



## DRUMMING FOR CALM

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

## Safety, Values, Boundaries, Mental Health & Triggers Group Drumming Workshop

### Key Learnings

This workshop will explore and unpack the importance of knowing:

- What guides and directs you to feel safe, build safety for self and for others
- The values that you hold and why they exist and how they support you
- The moral, physical and emotional boundaries that support your wellness
- What triggers and activates your protective automatic responses when your safety, values and boundaries are not respected

The workshop will support each participant – drummer to implement through rehearsal, repetition, positive emotion and association, how to stay true to your values and how to maintain your boundaries.

### Overview

The workshop will begin by all of us discussing and establishing the values and boundaries that allow each participant to feel safe to explore, express and have fun. A number of drumming exercises (as a group and some individually led) will allow experimentation with finding your voice, having choice and exercising that choice. Each participant will be encouraged to have and a self empowered response so that individual values, boundaries and values will be heard, respected and maintained.

Through the exercises and reflective discussion, you will learn about your strengths and abilities that are within you that will build your self confidence, find your assertiveness, and expand your capacity to manage unexpected (non threatening) situations. So when your emotional response is heightened you can calm and settle your nervous system.

Exploring the many other factors that feed into a trigger, understanding them and recognising these you can then look at managing them differently and this supports better mental health outcomes.



# MIND MATTERS



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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 what helped them cope and survive, and what they can continue to do and what they want to change and do differently.

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 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 (run in April, May 2023).

### Cost

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

### Time

- Full day 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 and Canine Assisted Therapy Dog - Emmie***

