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Introduction to HealthRHYTHMS® Group Empowerment Drumming

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HealthRHYTHMS® is an evidence-based group empowerment drumming program that builds and fosters socialization, connection, camaraderie, respect, communication and personal expression. Group empowerment drumming can be implemented in a variety of clinical settings and the wide array of benefits of this therapeutic strategy. Music therapists from around the world have received HealthRHYTHMS® training and are utilizing group empowerment drumming the following types of clinical settings: long-term care, mental health day programs, chemical dependency treatment programs residential care and therapeutic day programs and public schools.

Active music making & group drumming

Active music making and group drumming are effective ways to engage clients in a variety of clinical and community based settings. Research demonstrates that actively making music provides a variety of health and wellness benefits. These benefits include improved mood states (Bittman, et al, 2004), stress reduction (Bittman et al, 2001),

decreased burnout rates (Bittman et al, 2003a), increased natural killer cell activity (Bittman et al, 2001), and improved creativity and bonding in seniors (Bittman et al, 2003b).

This presentation will give attendees an introduction to the HealthRHYTHMS® group empowerment drumming program and share the various settings and ways this is being implemented by professionals all around the world. The presenters will also share the research surrounding this program. The presenters will facilitate portions of the protocol to allow attendees to experience the power of actively making music as a group, as well as examples of the use of empowerment drumming in clinical practice. The presenters will also explore how to potentially utilize this type of active music making in their own facility and community and ways this may be adapted to meet they specialized and unique needs of clients.

References

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About the Authors

Annie Heiderscheit, Ph.D., MT-BC. LMFT is the Director of Music Therapy at Augsburg University in Minneapolis, MN. She is the Chair of the Publications Commission WFMT. Annie is also an endorsed facilitator of HealthRHYTHMS®.

Alyssa Janney, MBA is the Health Program Development & Marketing Manager at Remo, Inc. She is an executive board member of the SCV Education Foundation, board director for International Foundation for the Healing Arts and serves on the Able Arts Work Wellness and Research Advisory Council.