



RHYTHM2RECOVERY STANDARD TWO-DAY WORKSHOP CONTENT

Dynamic interventions using the healing power of rhythm.

2 Days of practical and fun exercises for use across a wide range of settings, and with diverse populations, for social and emotional development. Exercises suitable for individual, family and group work.

Day One, 9am – 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 cement the therapeutic alliance
- Exercises that examine values & boundaries
- Rhythm exercises for fun and focus
- Rhythm exercises for teamwork and healthy relationships
- Rhythmic mindfulness
- Exercises for physical balance
- Teamwork & coordination exercises
- Key Analogies linking the musical exercises to life experiences & encouraging reflection
- Exercises examining 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 better communication
- Listening exercises
- Exercises for managing adversity
- Exercises promoting responsibility
- Rhythm exercises for the safe expression of feelings
- Rhythmic exercises for identifying feelings
- Emotional regulation exercises
- Grounding exercises
- Rhythm exercises for coordination
- Strategies for effective implementation

Attendance at a Rhythm2Recovery training workshop also provides exclusive access to our locked facilitator resources through the R2R website.

These include:

- 150 Training videos of R2R exercises in situ
- Evaluation measures
- Permission Forms
- Promotional material
- Session outlines – DV Prevention, Parenting, Grieving etc.
- Tips sheets for effective implementation.