

## What Musical Resources Will I Need To Implement the Rhythm2Recovery Model?

Rhythm2Recovery (R2R) exercises and techniques are used by facilitators and therapists across individual, family and group applications to support social and emotional development.

Many people using our work have limited budgets, but this does not preclude them from using the material in their practice.

In individual work, a counsellor or therapist would generally have access to two hand-drums, and a deeper Bass drum (e.g. Buffalo drum or Dundun) played with a mallet. A budget of around A\$500 would cover this.

In family work 2 Or 3 additional hand drums and some percussion would be added to this kit. The percussion is usually a small assortment of clave, shakers and an agogo bell. An additional expenditure of around A\$450 would allow you to work easily with family groups.

Group work with people addressing common issues, usually around 10 participants, (but sometimes extending to 15 or 20), is the most common form of practice utilising the R2R model and takes advantage of the socialising aspect of communal rhythmic music making.

This format generally requires the greatest financial outlay, however there are ways around this expense if your budget is limited. In group work most practitioners will have a collection of hand drums (12 x 12" Djembe or similar), a larger Bass drum (Dundun, Baha'l drum or floor tom), a collection of percussion (3 x clave, 3 x shakers, 2 x agogo bells) and a set of pentatonic tonal chimes (Rhythmband Chroma chimes). An outlay of around A\$3,500 would obtain this kit.

If this is out of reach, don't despair as many people start off their group programs making drums from recycled office water bottles (15 litre or 4 gallon). This has additional advantages in that group members can share the task, express themselves through how they decorate their drum and have it to take home at the end of a course. And they sound great! You can usually get these free of charge or for a very low price from an office water supplier in your region. Bass drums can also be made from plastic storage drums or rubbish bins.

You can also make and decorate your own shakers (plastic bottles filled with rice), and clave (1" or 2.5cm thick hardwood dowel, around 8" or 20cm long).

Drum Types	Bass Drums	Percussion
12" Djembe (60cm)	REMO Bahai Bass	Clave – tapping sticks
11" Djembe (50cm) – primary or elementary age	REMO Buffalo drum	Shakers (avoid egg shakers) Maracas etc.
15 litre Office Water Bottles	Floor Tom from a drum kit	Agogo Bells
	Recycled plastic storage drums (50 gallon) or rubbish bins.	Rhythmband Pentatonic Chroma Chimes

