 21.30	Friendly get-together and celebration of the 20th anniversary of the association

### Sunday 03.11.2019

7.30- 8.30	Emily Hess® sound yoga <i>with Janine Gabelmann</i>
9.30- 9.45	Morning sound
10.00- 10.30	Lecture: Mindfulness and sound. Mindful sound – sonorous mindfulness, <i>Birgit Amann</i>
10.45- 11.15	Lecture: Project Sound and voice hearers, <i>Sabine Diesing &amp; Rolf Fahrenkrog-Peters</i>
11.30- 12.00	Lecture: Sound in operational health management. Experience from stress prophylaxis for clinic staff and individual persons, <i>Dr. Claudia Glöckner</i>
12.15- 12.30	Final sound with Peter Hess
Parallel 9.30-12.30	Refresh course, part II, <i>Connie Henning</i>

**14.00**      **General member meeting of Europäischer Fachverbandes Klang-Massage-Therapie e.V. (European Association Sound-Massage-Therapy)**