



DRUMBEAT® 3-Day Facilitator Training Program Philadelphia - October 10-12, 2014*



Course Description:

Over the last two decades, research has provided much evidence of the positive, healing effect of drumming, and of its impact physically, emotionally and neurologically. This 3-day experiential training will leave participants with the skills to adapt the Holyoake DRUMBEAT® program to the needs of their clients, including trauma survivors, those recovering from addictions & eating disorders, those in juvenile detention, refugee populations, other special needs groups, as well as public & private elementary and high school students attending in-school, after-school & summer programs. The workshop includes innovative strategies for working with challenging behaviors through drumming (using African djembe drums), and for cementing the therapeutic relationship with those resistant to traditional talk-based



interventions. Key experiences in the workshop use metaphors drawn from the drumming, a key concept in all of BuildaBridge's work. These experiences address risk factors associated with unhealthy risky behaviors while building self-esteem, resilience and a sense of belonging. Participants completing the facilitator training can become certified as a DRUMBEAT facilitator.

Prerequisites:

None. No musical or drumming experience required

Format:

Experiential

Learning Objectives:

By the end of this course, participants will be able to:

- Facilitate and adapt to their clientele, 10 sessions of the DRUMBEAT evidence-based therapeutic intervention. (CBMT Scope of Practice II, A, 5u; IV, A 3; I, A 10)
- Describe the theories supporting the rhythm-based intervention and evaluate its impact (CBMT Scope of Practice IV A, 2; III, A 1-2,7)
- Demonstrate at least one of the drumming protocols/rhythms and their accompanying verbal prompts, discussions and life metaphors. (CBMT Scope of Practice IV, A, 6; II, A, 5a, 5j)

Course Schedule:

9 am - 4:00 pm, Friday, Saturday, Sunday (one 40 minute lunch and one 20 minute break each day.)

Philadelphia Course Location: Settlement Music School - Germantown Branch, 6128 Germantown Avenue, Philadelphia, PA 19144

Cost: Special Introductory Offer (\$200 OFF regular \$895 cost):

\$695 plus \$35 additional fee for CMTEs.

\$625 for 2 or more people, plus \$35 additional fee pp for CMTEs.

Facilitator Manuals, CDs, light breakfast & lunch included.

Course Instructors:

Simon Faulkner is the developer of the multi-award winning DRUMBEAT (Discovering Relationships Using Music - Beliefs, Emotions, Attitudes & thoughts) early intervention program, and is an addictions counselor specializing in group work. He is currently Manager of DRUMBEAT for Holyoake, The Australian Institute for Alcohol and Drug



Addiction Resolutions. Simon trialed the program in a range of locations and spent considerable time in Aboriginal communities, adapting the intervention to better meet their needs and learning more about traditional Aboriginal culture. In 2006 Simon was awarded a Churchill Fellowship to study rhythm based interventions with 'at risk' youth and so traveled across North America examining rhythm based interventions, including time spent in First Nations communities and with African American youth. Simon has been managing the DRUMBEAT program since it became an independent unit of Holyoake in 2008. Simon earned a Social Science degree with a double major in Psychology and Addiction Studies from Edith Cowan University, Australia.

About the DRUMBEAT Program. The Discovering Relationship Using Music, Beliefs, Emotions, Attitudes & Thoughts (DRUMBEAT) program uses drumming as a way of engaging at risk and alienated youth and adults in a form of musical expression that simultaneously incorporates themes and discussions relating to healthy relationships with others. This evidence-based program was designed by Holyoake in Australia, in 2003 as an early intervention strategy to prevent and increase resilience to a range of detrimental/risky health and social behaviors, including drug and alcohol misuse, mental health disorders and criminal activity. Research has demonstrated that people participating in DRUMBEAT increased their scores over a range of social indicators. The results support the underlying program theory that combining the therapeutic potential of musical expression with basic cognitive-behavioural therapy can be used successfully to deliver a range of social learning outcomes, including emotional control, improved relationships, social skills and increased self-esteem. The program is a structured, but flexible course delivered across 10 sessions. Each session focuses on different themes such as identity and social responsibility, values, dealing with emotions, peer pressure, harmony, communication and teamwork. The program concludes with a performance. DRUMBEAT is facilitated in children's hospitals, youth services, schools, mental health services, refugee & child trauma services, prisons, youth justice and child protection centers. The program targets both youth (over 10 y.o) and adults resistant to talk-based therapies.

***BuildaBridge** will host this proven facilitator training, which will be only its second time offered in the USA. Participants each receive detailed session protocol books and a CD of drumming protocols. Learn more about this training and USA locations (Texas Oct. 3-5; Florida Oct.17-19) [HERE](#).

Questions?

Please call (215) 842-0428, email abohl@buildabridge.org or [visit our website](#).

Registration: To Register, click [here](#)



Credits & CEU's

DRUMBEAT 3-day Facilitator Training is approved by the Certification Board for Music Therapists (CBMT) for 21 Continuing Music Therapy Education credits. Credits awarded by CBMT are accepted by the National Board for Certified Counselors (NBCC). BuildaBridge [CBMT Approved Provider #P -144] maintains the responsibility for program quality and adherence to CBMT policies and criteria.

Cancellation & Refund Policy

Cancellations received at least five working days before the event are refundable, minus a \$25 administrative charge per registrant. There is no refund for cancellations received later.

However, a credit will be issued toward a future BuildaBridge professional development event (minus the \$25 administrative charge).



BuildaBridge is a nonprofit 501(c)3 arts education and intervention organization. Our mission is to engage creative people and the transformative power of art-making to bring hope, healing and resilience to children, families, and communities in the contexts of crisis and poverty.