



## Testimonials

### From Youth Support Services

### Rhythm2Recovery Training Workshops

**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*

**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.*

**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.*

**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*

**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*

**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*

**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, AB, Canada*

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

**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*

**A really helpful course that allows be to add a more sensory, bilaterall, hands on element to my practice.** *Lenin Douglas, Trauma clinician, Tangentyere Youth Services.*

**A great course for all levels of experience, with an excellent structure from which to experiment and develop specific activities for the young people in my care.** *Maggie Williams, Mansfield Autism, Statewide Services*

**This course was a truly positive experience and I cannot wait to put it into practice in my work,** *Mark Twohig, Youth engagement worker, Larapinta Town Camp, NT*

**Practical and insightful exercises which can be used with young people of various ages and abilities,** *Krista Wise, Tangentyere Youth Services, NT*