



## General Testimonials From Rhythm2Recovery Training Workshops

**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).*

**The Rhythm2Recovery Model ticks all the boxes of what we know about effective mental health interventions. It incorporates universal principles of effective practice, including active physical activity, social connection and increasing awareness and understanding of the issues that impact an individual's wellbeing. I have been involved in the research into this model and its outcomes are supported by good hard evidence.** *Professor Robert Donovan, Senior Principal Research Fellow School of Human Sciences, University of Western Australia.*

**Simon Faulkner is my major VMC program producer in Australia, so my experience is that he knows how to produce an excellent training event. In my work across Australia, I have met and worked with many of Simon's graduates, this gave me some insights as to the effectiveness of Simon's programs and how his protocols are effectively applied in real life, and real challenging situations. I was very impressed. I have attended Simon's trainings and worked with him in delivering programs to high risk youth and adults in schools and prisons. Simon Faulkner is able to deliver an exceptional experiential program and leave people demonstrating a high degree of confidence and competence in their ability to work with the drum in therapeutic environments.**

**If you are now, or ever planning to, work with any type of at-risk population in schools, behavioral centres, hospitals, drug and alcohol rehabs, mental health rehabs, trauma services, prisons or child protection services, then you cannot afford to miss an opportunity to work with Simon and increase your skills.** *Arthur Hull, Village Music Circles, CA*

**Totally enriched - exceeded expectations - Enough tools to last a lifetime.** *Bill Lewis, Corporate Trainer, Singapore*

**I have learnt so many different activities that can be applied to my work with youth empowerment programs. A very wholesome experience.** *Rhonwyn Hagedorn, Youth Leader, Kuala Lumpur, Malaysia*

**Unbelievable! What a wealth of amazing activities and ideas to use, not only in a counselling context, but also in a general classroom. There are not many PD's I would drive 1,800kms return to attend, but this is definitely one of them.** *Susannah Hollands, Teacher, Australia*

### Canada

**Simon's training sessions were life changing, and showed me how a drum can be used to give a voice to those who struggle with self-expression and oral communication. The simple and fun, yet extremely thought-provoking activities, open up a rich world of non-verbal communication and self-awareness. I have been amazed at how his program has enriched my students.** *Anne Harris, Sullivan Heights, Surrey School District, BC*

**Energizing, Inspiring & validating. Thank you for sharing your knowledge and experience,** *Shelley Stark, Assistant Principal, Northmount School, Surrey School District, BC*

**I'm very grateful to have the chance to learn these adaptable, & fun activities to share with my clients. I am awed by the breadth of resources. You have inspired the beginning of a new journey for me, Thank you,** *Tracy Lowe, Counsellor, Victoria BC*

**Excellent training – I really found this training to be fantastic – I've learned so much that I can bring into my classroom and personal life, Thank you.** *Emilie Aujla – Teacher, Wickaninnish Community*

I feel that this training would be so beneficial in every Canadian school, prison, hospital etc. It is so well thought out. Clear & useful, *Lulu Leathley, Music Educator, BC, Canada*

This was incredible – by far one of the best PD's I have done. I love how impactful the drumming was for me and will be for my students, Thank you. *Devon Bajura-Macaulay, Teacher, Aldergrove School, AB*

## **USA**

"Simon Faulkner is a genius! His work has allowed me to impact the most marginalized members of our society, incarcerated youth, the homeless and at-risk students in a way that has revolutionized my community but most importantly so many lives. Many local organizations seek this innovative programming because IT WORKS. I'm anxiously anticipating Rhythm to Recovery his newest brain child!" Completely Indebted, *Nicole Williams, Music Educator, Indiana*

Simon is a gifted teacher, counselor and mentor! I had no drumming experience prior to the workshop, but following the training, I was able to confidently implement the program in multiple settings including the school system, veteran services, college courses and individual counseling sessions. After 30 years of practice, I can say this is one of the most refreshing and life changing programs I've implemented as part of my counseling and occupational therapy work. *Terrie King, OTR, LPC Heart Space Counseling Center, LLC – Texas*

