

Rhythms of Life

Group-rhythm events for adolescent and adult treatment centers.
It's therapy without the talk.

Benefits of Drumming

- Promotes relaxation & sense of well-being
- Encourages emotional & physical release
- Builds community through collaboration
- Provides positive self-expression
- Improves concentration & focus
- Develops listening skills
- Engages withdrawn participants
- Boosts self-confidence



“Drumming is a therapy all on its own. It leaves you with a peace – a release, not like meditation or any other group. Thank you.”

—Anonymous



Expect:

- Drums and percussion for everyone
- An experienced facilitator
- Research-based practices and activities
- 50-minute workshops with up to 20 people

What do participants have to say?

“I enjoy this workshop more than any other because not only is it a release and a fun learning experience, but a bond between people.”

“When we drum together, I get relaxed and sometimes if I am angry it releases it.”

“Before we do a session, I feel antsy and have a lot on my mind. After I feel calm.”

“I don’t think about anything while I am drumming. It clears my head.”

“Drumming created unity within our group.”

“It’s therapy without having to talk.”

(To honor privacy, all client feedback is collected anonymously)



“The drumming brings our clients—who range in age from 19 to 70—together in unison. It is a non-verbal process that allows individuals to be in touch with themselves as well as begin to communicate with those around them through the rhythm.”

—Patricia A. Toomey MS, ADTR, MS, LPC
Movement Psychotherapist &
Licensed Professional Counselor



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