

DRUMBEAT ONLINE

COURSE GUIDE

Become an accredited DRUMBEAT Facilitator.
Engage, empower and transform lives
through the power of rhythm...



Quality professional development and training for busy professionals seeking an evidence-based program that delivers proven social, emotional and behavioral change.

The convenience of e-learning with individual support from a dedicated mentor.

DRUMBEAT is the world's leading therapeutic drumming program supported by independent research and evaluations.

www.holyoake.org.au/drumbeat/drumbeat-online

Welcome...











Now more than ever, professionals like you are seeking innovative ways to build connection, self-esteem, resilience and to reduce anxiety and stress.

So, if you are working in education, health, community services, counselling and support, occupational therapy, justice, youth work, early childhood, with veterans and their families, social work, age care, disability services, alcohol and other drug rehabilitation and support services, out of home care services, with refugees and with groups where you want to make a positive difference; DRUMBEAT Online Facilitator training is for you.

DRUMBEAT Online expands on our proven success of running 16 years of in-person training for professionals who work with groups of people. You can now access and learn this award-winning DRUMBEAT program anytime, anywhere, at your own pace.

Join our global community of change makers, 7, 000 and counting, who use the power of rhythm to change lives and communities for the better!

DRUMBEAT GENUINE VALUE

-  **EVIDENCE-BASED.** Independent research evaluations and peer reviewed journal articles.
-  **AWARD-WINNING.** Several awards in Australia and the USA.
-  **STRUCTURED PROGRAM.** Systematic learning with accreditation.
-  **PROVEN SOCIAL IMPACT.** Makes a positive difference in social & emotional wellbeing.
-  **NON-PROFIT.** The program is offered by a leading community organisation.
-  **TESTIMONIALS.** Read what other Facilitators say about the program.
-  **UNIVERSAL APPLICATIONS.** Can be adapted to a range of circumstances.
-  **POST-PROGRAM SUPPORT.** Guild, closed Facebook group, refreshers, forums.



"I appreciated the opportunity to train as a facilitator via DRUMBEAT online.

It allowed me as a resident of a small remote town living the usual busy life of a teaching mum, to study the program in my own time. DRUMBEAT Online training has allowed me to make the program accessible to students from a range of demographics and abilities in my school and community."

- MICHELLE PINTO

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What is DRUMBEAT?

"The flexibility of DRUMBEAT Online is a fantastic option. The videoed training sessions and resources provided were extremely helpful. I would strongly recommend it to others."

Jenni Temperley

"I found DRUMBEAT Online to be an invaluable learning experience. The course materials were very easy to follow, and the feedback I received from facilitators was always constructive, positive and motivating. DRUMBEAT has definitely enhanced my practice as a Counsellor in a remote setting."

Melissa Maher

"I found DRUMBEAT Online to be very effective for my situation. As a working educator, it is the only way I could fit the training into my schedule. I was also able to refer back to material online as I needed to reinforce skills and concepts. The reference material and workbooks were good quality and easy to use. The process of recording my assignments and sending them in for feedback was convenient and effective. I thoroughly enjoyed the course and would recommend it to anyone that has an interest in using drum circles to enhance group dynamics, relationships and communication."

Scott Carson

DRUMBEAT is an acronym for **Discovering Relationships Using Music, Beliefs, Attitudes and Thoughts.**

It's an evidence-based, therapeutic social, and emotional learning program, using hand drumming to explore relationships, social connection, communication, and develop crucial life skills for a life well lived. It builds resilience, improves self-esteem, reduces stress and anxiety and is a conduit for positive behavioral change.

Proven social, health and emotional outcomes

Holyoake's DRUMBEAT program is based on documented research that identifies key issues related to health and social outcomes. It also incorporates recent development in neurological research which notes the beneficial impact of rhythmic interventions on primal brain systems associated with anxiety and emotional control.

Action based research has been built into the core activities of DRUMBEAT since its beginning and continues to inform program content. The facilitator accreditation process also provides regular evaluative feedback which is incorporated into the program design.

Holyoake maintains a commitment to evidence-based practice. A wide range of studies have been completed to ensure program effectiveness and we continue to build our evidence base.

You can read the comprehensive evidence base at <https://holyoake.org.au/drumbeat/about-us/evidence-research/>

Enhance your professional skills and impact

DRUMBEAT Online expands on our proven success of running 16 years of in-person training for professional development. It includes:

- An expansive video library of rhythmic exercises and learning sessions
- The latest information and research on Trauma Informed Practice
- Exclusive one-on-one support from DRUMBEAT Master Trainers
- 12-month course access to practice your skills
- Peer learning support forums
- Access to the global facilitator private Facebook group
- Learn 24/7 at your own pace and get accredited

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What you will learn...



DRUMBEAT Online Facilitator Training is a self-paced course. There are twelve modules.

