RHYTHM2 RECOVERY

Combining

Rhythmic Music

Using drums, percussion & voice

Reflective Discussion

Linking the musical exercises to real-life issues

Evidence-Based Practice Leading to Positive Outcomes In Social & Emotional Health
Over 25 peer reviewed studies

Rhythmic music impacts brain function that cannot be influenced by words alone.
Improves Regulation & Lifts Mood

Rhythmic music impacts the whole body (somatic), releasing tension held in the body & improving balance & grounding.
Cathartic release of feelings

Makes those difficult discussions easier

Fun, Safe Experiential Learning

Promotes insight, self-awareness, increased perspective, & creative problem-solving

Increases Engagement

Reduces student resistance.
Increases school attendance.

Reduces social anxiety and increases social connection & social skills

Individuals

Families

Community

Applications for different population groups, for all ages, backgrounds and presenting issues