

Sound Therapy for better health, learning and self-development



Dr Wilna Dirkse van Schalkwyk founder of The South African Centre for Sound Therapy with some of the instruments she uses during therapy sessions.

Meerhof is home to the most fascinating venue: the South African Centre for

Sound Therapy. You just have to walk through the doors of the Centre to feel

immediately nurtured by the most soothing and nurturing sounds you have ever heard

and to detach yourself from your stressful, fast-paced life.

Founded in 2007 by a local resident, Dr Wilna Dirkse van Schalkwyk (BMus, MSc, PhD, Dip.S.T.(BAST)), the Centre offers specialized individual sound- and music-based therapies and programs to improve people's health and quality of life, to

overcome emotional and learning challenges, and for the achievement of one's maximum potential for self-development, in both adults and children. The Centre also offers the only professional training course in sound therapy in South Africa and clients as far afield as Alberton and Bronkhorstspuit travel to the Centre to receive its sonic prescriptions.

All programs are developed and individually tailored to the client's needs by Dr Wilna herself. She offers the perfect combination of knowledge and expertise in the use of sound and music in therapy.

Upon earning her first degree in music from the University of Pretoria, the mentor spent nine years in England where she gained an MSc in the Psychology of Music (Keele University) followed by a PhD on Holistic Approaches to Healing with particular reference to stroke patients (Liverpool John

Moore University). Dr Wilna, while completing her doctorate qualified as sound therapy practitioner through the British Academy of Sound Therapy and ran a successful sound therapy practice in Birmingham. Dr Wilna is also an ABT (Advanced Brain Technologies, USA) Certified Provider of The Listening Program (TLP). This program is a music-based auditory stimulation method that is an effective method for the improvement of

academic, emotional, cognitive and social challenges, including problems with attention and concentration, listening, speech and language, memory, communication, social skills, reading, sensory integration, physical balance and coordination, and vocal performance and music ability. "I did not know what to expect when I visited Dr Wilna recently. I decided to relax, listen and follow her instructions. It was an amazing experience. I could not believe

what effect different sounds could have on a person. I felt totally relaxed during the session and rejuvenated afterwards. I will suggest Sound Therapy to all and would definitely return for more," one of Dr Wilna's first time visitors said. For more information, contact the Centre on 071 6822 548, email Dr Wilna at wilna@soundtherapy.co.za or visit the centre's website at <http://www.soundtherapy.co.za>

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World Cup ambulances redistributed

The Department of Health and Social Development has redistributed 73 World Cup ambulances to North West communities to up-scale service delivery as promised.

The major beneficiary was Bojanala Platinum District with 28 ambulances followed by Ngaka Modiri Molema with 17 and Dr. Kenneth Kaunda that received 16 ambulances. Ten ambulances were ordered to render service at Dr. Ruth Segomotse Mompoti District and the two remaining ambulances will do duty at the North-West Emergency Medical Rescue Service College in Orkney.

"This was necessitated by fact we did not want the tournament to affect the existing emergency service. The Department's challenges in this area of our work are now common to all of us including the communities we serve," the MEC Rebecca Kasienyane recently said. "I must however emphasize that these ambulances will not completely eradicate the shortage. We still have a shortage but we do believe they will substantially improve the situation. We will continue to look for additional funding so that we may be able to procure more," she said.