

NEUROSENSORY VOICEWORK

VOICE AS A FEEDBACK LOOP BETWEEN BODY, BRAINSTEM, AND AUTONOMIC STATE

Voice is a bridge between conscious experience and the emotional self that lives in the body, offering a pathway to reconnect with experiences held beyond awareness.

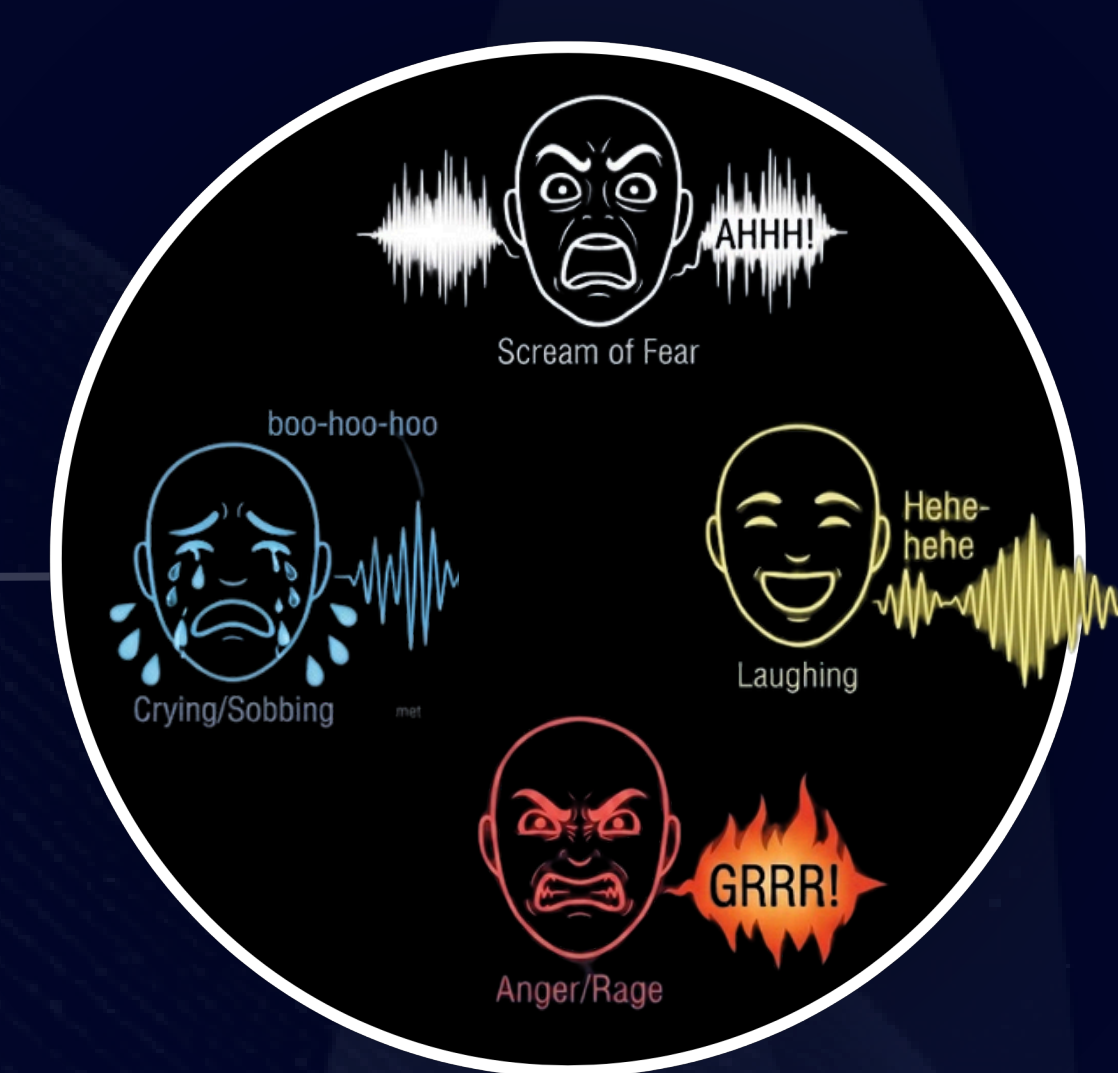
Making sound generates internal vibration that travels through afferent pathways to the brainstem as bodily feedback.

