

KLA sound therapy - the KLTS approach

Members of the KLTS work in accordance with the definition and the method-based approach of KLA sound therapy in the tradition of Hans Hagi-Santana

Definition

KLA sound therapy uses the regulatory power of sound.

Sound is an order of tone. In its guise as a series of natural tones or overtones, this order is found not only in instruments such as the alphorn, but everywhere in which life and resonance occurs - we, too, are made like this. The sound therapy approach involves making this unadulterated structure of natural tones accessible to the client, so that areas lacking this order can gradually return to a natural "original state", or that the process can be supported.

With their extensive frequency range, the monotone instruments rich in overtones which are suitable for this, such as the monochord (sound couch), gong, singing bowls and, last but not least, the human voice, speak to people at all levels.

Method-based approach

We understand humans as a whole, and thus prefer a treatment approach which is holistic as opposed to symptom-oriented. KLA sound therapy works receptively, i.e. the clients are recipients. They are treated by a sound therapist in the wake of an appropriate prior consultation. During direct physical contact with overtone instruments, the recipients not only benefit from the airborne stimulus of the normal sound they can hear, but also profit from the amplifying effect of the direct transmission of vibrations (structure-borne sound). The multi-layered sound waves and palpable vibrations harmoniously oscillate the series of natural tones back to the single respective fundamental tone.

KLA sound therapy constitutes a resonance treatment and is not a concert. The client's emotional and physical state of health influences the sound of the instruments and thus the flow of the therapist's play, with the result that the "piece of music" composes itself.

Therapeutic indications, effects and fields of application

The multi-layered oscillations of fundamental tones and overtones can resonate equally with body, mind and spirit, producing the following effects:

- deep relaxation at all levels
- stimulation of vitality and self-healing powers
- synchronisation of the cerebral hemispheres
- strengthening of self-perception and fundamental sense of trust
- As a result, sound therapy is suitable for use in the following areas:
- pain management, post-operative treatment
- to support recovery and personality development
- to treat occupational burnout, tinnitus and hyperactivity
- as a learning tool in collaboration with schools, etc.
- in cases of cancer and chronic diseases
- in cases of depression, trauma and social difficulties
- during antenatal classes, care of the dying and other transitions in life
- professional use in the field of wellness



KLA sound therapy has future potential

KLA sound therapy is a relatively recent form of treatment. When compared with methods of healing which include music-therapeutic approaches (e.g. Indian and shamanistic traditions, Sufism, etc.), which are thousands of years old, KLA sound therapy is a young discipline. With its knowledge of the regulatory power of the series of natural tones, it can also, as an independent method, act as a meaningful complement and support to conventional medical treatment. Sound therapy can be combined with a wide range of types of therapy, making these more effective. There are many areas which could benefit more intensively from the efficiency of KLA sound therapy.

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Gender-specific differentiation has been dispensed with in the interests of easier readability. Terms used apply to both genders within the meaning of equality.