Exuberating, Fun and Insightful! This dynamic training taught me extremely valuable therapeutic rhythm skills and kept me in the 'Here and Now'. *Gail Schlosser, Catch Inc, Philadelphia, PA, USA*

The best workshop I have ever attended – a balanced combination of therapy and practice. *Jonathan Williams, Shore Community Music Centre, MD, USA*

## **Mental Health Services**

I would highly recommend this training – full of practical, strength-based exercises so relevant for helping people with mental health issues, *Patricia Taylor, Youth Mental Health Unit, Fiona Stanley Hospital.*

An absolute treasure trove of highly practical, concrete, grounded exercises which I will absolutely use in my own practice, *Dr Jane Bentley, Mental Health clinician, Glasgow UK.*

This training was outstanding. I loved the experiential learning and the exercises were fun and pertinent to the populations I work with – Thank-you so much. *Diane Avalon, Mental health Systems, CA*

The training was exceptional & will certainly aid my work with groups, families and individuals. Expressive, powerful & engaging training - I was one of those sceptics who couldn't see the worth of drumming in therapy – how wrong I was – the links through metaphor were so clear and practical & the tool (the drum) itself was so engaging – an amazing experience. *Anne-Marie Blacow, Senior Social Worker, Family and Child support, Relationships Australia.*

## **Music Therapy Services**

As a music therapist, I felt this to be the best training I have attended which actually focused on the therapeutic/mental health aspect as opposed to the usual musical focus. Extremely refreshing and relevant to the mental health impacted populations I work with.

*Linda Gerardy, MMT, MT-BC Recreation Director, Crestwood Behavioral Health, CA*

RUN, DO NOT WALK to a Rhythm2Recovery workshop if you ever get a chance to participate – such valuable ideas for music interventions that resolve around rhythm & drumming. It was absolutely worth the money spent and everything and more that I hoped it would be. *Sheila Connors, MT-BC, New York.*

Very informative, applicable and encouraging. This added a lot more drumming interventions and clinical vocabulary to my practice, *Phillip Didlake, MMT, MT-BC, CA*

**Our group of music therapists found their time with Simon to be incredibly valuable and all of the feedback that I've received about his workshop has been very positive. He provided a great balance between practical drumming interventions and discussion around topics such as group dynamics and therapeutic music making. The workshop not only gave us strategies for working with our clients, but also provided us with a great team music-making experience!** *Jen Ryckaert, MMT, NZRMTh, MT-BC, Clinical Services Manager, Raukatauri Music Therapy Centre*

**Wonderful – great resources to take away. A motivating and beneficial experience that I will be able to use professionally,** *Christine Gallagher, MA, MTA, MT-BC, Philadelphia, USA*

**Incredibly useful evidence-based, research-based, interventions for those with and without musical or therapeutic backgrounds.** *Dr Vivian Nix-Early - CEO BuildaBridge, PA*

**Awesome! I found Simon's teaching/mentoring - organised, comprehensive and meaningful. I left happy, grateful & empowered.** *Solinda Bautista, Music Therapist, Manilla, Philippines*

## **Music Teachers**

**It is so awesome that after 26 years of teaching music in the classroom I feel inspired and challenged again. I cannot wait to experience your teachings with my students.** *Jody Thibault, Kirkness School, Edmonton, Canada*

**Amazing workshop with countless practical games and activities I can use in my workplace,** *Belinda Young, Larapinta Primary School, NT*

**A fully immersive and enjoyable training which has opened up a whole field of new possibilities.** *Paul John Deer, Music Educator, Scotland, UK*

## **Counselling & Psychology**

**The exercises we did were all very practical and the analogies used were clear and useful. It empowered me in my work and helps me in my career as a therapist and trainer,** *Mirijam Hendrikson, Therapist, Holland.*

**A fun, practical and safe experience with lots of variety and rich knowledge *from the facilitator,*** *Bernie Bane, Counsellor, UK*

**I absolutely loved this workshop. I have gained in knowledge and experience that will be beneficial both to myself and in my work, Thank you.** *Linda Irvine, Clinical psychologist.*

