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Health Rhythms:
Drumming for
Your Health

The pulse that unites us.

Monica B. Peterson, MSW, LICSW, MA

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Health Rhythms

Course Description
Research shows drumming benefits overall health and wellness as a means of communication and musical expression. For people who have experienced a stroke, a drum acts as an additional adaptable treatment technique for communication as well as physical exercise. Open to all; no music or drumming experience necessary.

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Disclaimer

• This information is for educational purposes only. This information is not intended to diagnose, treat, cure, or prevent any disease and is not intended to be a substitute for professional medical or mental health advice, diagnosis, or treatment. Please consult with your health provider(s) regarding any questions you have about your health conditions.

• This is general information and general suggestions so may not be specific to your personal situation.

• Be mindful of your medical or mental health.

• Consult with your medical or mental health professional as needed.

• Be mindful of your own cultural/religious beliefs/values.

• You know yourself best. HealthRHYTHMS is not intended to be a substitute for a credentialed counseling or healthcare professional where advisable.

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**What is HealthRHYTHMS?**

• An evidence-based program that uses the drum as a tool for communication and personal expression.
• A cost-effective strategy for supporting change.
• Open platform design using fun activities that promote effective communication and personal empowerment.
• Encourages peer support.
• Respects each participant.
• Facilitates building cohesive and supportive teams.
• Health management tool i.e. stress management, employee wellness initiatives.

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**HealthRHYTHMS Philosophy**

HealthRHYTHMS... is not about inspiring successful drumming.
   It’s about inspiring successful living.

HealthRHYTHMS... is not about exceptional performance.
   It’s about exceptional support and personal expression.

HealthRHYTHMS... is not about teaching people to play.
   It’s about giving people permission to play.

HealthRHYTHMS... is not about acquiring technique.
   It’s about sharing for the sake of personal empowerment.

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**HealthRHYTHMS Philosophy cont.**

– Communication: verbal and non-verbal
– Rhythm
– Physical Movement/Exercise
– Connection, Socializing
– Belonging, Inclusion
– Accepting, Caring
– Freeing, NO mistakes
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**HealthRHYTHMS Benefits**

- Improves mood, reduces anger
- Reduces stress, stress reduction technique
- Increases relaxation
- Reduces burnout rates, staff turnover
- Strengthens your immune system
- Supports healthy aging
- Is active exercise
- Increases creativity, personal rhythm
- Encourages self-expression, musical expression
- Increases interpersonal support and bonding
- Creates spiritual connection

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**Who Benefits from HealthRHYTHMS?**

- Schools & Universities
- At-Risk Adolescents
- Student Groups
- Medical Facilities and Settings
- Patient Groups
- Senior Citizen Groups
- Assisted Living
- Mental Health Agencies
- Support Groups
- Staff and Employees
- Corporate Businesses
- Employee Wellness Initiatives
- Stress Management & Morale
- Teambuilding
- Everyone!!

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**The quest for well-being begins... by discovering your own personal rhythm.**

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Application:
How could drumming apply to...

<table>
<thead>
<tr>
<th>Clients/Patients</th>
<th>Caregivers</th>
<th>Staff</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Rehabilitation - Exercise</td>
<td>• Burnout - Compassion Fatigue</td>
<td>• Team Building</td>
</tr>
<tr>
<td>• Communication - Self Expression</td>
<td>• Stress - Relaxation</td>
<td>• Burnout - Compassion Fatigue</td>
</tr>
<tr>
<td>• Group support – bonding</td>
<td></td>
<td>• Stress - Relaxation</td>
</tr>
<tr>
<td>• Stress - Relaxation</td>
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</tbody>
</table>

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Resources

HealthRHYTHMS Research
- Angelo Remo Belli, MD
  – Creator of Remo Drums
- Barry Bittman, MD
  – Neurologist
- Christine Stevens, MT-BC, MSW
  – Music Therapist & Social Worker
- Karl Bruhn
  “Father of Music-making and wellness”

http://remo.com/experience/?type=research
*Drumming has no negative side-effects!!

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Resources

Drums/Instruments
- https://www.amazon.com/
- http://www.grothmusic.com/ @ Bloomington
- https://www.guitarcenter.com/
- http://www.westmusic.com/
- www.worldmusicalinstruments.com
- Your local music store

Drum Classes
- www.womensdrumcenter.org @ St. Paul

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