

The Rhythm2 Recovery Model – Overview

The Rhythm 2 Recovery Model provides professionals with a fun and effective, trauma informed, therapeutic framework for using the healing power of rhythm to support human development. Rhythmic and reflective activities are designed to engage participants, individuals, families or groups, in a fun and friendly learning experience and delivers concrete developmental outcomes. The R2R model has a strong evidence base and is designed around five key elements:

Safety and Fun = Engagement

Our programs engage individuals who may be reluctant to engage in other, more confrontational, approaches. We use a process that provides a safe learning environment, by emphasising simplicity, predictability, accessibility and empowerment. The music itself is simple, but powerful. The sessions are fun and promote trust and respectful interaction. There are repetitive elements in each session to provide a level of predictability and participants are empowered to choose the session themes, lead the discussions, and take responsibility for their own behaviours and the welfare of the group as a whole. The themes explored may be serious but the overriding emphasis is on the pleasure of playing music together, now and as an ongoing recreational activity.

Rhythm and Reflection = Embedded Learning Outcomes

Our programs explore a wide range of issues that impact people's lives. Participants are encouraged to choose the relevant theme for each session and then explore it in relation to their own experience and that of the group as a whole. Fun exercises are linked by analogy to questions that prompt reflection and self-awareness, and increase broader understanding of the factors that support healthy, happy and meaningful lives. Lesson plans are provided to explore specific themes including:

- Values & Boundaries
- Healthy Relationships
- Teamwork
- Communication
- Resilience & Problem Solving
- Strengths & Managing Adversity
- Managing Our Emotions
- Self-Belief and Working Towards a Brighter Future



Other specific prevention programs address Bullying, Violence, Healthy Relationships, Grief & Loss and Drug & Alcohol Prevention.

Physical & Somatic Therapy = Improved Coordination & Grounding

R2R programs include physical exercises that assist participants with gross motor coordination and body awareness. A wide range of percussion instruments are played, with different instruments available for the needs of different populations. Specific exercises focus on hand coordination and grounding, as well as cross body (centre-line) movement to stimulate cognitive activity across the cerebral hemispheres, and the processing of traumatic memories. The music is also used as a constructive channel for the identification and release of emotions that may otherwise be repressed, or misdirected.

Regulation – Rhythmic Music Can Modulate the Human Stress Response

A key component of all R2R programs is the incorporation of specific routines that assist with emotional regulation. Neurological studies have shown how rhythmic music can impact those primal areas of the brain that regulate the human stress response. Rhythmic exercises, like drumming are recommended by many of the world's leading trauma experts. Specific exercises teach participants to move from escalated levels of emotion to a calm state. Tempo & volume variations imitate changes in arousal. Mindfulness exercises are also utilised to reduce anxiety & extend awareness and focus. These exercises are then linked to strategies for managing every-day situations that prompt emotional arousal.

Belonging

Community music making is an age-old tradition for bringing people together and having fun through a shared experience. Unlike many other group programs, music making avoids many of the pitfalls of language, particularly between people of different backgrounds or who are sensitive to criticism or prone to misinterpretation and faulty reasoning. Music transcends language and allows people to connect on a purely emotional level, in the moment, without the worries of the past or future. Inherent in R2R programs are a focus on altruism, social responsibility and ongoing support for each other as community members. Participants in these programs experience a great sense of connection which is used to initiate further opportunities for increased community engagement.

All R2R programs include an evaluative component to assess their impact and allow for modification in response to individual or group needs.

Accredited training available for Health & Education Professionals visit <http://www.rhythm2recovery.com/r2r-training-courses/>

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