**Much more fun and playful than I expected! Thoroughly enjoyed it! Practical, tangible things I can immediately put into practice.** *Jenny Weiss, Psychologist, Authentic you coaching & wellness, Toronto, Canada.*

**Whether in sessions with individuals all the way through to larger groups, R2R allows me the flexibility to address any number of issues that come up and for any length of time. From single sessions, through to an endless process of finding connection through rhythm and music, R2R allows me to find the balance that is required between conscious cognitive content and calming activities that allow us to emotionally regulate. I am very excited about its application within my work.** *Gerard McDonell, Senior Psychological Advisor, Specialist Support Unit*

## **Justice & Prison Services**

**It was an absolute delight to be part of this training - it is theoretical, practical, accessible and so relevant to the work we do,** *Oleen George, Art Therapist, The Forensic Hospital | Justice Health & Forensic Mental Health Network.*

**This training is excellent and very relevant to our work - very professionally conducted & fun at the same time.** *Sarah Parkin, Senior Psychologist, Adolescent mental Health Unit, Long Bay Jail*

**One of the most enjoyable trainings I have ever attended, very knowledgeable facilitators with wonderful potential for our work** *Gemma Weeks, Senior Therapist | The Forensic Hospital | Justice Health & Forensic Mental Health Network.*

**A great exploration of the relationships between rhythm and human experience (emotions, affect, communication etc.) that will readily engage my correctional participants.** *Peter Giordano, The Storyteller Project, CA, USA*

## **Schools**

**More than anything else I was looking for a course that could deliver social understanding, self-confidence and empowerment for my students; this course delivered 10/10,** *Kylie Bishop, Bold Park Community School*

**So much fun! I've never left a 2-day workshop (on a Friday!) so full of excitement for work on Monday – thinking of how I will implement this with my students.** *Jess Patrick, Elizabeth Park school, SA*

**Rhythm2Recovery extended my previous training with Simon and his DRUMBEAT program, furthering my repertoire and introducing a highly flexible approach to help children build effective personal and pro-social skills.** *Donna Forfylow, Principal, Mount Royal School, AB, Canada*

**Fantastic training, I am so excited to bring this back to my school and implement it with our school community. Excellent delivery of material with a great balance of theory & practice.** *Laurie Caines, Principal, Montrose School, AB, Canada*

## **Special Needs Education – including Autism**

**Delivering the R2R program for the cohort of students at my school has been an amazing experience. I never come away from a day of teaching without being surprised. The connections that students are able to make with each other during lessons is a very special thing to be a part of. Watching the level of students' anxiety reduce over the term of the R2R teaching block is quite remarkable. Watching the students' rhythmic skills and confidence develop from engaging in the lessons is unmeasurable. We get to see transferable effects into the classroom on levels of concentration to more engagement and calmer students.** *Michelle Griffin, Redcliffe Special School*

**Very worthwhile. A great experience with many valuable ideas to bring to my work.** *Sabine Arnold, Special education teacher, Edge Hill State School*

**Many new activities learnt - Simon is a great facilitator, very authentic & generous in his sharing. These ideas will be readily implemented into our inclusive classroom.** *Anne Siranathan, Special needs teacher, Kula Lumpur*

**Enjoyable, interesting and great tools and exercises to share with my students** *Anthony Chiovitti, Special needs educator, Gwynne Park Ed Support centre*

## **Behavioural Centres**

**Nothing short of awesome – I am looking forward to bringing this back to my school** *Koreen Bennett, Counsellor – Head of Student Services, Queen Elizabeth High School*

**Not only did I have a fantastic time; I am inspired & motivated to implement this work in our school as part of my welfare coordinator role.** *Jenny Jager, Euroa Primary School*

**Such a powerful musical approach to bring music to our school: engaging, fun, community driven, and loaded with potential for making a difference in the lives of many, Thank you** *Harmony Mc Millan, Mother Teresa Middle School*

