

In 1994 Lyz recovered from a life-limiting illness using therapeutic sound. Following this 'eureka moment' she began researching and developing techniques, dovetailing ancient and modern methods and formalising a sound therapy method which was approved by the Institute for Complementary and Natural Medicine (ICNM) in 1999. Since then, Lyz has worked closely with the ICNM as a consultant and member of the 'sound division' helping to set standards for sound therapy in the UK.

In 2000 Lyz founded The British Academy of Sound Therapy (BAST) – one of the first training establishments worldwide to offer a recognised qualification in sound therapy. Lyz is co-founder of the Therapeutic Sound Association, an international association that aims to raise awareness of the importance of therapeutic sound, and is a member of the Health Board of the Global Listening Centre - a worldwide organisation formed to promote the importance of listening.

In 2011 Lyz was awarded a fellowship from the ICNM for her 'outstanding contribution to the sound therapy field worldwide'. From 2014 – 2015 Lyz spent time on the ICNM board of trustees, introducing a membership enrichment programme and continuing professional development.

She is author of two books, 'Sounding the Mind of God' (O Books, 2005) and 'What is Sound Healing' (Watkins, 2016). She composes therapeutic music and has released several albums. Her work has received awards over the years including being voted no 11 out of 50 in Time Magazine's 'Top 50 Best Inventions Awards' for a collaboration that has been called the 'Most Relaxing Track Ever' by the media. She has an MA in Education and an MSc in Applied Music Psychology and her latest research explores the use of sound applied in specific techniques to induce an Altered State of Consciousness. Lyz's work aims to show that regular sound induced altered state therapy can improve health and wellbeing as well as improve sociability, confidence and foster a greater appreciation of the arts and humanity. Lyz aims to integrate her work into mainstream healthcare, education and the corporate setting.