



DRUMMING FOR CALM

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

Wellness, Selfcare and Personal Growth Group Drumming Workshop

Tuesday 12 December 2023

Key Learnings

- How to set and maintain a self care plan by having a clear intention
- How to improve my wellness that take less than 30 minutes, or 15 minutes or 5 minutes
- How to build a self care plan that addresses all aspects and elements of the whole self that nurtures and nourishes
- Incorporating all of the five senses in your wellness, self care and personal growth

Overview

Self care is a key ingredient in wellness and a critical element in personal growth. Each of us knows about self care and most of us practice and has an understanding of the value of self care. However, what we know and put into practice consistently often gets dropped off when things get busy or stressful or challenging the first thing that goes is our self care.

This experiential and reflective drumming for calm deep dive into wellness and much more will build on what we know and deepen our range of choices of self care options. Even when we are busy we want to keep the practice of self care in our daily lives and honour ourselves and our needs.

This will be explored through our own knowing, being and doing ... building earth, mind, body and spirit connections. 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 and building your tolerance and adaptive capacity to be with the emotion and feeling and not to become it. The drumming provides an alternative way to communicate, explore and then express an experience without needing the spoken language.

The drumming exercises will be translated into practical take away practices that you will be able to tap into the memory network from the group drumming. The practices will range from 30 seconds to 30 minutes or more.

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.

By focusing on our strengths, skills and interests and what we do right and enjoy as a conscious alternative to what we think we need to do, or doing what we don't enjoy is key ... learning to give yourself permission to find pause and rest in the silence of the here and now is a key stepping stone.

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)
- Tuesday 28 November at 2.30 – 4.30 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 12 December 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