The brainstem responds by adjusting vocal pressure, pitch, volume and autonomic state, linking sensation, regulation and expression in a process that can increase nervous system capacity and support the integration of previously inaccessible experiences.



THE BRAINSTEM READS THE VOICE

Vocal pressure, tone and resonance continuously influence autonomic state



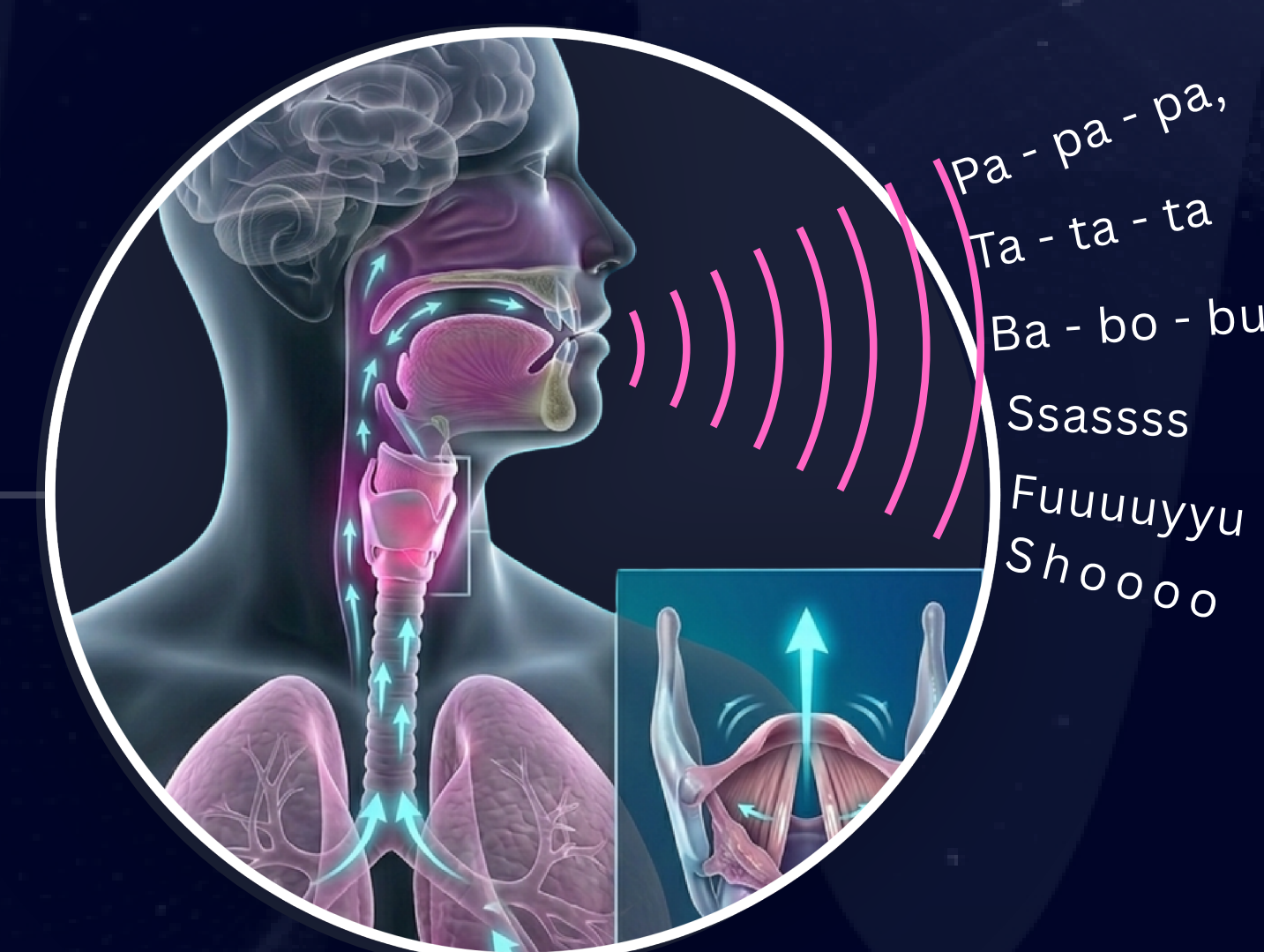
VISUAL AFFECT IS NOT ONLY SEEN — IT'S HEARD!

