



# RHYTHM2 RECOVERY

Incorporating **RHYTHM2RESILIENCE**

FUN EMPOWERING PRACTICAL ENGAGING

# NEWSLETTER

Community News, Volume 1



Welcome to our first newsletter of 2026, and thanks to all members of the Rhythm2Recovery family who have supported us over the last 22 years. During that period, we have moved from the development of our first program 'DRUMBEAT' for the Holyoake Institute to becoming an independent organisation offering a wide range of evidence-based, therapeutic interventions for diverse populations facing social & emotional challenges. At the same time, we have seen the use of music in therapeutic and educational circles move from reluctant, sceptical, approval to widespread professional acceptance with many different professional disciplines seeking training to add this approach to their practice. But none of this would have occurred without the passion and expertise of those working on the front line who continue to validate this model and provide us with ongoing inspiration.

## Accreditation Updates

This year sees the introduction of a higher level of accreditation 'Senior Accredited Facilitator' status (see logo), for people wishing to further their professional development and be acknowledged for their additional expertise using the R2R model. Senior Accredited facilitators will have completed a written report evaluating their work using the R2R model, either in group, family or individual settings.

This level of accreditation will be critical for those contemplating delivering R2R training, conference presentations or other representative roles within our organisation and will also offer people opportunities for mentoring/supervision of new graduates.

More information can be found here <https://rhythm2recovery.com/rhythm2recovery-accreditation-levels/>



## RHYTHM2RESILIENCE

You may have noticed that our logo has changed to incorporate our youth programs which we promote under the name of Rhythm2Resilience®

The aim of having two different names is to recognise the 'preventative, resilience' focus of our work with the majority of young people who engage with our programs and differentiate that from the 'recovery' focus that many of our adult clients are working through.

This difference predominantly applies to the role and focus of the facilitator or clinician rather than to any significant changes to the Rhythm2Recovery model and exercises which are designed to both develop resilience and support recovery.



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## New Journal Article - Australian Counselling Research Journal

With the rise in anxiety conditions, commonly described as an 'Epidemic', this article looks at learning acquired from over 20 years of working in Indigenous communities, in relation to perspectives on time, and the use of musical exercises to support people renegotiating their relationship to the demands of our modern addiction to the clock. Our work at Rhythm2Recovery has always paid deep respect to the wisdom of Indigenous cultures, many of whom utilise drumming in their healing practices, and this article pays homage to this deep knowledge. [Click Here to view the article.](#)



### Featured in





## Rhythm2Recovery Facilitator Training India

Upon invitation from Taal Inc in Pune, Maharashtra state, India, we brought the Rhythm2Recovery Facilitator Training to India for the first time in October 2025.

What an amazing experience it was to visit this extraordinary country, explore some of its rich musical culture and at the same time be able to offer our own insights into the use of music in therapy.

Our training attracted clinicians from across the subcontinent, including music therapists, expressive arts practitioners, trauma specialists, counselling & clinical psychologists, counsellors, educators and even an architect! There was so much experience in the room that the learning often felt completely reciprocal and the level of joy could not be restrained. When I reflect on how much joy can impact, & often help reinvigorate, people facing difficult struggles in their lives, it was a powerful testimony on the value of this work and those who deliver it.

A big thank you to Varun Venkit and his wife Akshata who were wonderful hosts and organised a flawless workshop - we hope to see you again soon.



TAAL INC. | COME. DRUM. BE ONE





## New Graduate Resources & Promotional Material

We are starting 2026 with a significant investment in the promotional resources we can provide for people using the R2R model who want to promote its value to their clients, and the resources available to our trainee graduates.

We have a new look for our website coming shortly and two new promotional video for graduates to share.

## New Upgraded Session Cards

Our 52 Session cards have also recently been fully upgraded to utilise the large number of new exercises developed over the last ten years and to align to the training workbooks - volumes 1 & 2, rather than the published book Rhythm to Recovery. These provide a clear template for a 60-minute lesson plan on 50 different SEL themes.



## Two New Promotional Videos

We have also developed two new promotional videos that can be freely downloaded, and which give a clear overview of the model and the key therapeutic factors at work in its implementation:

- A safe platform for engagement
- An evidence-based & trauma Informed approach
- Supporting social connection & belonging
- Raising awareness of social & emotional understanding
- Developing resilience & managing adversity
- Empowering - working from a strength-based approach
- Joyful & Uplifting

**Full Length Version can be found here**

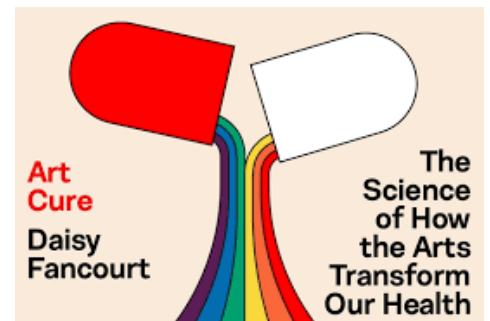
<https://vimeo.com/1156276656?share=copy&fl=sv&fe=ci>

**A short version for social media can be found here**

<https://vimeo.com/1156339085?fl=ip&fe=ec>

## Book Recommendation

Professor Daisy Fancourt has written a timely book on the research that supports the use of arts-based modalities in health care. She has published over 300 papers on this topic and her new book shows unequivocally how art-based interventions support health outcomes across all domains - social, physical, psychological & behavioural.



Several of her major studies have been on drumming with people struggling with their mental health and these have shown significant, long term, positive impacts.

This book provides further support for the work we do with rhythm & reflection, and gives the reader a clear understanding of the 'WHY' as a response to those who may still question its legitimacy.

## Working with Pre-school Children using the R2R approach

The Rhythm2Recovery model was initially developed for young people and adults with a developmental requirement of 'theory of mind' necessary to its effectiveness. Theory of Mind (ToM) is the complex human ability that allows people to make inferences on others' mental states such as thoughts & beliefs, emotions and feelings. Studies have shown that these skills develop with age and a firm understanding does not usually occur until around the age of 5. Despite this developmental milestone, many early-childhood educators have found ways to adapt the R2R protocol to support the children they work with.

Our colleague Rebecca Rylands in Queensland is one of those practitioners offering rhythm-based playshops in early childhood settings in Queensland, Australia, through her kindergarten drumming program.

These sessions bring music, movement and connection into kindergartens, supporting children's emotional regulation, social skills and early literacy through rhythm. Using age-appropriate percussion, call-and-response activities and playful group drumming, children were invited to explore sound, cooperation and self-expression in a safe, engaging environment.

For many children, the use of drums and small hand percussion gives them a way to practise listening, following cues, taking turns, expressing emotions and feeling part of a group. All foundational skills for learning and wellbeing.

From a Rhythm2Recovery perspective, these kindergarten sessions highlight the importance of early, preventative, community-based approaches to mental health. Rhythm offers a natural, embodied way for children to connect with themselves and others.

As we continue to explore rhythm-based interventions across the lifespan, early childhood settings remain a powerful space for fostering resilience, connection and joy. If anyone in the R2R community is looking at instigating a rhythm-based program for toddlers or pre-school children or researching rhythm and its positive impacts on literacy, and social and emotional well-being in the preschool years, please contact Rebecca for a chat.



Heartfelt Drumming is led by Rebecca Rylands, PACFA Registered Clinical Counsellor, and Research Coordinator for Rhythm2Recovery.  
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