**A refreshing new approach really enjoyable and relevant to my students** *Christine Tindall, Metropolitan Behavioural Services, Queensland, Australia*

**Wonderful; it has equipped me with some great fun & thought-provoking tools to explore young people's lives.** *Warren Adair, Youth worker, Gippsland, Victoria, Australia*

**Such a motivational and upbeat experience. Really relevant to my work and exercises were practical and relatable,** *Roisin Kelly, Youth support worker, Belfast, UK*

## **ABORIGINAL – 1<sup>st</sup> Nations**

Through my facilitation of social and emotional learning groups that combine both drumming and reflection, I have seen tremendous success with indigenous students. Both male and female students gain confidence, resilience, a stronger sense of self and a stronger sense of belonging. Many of our indigenous students are better able to communicate with the assistance of the drums and feel more comfortable communicating within the group due to the relationships built during drumming games and activities. I am yet to work with a student who has not displayed a growth in social and emotional skills after being part of this work – I couldn't recommend the Rhythm2Recovery program enough. *Rebecca Arbon, Senior Teacher, Positive Learning Team – PARR Rural, NT Department of Education. Australia*

Over the past 12 months Rhythm2Recovery has run two workshops in Ntaria involving predominantly local Indigenous staff employed to work with children and youth. Feedback from participants in these workshops was highly favourable. Simon's ability to use plain language and fun, practical exercises meant language differences were easily overcome. Simon also demonstrated a keen understanding of how cultural differences can be accommodated through his sensitive delivery style. In particular, he understood how shame could be avoided in group learning contexts. Simon also responded to the training needs we articulated by designing an appropriate set of activities for the time available, and provided us with advice and support when needed after the workshops were completed. I would have no hesitation in recommending Rhythm2Recovery to others who may be interested in running Simon's workshops in a remote, Indigenous context. He understands the need to build local capacities, works with cultural respect and sensitivity, and has shown responsiveness to local culture and conditions. *Dr Annie Kennedy, Manager, Ntaria Stronger Communities for Children, Tjuwanpa Outstation Resource Centre, Via Hermannsburg, NT*

**Fantastic workshop, lots of practical exercises for getting students engaged and learning empathy,** *Melanie Miki, Aboriginal Practice Leader, Surrey School Board, BC, Canada*

**An amazing tool for drawing out kids and their parents too, from all walks of life – very meaningful,** *Marlene Brajak, Aboriginal Practice Leader, Lena Shaw Elementary School, Surrey, BC, Canada*

**This was a very valuable training program with material which will be of great benefit to our clients and community. I really enjoyed the effort Simon put into ensuring the content was tailored to the issues our team are dealing with on a daily basis.** *Jo-anne D'Cress, Clinical Team Leader, Yorgum Aboriginal Counselling Service, Australia*