Emotion and adaptation are carried in the sound of the voice



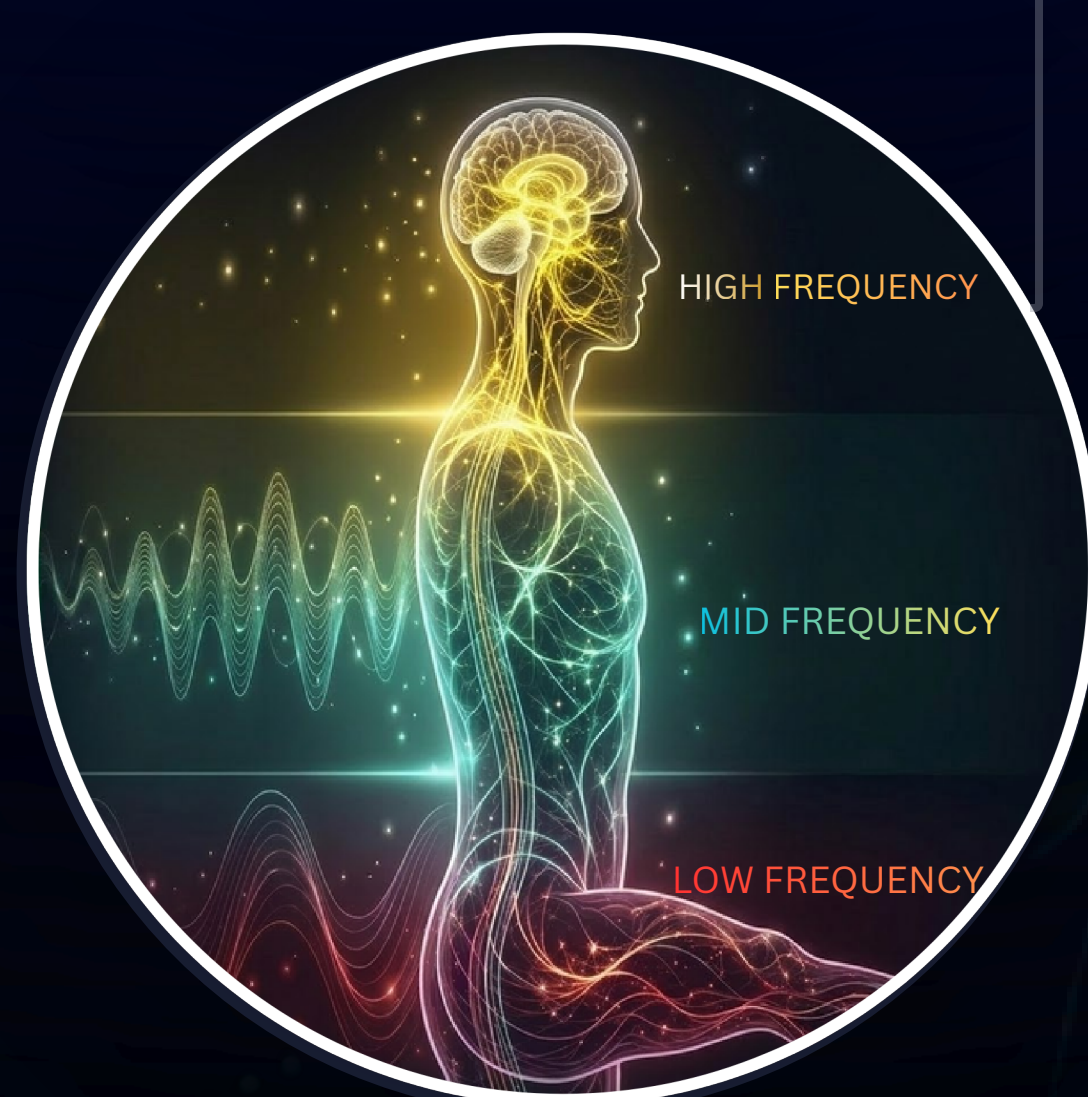
VOICE AND THE SOCIAL ENGAGEMENT SYSTEM

Prosody as a pathway for regulation, interoception and connection



VOCAL MECHANISMS

Sound is created and shaped through coordinated physical structures and fine motor control



