

HealthRHYTHMS® Group Empowerment Drumming Adolescent Protocol

WHAT does it do & WHY incorporate it?

- Helps participants moved beyond perceived limitations.
- Affirms and demonstrates that profound change is possible.
- Relieves stress that contributes to unwanted behaviors.
- Helps at-risk adolescents to find their voice and begin the challenging work of developing cognitive and emotional skills needed for empowering successful living.
- Provides physical exercise.
- Elicits self-expression.
- Provides a “real life” experience of camaraderie and support.
- Provides an opportunity to be receptive to and experience nurturing.
- Inspires connection with inner spirit and spiritual nature.
- Engages in the benefits of music.
- Reduces stress (at the genome level).
- Fosters a change-for-the-better-is-possible attitude.
- Empowers better life choices.
- Raises emotional intelligence
- Promotes self regulation.
- Promotes mood stabilization.
- Promotes pain relief.
- Increases functioning.
- Improves social interaction.
- Develops managing of emotions.
- Develops or increases empathy.
- Part of an effective Life Skills Program.
- Positively impacts Juvenile rehabilitation.
- Fosters respectful communication.
- Dissolves isolation.
- Is a safe place to express the inexplicable.
- Lessens self-sabotaging behaviors.
- Increases ability to respond to changes resourcefully.
- Develops self awareness leading to mood stabilization and increased functioning.
- Exposes to teamwork, collaboration and compassion.
- Provides opportunity and awareness of ability to extend compassion to others.
- Demonstrates ability to grow and expand.
- Supports ability to remain stable in the presence of strong emotions.
- Reinforces importance of acting in integrity and honoring commitments.
- Shows ways to manage, stress, anger and emotions.
- Facilitates self-awareness, leading to ability to take helpful action.
- Develops an awareness and appreciation for inherent gifts, skills, talents or abilities with which to contribute value.
- Enhances ability to work with adversarial encounters in non-threatening ways.
- Helps break harmful repeating cycles.
- Reduces attrition.
- Exposes to simple and practical ways to engage in your own advancement.