You will learn the following key skills:

Learn basic hand drumming techniques.
(no prior musical experience necessary)

Practice program foundations including mastering layered rhythms, facilitating fun drumming games and engaging discussions.

How to facilitate group musical improvisation and performance.

Group facilitation strategies to maintain a safe and inclusive space for all participants.

How to manage challenging behaviours.

The latest information and research on Trauma Informed Practice for your program delivery.

How to adapt the program for specific client populations and cohorts.

Learn how to evaluate your program delivery using an action research approach.

How to report on your delivery outcomes.

It is a fun, intensive and practical professional development.

On completion you will be provisionally accredited to begin delivering the DRUMBEAT program right away for both online and in person delivery!

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Course outline & structure



DRUMBEAT Online Facilitator Training is a self-paced course there are twelve modules. Each module has an assessment or assignment to complete.

Module 1 Overview:



- Introduction to DRUMBEAT®
- History of Drums and Djembes
- Neurobiology of Drumming
- Drumming Benefits
- Drumming as an Effective Therapy
- The Drum in Therapeutic Practice
- Trauma-Informed Practice
- Components of Trauma Informed Care and Program Delivery
- Trauma Informed Delivery

Module 2 Overview



- DRUMBEAT Strategies, Objectives and Goals
- Theoretical Model
- Program Outline
- Core Elements
- Drum Techniques - core rhythms
- Drum Alternatives
- Alternative Program Formats

Module 3 Overview



- The Therapeutic Relationship
- Effective Group Facilitation Skills
- Key Facilitation Skills
- Establishing Clear Ground Rules
- Facilitating Dialogue
- Utilising Every Individual's Strengths
- Facilitating Momentum towards Group Goals
- Facilitator's Code of Ethics
- Working with a Co-facilitator
- Motivating Behaviour Change
- Maintaining Change
- Managing Challenging Behaviours
- Managing Conflict
- DOs and DON'Ts of Behavioural Management
- Minimising Conflict
- Promoting Positive Change, Delivery Protocols for Positive Outcomes and Setting up the Room

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Module 4-10 Overview:

These modules take a detailed journey through every aspect of delivering the 10 session DRUMBEAT program to your groups.

The program framework integrates five core elements – Core Rhythms, Drumming Games, Discussion, Improvisation and Performance.

Every DRUMBEAT session focuses on a key theme such as:



- Rhythm of Life
- Relationships
- Harmony
- Identity
- Emotions and Feelings
- Teamwork

You will learn how to lay the foundations by teaching participants a series of layered Core Rhythms to introduce skills and techniques for creating music as a group.

How to extend these skills through Drumming Games – the games and exercises serve to engage participants in a fun and playful way, strengthening relationships as well as providing opportunities to explore the program's themes using analogies.

Building on this you will then learn how to facilitate Discussion to explore participants social emotional lives, using analogies to connect the group activities to participants' real-world experiences. The discussion is important to the group's process as it promotes empathy, encourages collaborative problem-solving, and exploration of an individual's sense of self in a safe space.

As you progress onwards, you will learn how to facilitate the Improvisation element, allowing for self-expression, positive risk-taking and creativity and helps boost participants' confidence.

The final skill set is learning how to facilitate the group to collaborate and create a Performance. The performance is about recognizing the growth of each person throughout the program, celebrating everyone's unique strengths and contributions while deepening their connection to community.

Module 11 Overview



- Building towards Performance Sessions 7-10
- How to Facilitate a group Performance
- How to guide Collaboration
- Program Evaluation - how to effectively measure, evaluate and report on your group outcomes.
- Opportunities for Further Learning

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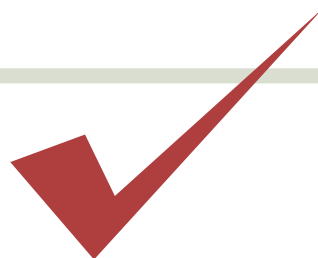
Module 12 Overview

This is the practical component of the training where a 'taster' session is prepared to demonstrate how to run the program.

This involves a recorded practical demonstration of delivering to a group and a written report of between 500 to 1,000 words detailing your experience in delivering the practical session.

What you need for your course

- ✓ A reliable internet connection
- ✓ A device such as smart phone, iPad, tablet, laptop, computer
- ✓ A video enabled device to film yourself doing the drumming techniques
- ✓ A desire to make a positive change in the lives of others!



DRUMBEAT Online - Express Summary



The world's leading therapeutic drumming course for professional who work with groups of people.



Evidenced based and proven to deliver social, emotional and health outcomes.



Comprehensive e -Learning with dedicated support from Master Trainers. 21 hours of course learning materials.



Peer Learning Forums and Facebook Group.



Certification provided upon course completion.

Questions?

We'd love to hear from you! Please contact us via email drumbeat@holyoake.org.au

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