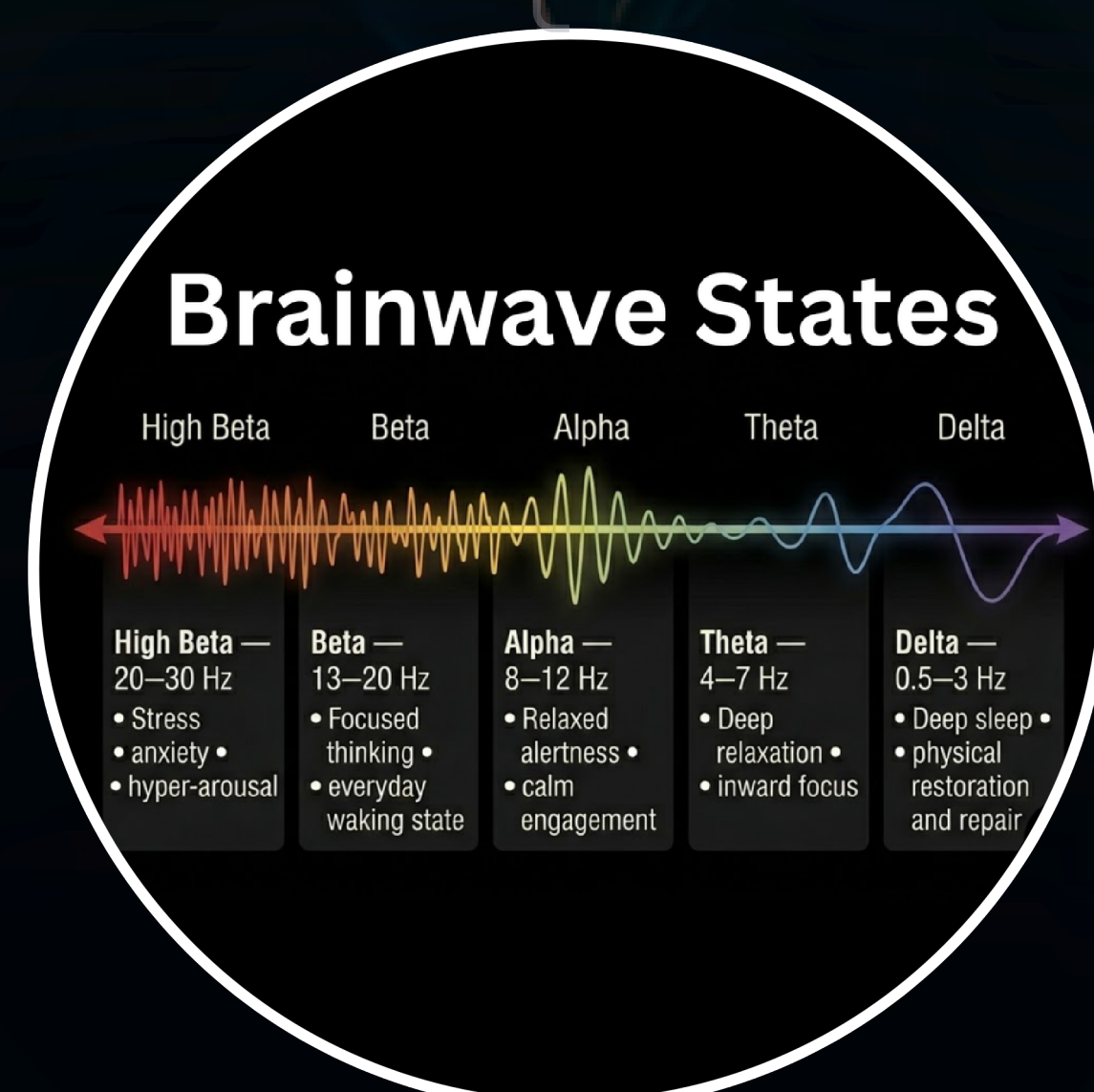
FROM SOUND WAVES TO SENSATION

Vibration becomes felt sensation through tissues, organs and bone



THE NEUROCHEMICAL EFFECTS OF VOCALISING

Vocalisation influences neurochemicals linked to bonding, reward and regulation



BRAINWAVE ENTRAINMENT

Rhythm and vocal frequency influence patterns of neural activity.