

Facilitating Drum Circles for Counseling, Psychotherapy and Community

10:00 am - 5:15 pm

**Executive Conference Center - Thursday
1601 Broadway (enter on 48th Street)**

***Suzanne Tribe, MA, MT-BC, LCAT
Mary E. Knysh***

Recent research shows that drumming—particularly in groups—can reduce stress, elevate mood, and enhance the general quality of life. For these reasons and others, drum circles are increasingly being implemented in general hospitals, psychiatric facilities, schools, and in private practice to address a wide variety of treatment goals. This 6-hour master class will feature brain-based drumming activities that engage and invigorate groups while stimulating key mind-body connections in group members. For instance, drumming has been shown to strengthen communication skills, improve motor coordination, and promote a sense of empowerment and control. By practicing these sequential activities, participants will develop facilitation skills that incorporate "ice breakers," non-verbal communication, intentional movement, self-expression through sound, and creative problem-solving. In addition to having an opportunity to experience a drum circle firsthand, participants will learn drum circle facilitation techniques that can be used in counseling and psychotherapy with clients of all ages and abilities to address issues in physical, cognitive, emotional, social, and spiritual domains. *No prior musical experience or instrument-playing skill is necessary.*

**Eligible for 6.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; SWNYS, NY LP, LCAT, LMHC (New York State only)
Not eligible for APT Credits**

Faculty Bio(s): Mary E. Knysh, Suzanne Tribe

