Show Me the Evidence
An Outline of the Evidence Supporting the R2R Approach

The Following Peer reviewed articles have been published in Journals on programs and interventions based on a model combining rhythmic music with cognitive reflection:

### RESEARCH SUPPORTING THE R2R APPROACH
Published, peer reviewed journal articles & book chapters

- Wood & Faulkner, 2014. Reach me & You can teach me - Engagement and social learning through hand drumming - Qualitative case studies show improvements in self assurance, emotional control, interpersonal trust and reductions in anxiety. *Journal of Relational Child & Youth Care Practice*, 27, 1 18 -26
- Wood et al, 2013 - To the beat of a different drum - improving the social and mental wellbeing of at risk youth with drumming. 180 students across 19 schools with control groups. Drumming & Cognitive therapy combination increases self esteem in indentified 'at risk' school students, whilst reducing behavioural incidents and increasing school attendance. *Journal of Public Mental Health*, 12, 2, 70-79
- Faulkner, Wood, Ivery & Donavan, 2012. It is not just music & rhythm – Evaluation of a drumming based program to improve the social wellbeing of alienated youth. Sixty students classified as ‘high risk’ across three schools with control - improvements in attendance, social integration and behaviour as well as reductions in suspensions. *Children Australia*, 37, 1, 31-39

*Note many of these studies are of the DRUMBEAT program, an early program developed by the author of the Rhythm2Recovery model.*

Endorsed by Researchers at The International Centre for Clinical Excellence

Simon Faulkner gets to the soul of rhythm and its potent use when working with individuals, families, and groups of all ages. This training is a treasure. It’s a must-do for anyone working in a therapeutic or educational context. When words get in the way, tune in to the principles that Rhythm2Recovery offers in this packed filled workshop.

*Dr. Daryl Chow, MA, Ph.D. (Psych)Counselling Psychologist, Senior Associate & Trainer, International Center for Clinical Excellence (ICCE).*
Show Me the Evidence
An Outline of the Evidence Supporting the R2R Approach

Rhythm2Recovery is a model of practice, combining rhythmic music and cognitive reflection, with additional elements of Positive Psychology & Act & Commitment Therapy, that allows practitioners to formulate programs and interventions that are not locked into a strict format, but instead can be adapted to the specific needs of individuals and offer a flexible template, solidly grounded in evidence. This replicates the way most professionals in the therapeutic field work; where they are schooled in a range of therapeutic approaches but adapt these to best provide for the needs of their clients. Research has shown that program manuals do not of themselves support improved client outcomes (Duncan, Miller, 2005).¹

The Rhythm2Recovery model is an eclectic approach using different therapeutic elements, each of which has its own focus and is strongly supported by research. In combination, these provide a holistic framework for working with rhythmic music to achieve personal development outcomes. These elements transfer readily between different modes of practice, being equally applicable in individual counselling sessions and to larger group psycho-education programs.

The key element in the rhythm2recovery approach is the use rhythmic music and movement; The use of rhythmic music and movement to elicit emotional states and to support healing is an ancient tradition and one of the most studied research areas of music therapy. Rhythmic music has been shown to positively impact both physiological and psychological function, improving motor coordination and emotional impulsivity.² Research in the growing field of neurobiology has shown how rhythmic input impacts the primal areas of the brain and can help stabilise the stress response and restore homeostasis. Today rhythmic interventions are key elements of trauma informed practice, helping to reduce anxiety and increase psychological well-being.³

Few people have the opportunity to play music regularly with others despite the fact that playing music has been well documented as improving a range of academic and social outcomes.⁴ Communal music making has been shown to increase the release of neuropeptides associated with reductions in social anxiety and increased levels of empathy and social bonding whilst increasing NK cell activity and cortisone, elements critical in boosting our immune system.⁵ Rhythmic music and movement incorporating cross-arm body movement improves motor coordination and stimulates increased neural activity across the two hemispheres of the brain; a finding linked to improved memory and cognition.⁶

The Rhythm2Recovery model also draws on the extensive body of research detailing the positive impact of mindfulness on both physiological and psychological health. Playing rhythmic music is a natural way of reducing hyper-vigilant thought patterns by providing an


in-the-moment experience that requires complete focus. Rhythm2Recovery programs extend that benefit into a conscious practice of trained attention and awareness, helping people experience life with greater clarity and understanding. Studies have shown even short courses of mindfulness practice reduced rumination, stress, and emotional reactivity, whilst increasing memory, and cognitive focus and improving relationship satisfaction\(^7\).

Rhythm2Recovery interventions utilise a human centred, strengths-based approach to working with clients closely aligned to ‘Positive Psychology’. Rather than focus on what went wrong, positive psychology looks to support growth and change by examining the strengths and virtues of the individual, and their environment and how these can be used to overcome the challenges they face. Positive psychology utilises positive emotions and hope to improve relationships, and help people find meaning in their lives. The reflective elements in Rhythm2Recovery programs provide clients with insight into themselves and their relationship with the world around them as they explore the social and emotional themes of each session from this positive psychological perspective. An extensive body of research into the use of positive psychology as a strength-based approach has shown increased levels of psychological well-being and resilience, and reduced levels of depression\(^8\).

Rhythm2Recovery programs are expressive therapies that allow people to communicate in ways beyond the level of words. Music is essentially a form of emotional communication. Although our programs do incorporate a reflective discussion element, they are not solely reliant on speech and have numerous benefits for people for whom communication through language is problematic. Expressive therapies encourage people to explore the self through a creative process that allows for the safe release of emotion and memory. Personal narratives can be expressed and experienced through the conduit of music and movement, whilst supported by the facilitator or therapist. Creativity is central to expressive therapies and also to assisting people address a challenging & changing world – the creative nature of Rhythm2Recovery programs is aligned to assisting people creatively overcome the challenges in their lives.

The benefits of rhythmic music, mindfulness, positive psychology and creative expression have been well documented in the research literature on effective psycho-social interventions. Rhythm2recovery programs and training workshops combine these four clinical approaches into a model of practice that provides an engaging, flexible and effective template for therapists and educators working in support of individual growth and potential.

Programs developed from this template are supported by a comprehensive body of evidence as to what works in helping people overcome adversity.

---
