



Juan Carlos Garaizabal Jorge

Voice Movement Therapy© - Vocal Coach

Bioenergetics Therapist

Certified TRE © Provider

www.juancarlosgaraizabal.com

Education

After completing a Diploma in Dramatic Art, I worked as a theatre actor, combining my training in classical singing with my undergraduate degree in Speech and Language Therapy, before moving to London where I obtained diplomas in Voicework and Voice Movement Therapy © from the Royal Society of Arts. From the therapeutic approach of

Vocal Expression, my influences include Paul Newham (inspired by the pioneering work of Alfred Wolfshon), Katherine Amayo - Barfred in voice and bioenergetics; and from an artistic creation approach, the Roy Hart approach with Siam Thomas, Linda Wise, Enrique Pardo, Noah Pikes, Vicente Fuentes and Pere Sais. With the aim of grounding the voice and its emotional expression within one's own body and in the relationship with others, I delved into a psychosomatic psychotherapy, Bioenergetic Analysis. I trained following the I.I.B.A. curriculum. And, then I discovered T.R.E. © and, through it, and, through it, I discovered a way of looking at human beings and their life journey full of simplicity, depth, clarity, tranquillity and essence. T.R.E. introduced me to a dialogue with neurogenic tremor, which opened a path for me to explore the voice more deeply within the body, guiding me towards a coherent continuum from body, voice production and vocal expression.

Vocal Trainer

Theatre productions by Compañía Teatro UR, Teatro Joven de Minsk (Belarus), 90 Unicornios, Oihulari Klow, Kabia Teatro, amongst others. Vocal Coach for the film **"Canción Animal"** directed by Nerea Castro (coming soon).

Vocal Performer

Dance – Voice

"Conversaciones en la vieja casa", "La consciencia de la piedra", Formación Dan-Te productions with which she took part in the *Dance Across Borders Festival*, Amsterdam, and Sibiu Festival (Romania) New choreographies sessions by La Fundición, Bilbao and Centro Artes Escénicas Sarobe, Urnieta – Donosti

Word – Image

"Imágenes y Palabras", a creation for the BilbaoVozProject presented at AzkunaZentroa in Bilbao and Donostia for International Voice Day.

Theatrical concert

"No más boleros, gracias", author and vocal performer of this educational chamber piece,

Pedagogy Head of Vocal Technique and Expression Department at Drama (*Getxo Antzerki Eskola, Utopian, T.A.E. Donostia*); *Master's in Performing Arts, University of the Basque Country (U.P.V.) Leioa and Donostia Campus*; university programmes in Music Therapy (*C.I.M. Bilbao and C.E.I.M., University of Extremadura*). Guest lecturer on various therapeutic training programmes (*Canary Islands Association of Music Therapy, Catholic University of Murcia Music Therapy programme, continuing professional development for teachers in Cantabria, Zaragoza and Málaga*). Co-organiser and driving force of the first two international T.R.E. © Training Programmes in Spain (based in Bilbao). I promote T.R.E.© in Spain within training, social and educational contexts: **"Self-management of stress, reduction of anxiety and deep tension"**.

I deliver lectures and workshops for organisations such as the U.P.V., San Sebastián Municipal School of Music and Dance (Ume Alaia), Agruparte, Osakidetza, F.E.D.E.R., Agintzari, Spanish Institute of Psychotherapy and Psychoanalytic Psychodrama, on **"Vocal Impact: The voice in human relationships and health"**. Lecture at the Liga Iberoamericana de Pedagogía Vocal.

I am currently conducting research in the field of neurosomatic pedagogy of vocal expression in collaboration with specialists in the Feldenkrais Method.

Publications

Articles

"Aclárate la voz" – Weekly column in Artezblai, El Periódico Digital de las Artes Escénicas

"Yo soy mi voz" "Tapices de voces" – Musicotherapy Magazine C.I.M.

"Homeopatía y Voz" – Informative medical blog www.hablandodehomeopatia.com

Publications by various authors

"La presencia en la voz" with David Bercei, "Shake it off: naturally".

"A Sharp End to Medical Care: Reconnecting through Ritual" (co-authored with Jeltje Gordon- Lennox),

"Ritual in Fearful Times: An Unexplored Resource for Coping with Trauma" (2nd ed. in preparation).

In-depth Interview Series

Conversations with figures from the performing arts Artezblai El Periódico Digital de las Artes Escénicas

Translation into Spanish

"Singing the Psyche – Uniting Thought and Feeling through the Voice. Voice Movement Therapy in Practice" (To be published)