



Rhythm2Recovery Training

Testimonials – Indigenous Services

Aboriginal & 1st Nations Health & Education

We brought Rhythm2Recovery to Nhulunbuy to train our health team and other local service providers. The workshop was highly experiential, making it very engaging and practical for the work we do in communities. It was uplifting and interactive with never a dull moment and I can see numerous opportunities to incorporate it into the work we do. Deb Seymour, Community Programs Manager, ALPA, Nhulunbuy, NT

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

Having previously been a DRUMBEAT facilitator I have been encouraged by the evolution of Rhythm2Recovery. DRUMBEAT's rigid structure and requirement to form closed groups that meet regularly reduced its accessibility and deliverability for both organisations and participants. Rhythm2Recovery addresses that barrier by providing the facilitator the skills and training to use the drums in multiple ways.

One to one sessions, family sessions, one off sessions, targeted counselling topics or groups; Rhythm2Recovery is accessible for all. This exciting new format has removed barriers that previously existed with the medium of drumming when working with Aboriginal and Torres Strait islander people. I highly recommend progressing to the Rhythm2Recovery model and making the most of your investment in your drums, staff and client outcomes.

James Gibson, Family Support Services Manager, Yorgum Healing Services

So valuable! I feel like I've just had therapy for myself. The metaphors are so eye-opening & I can see my clients taking huge value from this. Ellie Simmons, Program Director - WANTA Aboriginal Corporation, Queensland, Australia

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, Cockatoo Creek, NT, Australia

This was a very valuable training program with material which will be of great benefit to our people and community. It is fun, safe, highly engaging and addresses the issues our team are dealing with on a daily basis. Jo-anne D'Cress, Team Leader, Yorgum Aboriginal Healing Service.

This was really enjoyable and practical training I will definitely use with the young people in my service. Janet Atkins, Manager, Nowra Youth Services.

A great workshop – very enjoyable and encouraging. Simon is a strong facilitator and helps people feel at ease. Jasmine Neaves, NSW Aboriginal Health, Nowra.

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

I am so appreciative for this learning opportunity. There is so much here that I can bring into my classroom, and personal life, Thank you. *Erin Kostashuk, Teacher, Ucluelet, Nuw Chah Nulth nation, BC, Canada*

An amazing tool to draw out kids from all walks of life, and also for parents – safe, fun and practical. *Marlen Brajak, Teacher, Surrey School District, BC. Kwantlen First Nations (Coast Salish)*

An amazing experience – it rejuvenates my drive and confidence. *Tamara Kamachi Watkins, Teacher, Kwantlen First Nations (Coast Salish)*

I found this training empowering and encouraging, and very practical – full of great exercises for me to use in my programs. *Mavis Dumont, Aboriginal District Cultural Facilitator, Surrey School Board.*

This training was enriching and encouraging and has given me new and exciting ways to work with my people. *Belinda McElligot, Aboriginal Community Health, Coraki, NSW*

Recently I purchased Simon Faulkner's book Rhythm 2 Recovery. I have known Simon for close to 12 years having completed DRUMBEAT program. I work in Alice Springs for Tangentyere Indigenous Council and run the Drum Atweme schools and performance group program, this has been running for 12 years. Mostly I work with children that are at high risk. I see about 300 children a week from transition to year 6. With up to 25 children per class this can be quite a challenge due to a myriad of behavioural issues.

One particular class has big challenges and are constantly in trouble with behaviour on a daily basis. A typical drum and rhythm program scheduled for 30 minutes may only last 15 minutes. I read thoroughly Simon's book and applied some of these principals and games to this particular class in this week. What an amazing transformation took place from word go - it worked! The children were engaged for 1 hour and at the end of the class the participants were asking and choosing the games we used, to be used the following week. The teacher and the indigenous classroom support commented that this was the most engaged the participants had ever been. This was very healing, not only for the children but the teachers as well, and we all left feeling positive and energised. I have now completed the Rhythm2Recovery workshop and can't rate it highly enough – I am looking forward to applying more games and techniques from this training in my work. Peter Lawson OAM, Tangentyere Youth Services, Alice Springs, Coordinator, teacher, facilitator Drum Atweme Program.

