



DRUMMING FOR CALM

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

Stress Responses and Trauma Group Drumming Workshop

Key Learnings

This workshop is designed to provide the following key learnings:

- How to better manage distress
- How to calm your mind, body and feelings
- Understanding your survival responses
- Shifting, disarming and releasing (some of your) old blocking/negative self beliefs
- Finding your voice, choice and power
- Ways to increase self confidence and maintain it

Overview

This stress response and trauma workshop will weave science with drumming and reflection to guide you and your nervous system into the state of regulation and calm.

A combination of neuroscience, presentations and practice will be used to anchor the learning and experience. Reflective exploration will accompany some of the drumming exercises and at other times we may just use the rumble drumming and response (taught in the drumming basics and introduction to drumming) to integrate the body - somatic experiences and then to give it voice as a cognitive narrative a new or different meaning. When the body can release the distress there is a new narrative that can be found.

There will be a combination of group exercises and individual exercises supported by the group and this will be based on all having a turn as the lead drummer.

A range of tools and resources and new techniques will be provided so that each takes home a resource and tool kit that can be applied in day to day experiences. You will have a deeper and more respectful understanding of your stress responses and see them as an ally and friend.

When we understand our responses and what the intention is behind the protective response. We can through awareness and reduction of fear, choose an alternative more long term adaptive response to the stress.



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

Enquiries

kayegriffin@mindmatterscounselling.com or call mobile 0414 460 060

Cofacilitated by Kaye Griffin and Canine Assisted Therapy Dog - Emmie

