



Testimonials from Therapeutic Practitioners on the Rhythm2Recovery Model

Simon Faulkner gets to the soul of rhythm and its potent use when working with individuals, families, and groups of all ages. This training is a treasure. It's a must-do for anyone working in a therapeutic or educational context. When words get in the way, tune in to the principles that Rhythm2Recovery offers in this packed filled workshop. *Dr. Daryl Chow, MA, Ph.D.*

(Psych)Counselling Psychologist, Senior Associate & Trainer, International Center for Clinical Excellence (ICCE), TX, USA

"Simon is a gifted teacher, counselor and mentor! I had no drumming experience prior to the workshop, but following the training, I was able to confidently implement the program in multiple settings including the school system, veteran services, college courses and individual counseling sessions. After 30 years of practice, I can say this is one of the most refreshing and life changing programs I've implemented as part of my counseling and occupational therapy work." *Terrie King, OTR, LPC Heart Space Counseling Center, LLC – TX, USA*

Excellent training and so relevant to the work we do, particularly its incorporation of ACT and music. This work really feels a unique space and is sorely needed. *Clint Terney, Team Leader, NEAMI, Strathpine, Qld, Australia.*

This was an extremely enjoyable course that was valuable to my work and offered very relevant, practical and fun therapeutic strategies for healing. *Neil Goodwin, Occupational Therapist, Queensland Health Department, Australia.*

The training was exceptional & will certainly aid my work with groups, families and individuals. Expressive, powerful & engaging training- I was one of those sceptics who couldn't see the worth of drumming in therapy – how wrong I was – the links through metaphor were so clear and practical & the tool (the drum) itself was so engaging – an amazing experience; *Anne-Marie Blacow, Senior Social Worker, Family and Child support, Relationships Australia.*

Our group of music therapists found this workshop to be incredibly valuable. He provided a great balance between practical drumming interventions and discussion. 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, Auckland, NZ*

I took the Rhythm2Recovery training and by adding this to my repertoire, within a few months I was contracted to provide five to seven programs for addiction and recovery groups every week, all with one behavioral health agency. And interest is growing. If you feel called to serve the addiction crisis in your community, consider this training! *Toni Kellar, Addiction Counsellor, Ohio, USA*

A great experience – full of fun and practical ideas that I can readily incorporate into my work – I can see it working very well. *Daisy Fotopoulos, Berry Street Trauma Services, Melbourne, Australia.*

I would highly recommend this training – full of practical, strength-based exercises so relevant for helping people with mental health issues; *Patricia Taylor, Youth Mental Health Unit, Fiona Stanley Hospital. Australia.*

I really enjoyed all aspects of this training, linking current neuro-science research with creative therapy & expression, and relevant activities to teach important concepts, *Emma Chow, School Counsellor, Catholic Education, Sydney, Australia*

An absolute treasure trove of highly practical, concrete, grounded exercises which I will absolutely use in my own practice; *Dr Jane Bentley, Mental Health clinician, Glasgow UK.*

This training was outstanding. I loved the experiential learning and the exercises were fun and pertinent to the populations I work with – Thank you so much. *Diane Avalon, Mental health Systems, CA, USA*

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

A balanced and integrated learning experience with a supportive and experienced trainer. I loved it and had fun! *Lyn Butler, Refugee Trauma Counsellor, STAARS – Adelaide, Australia.*

I loved every second of this workshop – the balance was perfect between musical play and discussion. It was a fabulous two days with the group bonding so well and I was surprised how easily that happened with so few words. I left feeling confident I could put it into practice. *Peg McCann, Counsellor, Mental Illness Fellowship of SA.*

The exercises we did were all very practical and the analogies used were clear and useful. It empowered me in my work and helps me in my career as a therapist and trainer; *Mirijam Hendrikson, Therapist, Holland.*

A fun, practical and safe experience with lots of variety and rich knowledge from the facilitator; *Bernie Bane, Counsellor, UK*

I absolutely loved this workshop. I have gained in knowledge and experience that will be beneficial both to myself and in my work, Thank you; *Linda Irvine, Clinical psychologist, NSW, Australia*

Highly Interactive, Lots of Fun and professionally very relevant and practical. *Katrina Mesic, School Psychologist, Catholic Education, Sydney, Australia.*

A great way to safely connect and articulate with clients using tested professional tools that are relevant to a huge number of population groups. *Ray Watters, psycho-therapist, UK*

Simon Faulkner is a rare talent. On the one hand, he is an engaging and dynamic presenter, who can get groups of people of all ages drumming in an artistic and coordinated way. At the same time, he is an articulate and professional researcher, who can isolate and describe the social principles involved when people entrain via rhythm. This combination of skills served him well when he designed a sequence of classes using group rhythm activities to promote social skills gains in youth at risk in his native country of Australia. The DRUMBEAT program, he designed, grew to become one of the most successful and best documented programs of its kind in the world. I have seen Simon present and I have read his materials. He is a sincere and humble man with a great gift for designing experiential rhythm activities and for training facilitators of group rhythm. His interpersonal manner is disarming, and before you know it, you will be drumming with him, with opportunities to reflect on what your drumming says about you as a teammate, a co-worker, a community member, and as an individual. Simon's work has applications in corporate settings to examine team relationships, among incarcerated populations to encourage appropriate socialization and self-esteem, in schools, in rehab centers, and dozens of other settings. The work is of high value to music teachers, music therapists, and music performers who wish to add new levels of audience involvement to their concerts. While his work is taught through a medium that requires no prior musical experience, it applies to all instruments at all levels of sophistication. *Dr Jim Oshinsky, Clinical Psychologist, Adelphi University, New York, USA*

‘The beauty of R2R is in its flexibility. I am able to tailor the program to the needs of the group. Whether in sessions with individuals all the way through to larger groups, R2R allows me the flexibility to address any number of issues that come up and for any length of time. From single sessions, through to an endless process of finding connection through rhythm and music, R2R allows me to find the balance that is required between conscious cognitive content and calming activities that allow us to emotionally regulate. I am very excited about its application within my work.’ *Gerard McDonnell, Senior Psychological Advisor, Specialist Support Unit, Australia*