

Moemoeā - Returning sound to healing in psychology

Hands-on Taonga Pūoro Workshop · Full Day Immersion

Date: Wed 26th August **Time:** 9:00am – 4:00pm | **Format:** Full Day Workshop

FACILITATED BY Tāmaki Oro Rau · Mikaere Berryman-Kamp · Hineatua Parkinson

9:00am

Mihi whakatau & whakawhanaungatanga

Formal welcome and introductions — coming together as one

10:00am

SESSION ONE

Whakapapa, hītori & healing

The origins and history of taonga pūoro in healing

A kōrero tracing the whakapapa of taonga pūoro; their ancestral origins, their place within te ao Māori, and the enduring relationship between sound, spirit and healing. Participants will gain a grounded understanding of the historical and cultural context that underpins the practice.

11:00am

SESSION TWO

The taonga pūoro

Opportunity to hold, play and enquire

An extensive whānau of taonga pūoro will be on display and available to hold and play. This is a rare and generous opportunity to connect directly with these instruments; to feel their weight, hear their voices, and ask questions of the facilitators.

- › Extensive taonga pūoro on display
- › Hold, play and explore each taonga
- › Open kōrero with facilitators throughout
- › You are also welcome to bring your own taonga pūoro

♦ **Tina · 12:00pm – 1:00pm**

Midday meal - a time to rest, connect and nourish

1:00pm

SESSION THREE

Making taonga pūoro - kōrero & craft

Hand-finishing your own taonga

Participants will choose their taonga pūoro to make and be guided through the process with the facilitators. This session includes foundational making skills and practical kōrero throughout.

- › Choose your taonga: pūrerehua (bullroarer), porotiti (spinning disc) or ukutangi (clay instrument)
- › Sanding, burnishing, drilling & Cordage
- › Depending on the flow of the day, you may have the opportunity to make more than one taonga pūoro

2:30pm

SESSION FOUR

Playing your taonga pūoro & poroporoaki

Completing the journey — from making to sounding

Participants complete and play their chosen taonga pūoro, bringing the day's learning full circle. Guided by the facilitators, this session honours the relationship between maker, instrument and sound — and its place within healing practice in psychology.

- › Complete your taonga and prepare it for playing
- › Guided playing with support from facilitators
- › Collective sounding and reflection as a group
- › Closing kōrero and karakia to conclude the day

WHAT TO BRING — HE AHA NGĀ MEA KIA MAURIA

- Working with wood and clay can get messy -dress comfortably and consider bringing a change of clothes
- A water bottle to keep you hydrated throughout the day
- Your own taonga pūoro, if you have one - you are welcome to bring it along
- A willingness to participate and an open heart

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Tāmaki Oro Rau

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