



Feedback from Music Therapists on the Rhythm2Recovery Training Workshops

Music Therapy

As a music therapist, I felt this to be the best training I have attended which actually focused on the therapeutic/mental health aspect as opposed to the usual musical focus. Extremely refreshing and relevant to the mental health impacted populations I work with. *Linda Gerardy, MMT, MT-BC Recreation Director, Crestwood Behavioral Health, CA*

RUN, DO NOT WALK to a Rhythm2Recovery workshop if you ever get a chance to participate – such valuable ideas for music interventions that resolve around rhythm & drumming. It was absolutely worth the money spent and everything and more that I hoped it would be. *Sheila Connors, MT-BC, New York.*

I just wanted to thank you again for a great weekend! I've attended many workshops over the years but have never felt so "full" afterwards. I did my first session at the hospital yesterday using the R2R techniques and it was amazing. Following the session, I had a patient come up to me and thank me saying that I was the first person she has talked to since being in the hospital (she is severely depressed and has been with us for almost a week). She said the drumming helped her open up and that she felt safe enough to share. Thank you so much for giving me these tools! I am so excited to add R2R to my practice! *Jessica Lee MT-BC. Director Ensemble Music, Minneapolis, MN*

Wonderful – A motivating and uplifting experience that I have greatly benefited from. I have implemented the exercises into my community music therapy practice ever since. This workshop is *hands on!* Allowing you to jump right in, practice and embody the interventions/activities. As a result, participants leave with an *abundance of resources to readily implement* with a strong understanding of how to facilitate them. On top of this, Rhythm2Recovery offers a database of online videos and new activities for alumni to be used as refreshers over time. *Christine Gallagher, MA, MTA, MT-BC, Philadelphia, USA*

Engaging, Accessible, Fun & Thought provoking – this training was really clear in linking the activities to real life situations and articulating how it is used to support people in need. Many great insights & opportunities for reflection, *Rebecca Earl, MMT, The Rhythm Tree, Melbourne.*

I bought the Rhythm2Recovery book and was so impressed with the download resources provided. I've rarely seen something so comprehensive that includes activities, downloadable session cards within 4 stated domains of functioning. The session themes are wonderful, including everything from family to identity to finding your strengths, to well-being. There are so many cross-aspects, individual, group, family and corporate work. If you do HealthRHYTHMS, you can plug in some of the ideas put forth in the book in various steps of our protocol; such an inspirational beats questions and entrainment building exercises. I really feel like this book brings together counselors, drummers, and facilitators. It is a powerful blending of verbal counseling and non-verbal drumming. *Christine Stevens MSW MT-BC*

Our group of music therapists found the Rhythm2Recovery presentation incredibly valuable and all of the feedback that I've received about his workshop has been very positive. The model provides a great balance between practical drumming interventions and discussion around topics such as group dynamics and therapeutic music making. The workshop not only gave us strategies for working with our clients, but also provided us with a great team music-making experience! *Jen Ryckaert, MMT, NZRMTh, MT-BC - Clinical Services Manager Raukauri Music Therapy Centre, New Zealand.*

“It was everything I hoped it would be and then some! I left with TONS of new interventions for my music therapy clients!!” *Sheila Connors, MT-BC, PA*

Very informative, applicable and encouraging. This added a lot more drumming interventions and clinical vocabulary to my practice, *Phillip Didlake, MMT, MT-BC, CA*

This training program has been extremely valuable to attend and I can see many ways it will enrich my work. I love that it is extremely adaptable across settings. *Erin Crighton, MMT, Melbourne, Australia*

I learned more in these two days than I would in a normal semester. *Stephen Sabados, MMT, MT-BC, Baltimore, MD.*

I really found this training informative, practical, interesting and beneficial. *Brieann Wall, MMT, New York, USA*

Outstanding experience! I learned so many valuable drumming techniques that I will add to my music therapy toolbox. *Cassidy Rosenblatt, Music Therapist, MD*

Fantastic, engaging, comprehensive and very clear activities. I loved the analogies and the opportunities to relate experiences to our own lives. *Selena Cheyne, Registered Music Therapist, Sydney, Australia*

Fantastic; Despite having worked with drums extensively for 15 years – I still learnt so much!! I have been drumming therapeutically all my life, but this workshop opened my eyes to a whole new approach. *Neil Jourdan Chair NZ Music Therapy Registration Board.*

Awesome! Very practical & a huge range of activities covered that can be applied & adapted to multiple populations and settings. *Rebecca Wermut, Registered Music Therapist, Sydney, Australia*

The evocative nature of drumming and the way in which Simon uses this firstly to teach facilitators and secondly to work with young people at risk, is a powerful combination that gets results. His background in therapeutic practice and his ability to meld drumming into his work gives the participant facilitator a good foundation on how to duplicate this work. Backed up by evidenced based practice, and years of experience in facilitating drum circles, Simon’s work and programs are successful in creating a platform for health and wellbeing. *Joanne McIntyre, MMT, Peninsula Music Services*

Incredibly useful evidence-based, research-based, interventions for those with and without musical or therapeutic backgrounds. *Dr Vivian Nix-Early - CEO BuildaBridge, Philadelphia, USA*

A really great, motivating workshop, well run with a practical focus and a friendly atmosphere – very supportive facilitator. *Paul McEvoy, Music Therapist, Sydney, Australia*

Awesome! I found Simon’s teaching/mentoring - organised, comprehensive and meaningful. I left happy, grateful & empowered. *Solinda Bautista, Music Therapist, Manilla, Philippines*

A stimulating & supported two days of new learning, revision & professional development – And it was great fun. *Kym Weatherly Registered Music Therapist, Tasmania*

