



**RHYTHM2  
RECOVERY**

Incorporating **RHYTHM2RESILIENCE**

## Online Accreditation Process

To gain accreditation as a Rhythm2Recovery practitioner (level 1), through our Online Training program, participants are required to provide some evidence of their learning, and ability to deliver this model ethically and competently.

Name..... Date.....

*Please answer questions 1 - 14 on a separate document and return with this cover sheet and your video to [info@rhythm2recovery.com](mailto:info@rhythm2recovery.com)*

1. Describe the key elements of the Rhythm2Recovery model and how they work flexibly together
2. List the four key analogies of the Rhythm2Recovery model.
3. List the three key exercises for supporting the reflective (discussion) element of a Rhythm2Recovery program
4. List three key principles that support the ethical delivery of this work
5. List some of the key therapeutic elements of working with groups
6. List some of the key roles you play as a group facilitator
7. What is cultural appropriation and how can it be best avoided?
8. Briefly describe the benefits of affirmation exercises
9. Briefly describe the role of values in the Rhythm2Recovery model
10. What are the three pillars that support resilience within the Rhythm2Recovery model?
11. List a number of ways you can empower your group members and avoid exercising too much control.
12. What is emotional regulation? And how can rhythm be used to support it?
13. What is a suitable way to respond to client/student emotions surfacing during a Rhythm2Recovery session
14. List a range of ethical behaviour management techniques used to prevent or respond to challenging behaviours
15. Please send in a brief video of you playing the three foundation rhythms on a hand-drum.