## **Deaf Children**

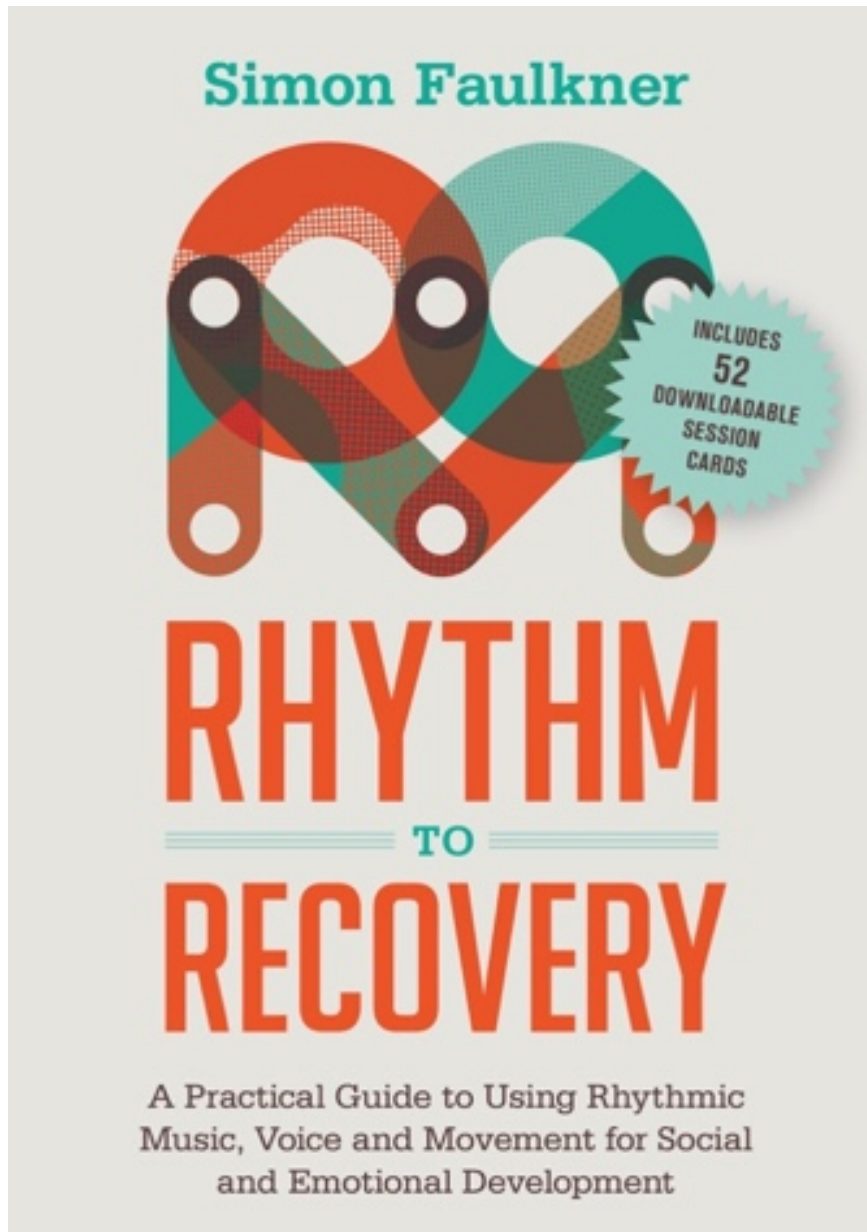
I am a deaf teacher of the Deaf and worked with Drew Mayhill to implement the program. We had eight boys from year 8 to year 10 involved with varying degrees of hearing loss, from moderate and severe to profound. All but one of these students are fluent signers. Only 5 of them are confident enough to speak. Some of the boys wore hearing aids, whilst others wore cochlea implants (which means their experience of sound is wildly varying but incredibly limited). One boy is profoundly deaf and heard nothing but experienced a light bulb moment when he finally understood the concept of sound because he could "feel" the air vibrating and we were able to explain that was noise.

The results of this work have been far reaching and fantastic. The boys from different year groups have bonded. The younger boys are more confident and more willing to communicate (with voice and sign) with their peers and teachers (before they only signed with a handful of people and rarely expressed themselves with any real confidence). The older boys have developed greater maturity and embraced the role of deaf mentors for the younger students. There was an overall improvement in student behaviour. One of the boys has applied for vocational training next year. It allowed the boys, Drew, myself and the Deaf mentor to bond on a personal level. There was lots of laughter with a core value of respect. *Raelene Walker, Shenton College School for the Deaf, Perth, WA*

## **Blind or Vision Impaired Students**

The range of practical exercises and their clear links to personal development topics were very useful and I really enjoyed being part of this course. *Niall Dempsey, Youth support, Royal National Institute for the Blind, Belfast.*

It has given me a lot to think about and also some great ideas to create conversations with the kids I support *Ryan Sturrock, Youth support, Royal National Institute for the Blind, Belfast*



In a thorough and insightful way, using the highly engaging medium of community drumming, Simon Faulkner has created Rhythm2recovery, a sequenced model for imparting social awareness to a variety of populations not easily reached by more common counselling methods. His activities are simple to understand, meticulously researched and powerfully impactful in lasting ways.

Dr James Oshinsky, Adjunct Professor of Psychology, Adelphi University, NY