



CONFERENCE PROCEEDINGS - SUMMARY FROM PRESENTERS

Session Number	40
Your Presentation Title	DRUMBEAT – Music for Social Learning and Connection to Community
Abstract /Summary of Presentation (1/2 to 1 page)	<p>This workshop looks at the way the Holyoake DRUMBEAT program engages young people and transfers both social learning and a newly improved sense of self as well as a feeling of belonging.</p> <p>The DRUMBEAT program was developed in 2003 in Western Australia to engage Noongyar youth who were alienated from community and were resistant to traditional talk-based therapeutic approaches. DRUMBEAT was developed to take advantage of the natural attraction of drumming for young people and uses traditional experiential learning modalities combined with cognitive behavioural approaches.</p> <p>DRUMBEAT is a fun musical program that can be adapted for young people of almost any age right up to adults. Having fun means you are feeling safe and when you are feeling safe trust goes up and people can start to open up about their thoughts and feelings. DRUMBEAT doesn't tell people what to think but instead empowers them to make good choices based on good information.</p> <p>The drum itself is a wonderful tool for healing and connection. In DRUMBEAT there is no cultural component – just fun drumming that requires all the skills necessary to any team activity. The drum serves as a shield to reduce self-consciousness and shame and the group drumming connects people through a musical language that avoids the problems of misinterpretation associated with the spoken word.</p> <p>The drumming is grounding and powerful and can be used to lower arousal and help regulate emotion. Drumming naturally is an arousing activity and left to their own students will play louder and faster – in DRUMBEAT the facilitator works with these natural impulses to assist the participant exert control over their natural inclination (arousal) and instead drum softly and slowly.</p> <p>Analogies are drawn from the drum to open up questions about relationship issues and prompt self-awareness and self-reflection. Values play a big part in the program – identifying participant's core values and then holding them accountable to those values. In DRUMBEAT the central Bass note that connects the different parts of the rhythm represents Values, which hold together healthy and productive relationships.</p> <p>Holyoake trains people working with 'at risk' youth and adults across Australia and in countries around the world. For more information on these training workshops visit http://www.holyoake.org.au/content-red.php?CID=118</p>
References if applicable	http://www.holyoake.org.au/content-red.php?CID=117 http://www.holyoake.org.au/drumbeatevidence
Presenter Contact Details (email address and telephone number)	<p>For further information contact Simon Faulkner, Manager DRUMBEAT drumbeat@holyoake.org.au 08-94164444 www.holyoake.org.au/drumbeat</p>