

There is only one of you.
You are the only one in the world with
your voice. The unique structure,
shape and weight of your bones echo
the sound of this voice.

Got This Voice is an invitation to claim
and express our unique voice and
genius in this world. It emerged out of
a longing to lean in and listen deeply to
the stories, feelings and parts of us
we're afraid to acknowledge, to claim,
to express and live out loud and on
purpose.

When we learn to move, speak and
sing from these places no one can be
cast out,
including ourselves.



There is great
power in a single
voice.



Got This Voice

Contact

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🔍 www.gotthisvoice.com

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What are you
longing to express?

voice movement therapy
performing artist
writer/storyteller
mindfulness coach

www.gotthisvoice.com

About Denise

Denise, she/her, works with people of all ages as a Voice Movement Therapy (VMT) practitioner, writer, performing artist, group facilitator and mindfulness coach. She's taught experience-based learning for over a decade: inviting people to listen deeply to their bodies with curiosity and compassion so they may express and share the genius and power of their full embodied selves with the world. Learn more about her journey at gotthisvoice.com.



Voice Movement Therapy Includes:

sounding, voice work and movement

guided imagery and meditation

drawing, songwriting and storytelling

exploration of archetypes and parts work
through play and dialogue

Denise Ellen Casey



"Early on I discovered that everything in my internal experience was showing up in my voice, in how I had access, agency & freedom to express it. And I wanted my voice back, all of it."

Is VMT Right for Me?

from www.iavmt.org

- I feel that working through trauma in an embodied and envoiced way would be valuable to me.
- I have emotional / psychological patterns around my voice and would like to find diversity, authenticity & power in my acoustic as well as my metaphorical voice.
- I want to connect to desire and express my whole self.
- I want to find space to breathe.
- I would like to explore voice as a way of looking at different stuck places, emotional patterns & parts of myself.
- I am tired of being silent/silenced and want to reclaim my voice.
- I want to have a more loving relationship with my body and myself.
- I want to be able to connect with others in a meaningful way.
- I've tried other therapies and haven't had success transforming patterns.

Got This Voice Offerings

Individual Voice Movement Therapy sessions: online and in-person

Voice Movement Therapy: An 8-week Journey

Inside Out Writing Group: 8-week online writing group informed by practices in voice, movement, mindfulness

Inside Out Storytelling: Private/ Group Sessions that support you in telling the story you've been longing to tell

