



DRUMMING FOR CALM

*One Day Group Drumming Program
Theme Based, Deep Dive and Exploration*

Feelings and Emotions Group Drumming Workshop

Tuesday 21 November 2023

Overview

Befriending our emotions – all of them are sometimes easier said than done. This workshop will explore not only the emotions and feelings but our beliefs about emotions and feelings and the value we place on them.

Understanding that emotions are feelings are created by our brain and also impacted by our thoughts. It is the way our brain gives meaning to bodily sensations based on past experience. Different core networks all contribute at different levels to feelings such as **anger, fear, sadness, disgust, surprise, anticipation, trust and joy**. **The workshop will explore these 8 core emotions.**

This will be explored through the paradox of emotions and feelings based on:

- The comfortable
 - The uncomfortable
- And
- The familiar
 - The unfamiliar
- And
- The safe
 - The unsafe
- And
- The desired or liked
 - The undesired or disliked

Learning to be with our emotions and feelings and not becoming them is the goal ... being able to respond in a proportional way ensures that we can feel safe and more calm. All emotions are welcome and a part of living and life. There are no emotions that are unnecessary – it is more about the degree or intensity that challenges most people.

A strengths and resilience focus will be explored and applied – as each individual has all the skills and resources they need inside them. Each will learn from themselves and others about



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what helped them cope and survive and what they can continue to do and what they want to change and do differently – we will use a series of drumming exercises

A number of drumming exercises (as a group and some individually led) will allow experimentation with finding your own levels of comfort with emotions. Having choice and exercising that choice to build your tolerance and adaptive capacity to be with the emotion and feeling and not to become. The drumming provides an alternative way to communicate, explore and then express an experience without needing the spoken language.

Safety, trust and boundaries will be established and maintained in the workshop by the entire group, so it will support and foster a space for experiential and fun exercises.

Prerequisite

Attendance at a 2 hour Drumming Basics and Introduction on either

- Tuesday 15 August at 4.00 pm – 6.00 pm (Cost of \$150 payable in advance)
- Tuesday 29 August at 12.30 pm – 2.30 pm (Cost \$150 payable in advance)
- Tuesday 3 October at 4.00 pm - 6.00 pm (Cost \$150 payable in advance)
- Thursday 16 November at 3.30 pm – 5.30 pm (Cost \$150 payable in advance)

Or

- Attendance at one of the past Drumming for Calm – 8 week Group Drumming Program for Stress relief and Nervous System Regulation (run in April, May or October 2023).

Cost

- 6 Hour Group Workshop is \$300 (payable in advance).
- Minimum numbers 8 and maximum 14 plus two facilitators

Time

- Tuesday 21 November 2023 from 10.00 am – 4.00 pm

Place

The Integrated Therapy Centre

Parking on site and in Gisborne Road, William Street and Sutherland Street

What's Included

- Drums, take home resources, strategies, tools and information sheets
- Morning and afternoon tea with tea, coffee and water – **BYO lunch** please

Enquiries to kayegriffin@mindmatterscounselling.com or call mobile 0414 460 060
Cofacilitated by Kaye Griffin, Traci Tucker and Canine Assisted Therapy Dog - Emmie

