



## DRUMMING FOR CALM

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

## Feelings and Emotions Group Drumming Workshop

### 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



# MIND MATTERS



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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 to drumming prior to the full day group. Cost for the basic drumming is \$150.

Or

- Attendance at one of the past Drumming for Calm – 8 week Group Drumming Program for Stress relief and Nervous System Regulation

### Cost

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

### Time

- Full day from 10.00 am – 4.00 pm

### Place

To be advised.

### 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

[kayegriffin@mindmatterscounselling.com](mailto:kayegriffin@mindmatterscounselling.com) or call mobile 0414 460 060

**Cofacilitated by Kaye Griffin, Traci Tucker and Canine Assisted Therapy Dog - Emmie**

