

## The Voo Sound

The Voo Sound technique is used within Somatic Experiencing (SE®) by trained therapists to monitor sensations, patterns of actions and soothing behaviors experienced in clients' bodies.

The aim of the technique is to regulate their body responses and avert overriding the nervous system. By purposefully concentrating in self-soothing behaviors that the client might already engage in, the technique can induce comfort in the midst of anxiety.

The following technique can help people learn how to soothe themselves and calm the nervous system by drawing upon their own resources. Making sounds and vibrations with your voice can have a soothing effect on the body and can also be a means to discharge activation.

*Be gentle with yourself. If you find yourself experiencing distress or feeling uncomfortable while doing this exercise, you can always stop for a moment and let everything settle.*

### Steps:

1. Find a space where you feel comfortable and free to vocalize.
2. Start by finding a comfortable position, preferably sitting on a chair or on the floor.
3. Pay attention to your sensations and to the present experience for a moment.
4. Bring your attention to your breath for a few moments, breathing deeply and slowly.
5. Imagine the sound of a foghorn: a low-pitch intense sound.
6. Inhale deeply and make the sound of a foghorn, like a "voo" sound, letting it resonate through your abdomen and chest as you exhale.
7. At the end of the exhalation, allow the next inhalation to come in naturally and stay a few breaths with the vibration.
8. If you find this soothing, repeat the process a couple of times and explore the sensations at the end of each cycle.

- Levine, P. (2008). *Healing Trauma: A pioneering program for restoring the wisdom of your body*. Canada: Sounds True.

Daniela Ramirez-Duran, MAPP