



From the creator of the Multi-Award Winning DRUMBEAT Program – An extended model Professional Development for Health & Education Workers

This two-day workshop delivers an accessible and flexible platform for professionals wishing to work with rhythmic music to address physiological and psychological wellbeing. These activities address social and emotional deficits in a psycho-educational approach that is complimented by the positive impact of rhythmic exercises on the brain. Backed by an increasing body of evidence, this work is at the forefront of effective practice and has application across the age spectrum, and for people in a wide range of clinical and educational settings.

Day One – 9am to 4.30pm

The Rhythm2Recovery model – Linking the evidence of what works in therapy to rhythmic activities for individuals and groups

- An introduction to the Rhythm2Recovery Model
- Rhythm exercises and strategies to build trust & connection & cement the therapeutic alliance.
- Rhythm exercises to develop safety and examine boundaries, values & moral reasoning
- Rhythm exercises for developing flow, having fun and improving focus
- Rhythm exercises for exploring teamwork and healthy relationships
- Rhythmic Mindfulness
- Exercises for Physical Balance and somatosensory awareness
- Rhythm for reflection – narrative themes to deepen understanding
- Rhythm exercises for better choices
- Rhythm exercises for managing change

Day Two – 9am – 4.30pm

The Rhythm2Recovery model – Key principles of effective practice, and a flexible template for client centred, rhythm based practice.

- Rhythm exercises for communication
- Listening exercises
- Rhythm for managing adversity & adapting to change
- Rhythm exercises for examining client strengths
- Rhythm exercises for emotional awareness & understanding
- Rhythm exercises for emotional regulation
- Rhythm exercises for grounding
- Strategies for successful implementation
- Evaluation for sustainability and success

This training provides the counsellor, therapist, facilitator or educator with proven strategies for individual and group work practice, and includes a unique resource pack that includes detailed descriptions of over 120 new exercises (linked to video), plus 50 sessional cards that explore a wide range of relevant life-skill themes. The R2R format allows the facilitator to adapt the content to a broad range of client types and needs, in a fun and empowering way.

Participants are asked to purchase the book 'Rhythm to Recovery' by Simon Faulkner prior to attending the workshop. ISBN 978-1-78592-132-2

Participants should also bring pen & paper, water and snacks.