

The Four Key Analogies in the Rhythm2Recovery Model

In our work at Rhythm2Recovery we combine experiential music with reflective discussions and use analogies to link the experiences in the music-circle to real life learning.

In our work we have four key analogies.

1. The first one concerns the deep Bass note of the drum. This note, played in the centre of your drum, provides the grounding note as we play together and connects everyone like a musical marker or pulse – forming a steady beat to come back to, and centre the music. In our work we link this to elements in our lives that provide the same sense of stability – a Base or Foundation – things that help us find our way and make good decisions when we are unsure or feeling lost and overwhelmed. Things like healthy values, and healthy relationships. We also connect it to things that provide us with a sense of safety and security – a safe space, mother nature, our routines etc.
2. The second one is the connection between musical harmony and social harmony. We can draw attention to the skills and the actions required to play music in harmony with each other and note the similarities necessary to find harmony with others in social situations and develop healthy relationships. Things like the importance of listening to each other, of sharing space and not dominating or bullying. The importance of slowing down and giving quality time to our relationships. The importance of making small compromises and adaptations in different situations in order to find harmony together.
3. Our third key analogy connects the voice of our drum to our voice as a communication tool. Communication difficulties are at the heart of a significant amount of relational problems. The drum has traditionally been used for communication, and we can use this quality to examine and practice different facets of communication. The importance of listening and allowing each voice to be heard. The expression of emotion in our communication and the dangers of misinterpretation. The critical nature of timing in communication and what leads to communication failure.
4. And our final key analogy relates to the inclusive nature of the group music-circle – connecting the circle to the concept of community, and what allows for healthy, productive communities. We can look at the importance of each person's contribution to the whole, and the value of individual creativity. Issues such as diversity and tolerance for difference can be explored here. At the same we can emphasise the need for balance between individuality and social responsibility as each person needs to find connection, with each other, (often through the Bass note – core values etc.), in order for the music to harmonise, and the circle to fulfill its potential.

These are the four key analogies used in our work, but there are many more of lesser importance.