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Rhythm to Recovery: A Practical Guide to Using Rhythmic Music, Voice and Movement for Social and Emotional Development

Simon Faulkner

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Combining rhythmic music and movement with cognitive reflection and mindfulness, this comprehensive handbook shows how drumming and other rhythm-based exercises can have a powerful effect in individual, group and family settings.

Incorporating the latest research on how rhythmic music impacts the brain, this book features over 100 different exercises spanning five key developmental areas: social and emotional learning; identity and culture; strengths and virtues; health and wellbeing; and families, teams and communities. It offers a safe entry to cognitive reflection through fun, experiential rhythmic exercises and is useful for working in settings such as school, child and adolescent counselling settings, mental health and drug and alcohol interventions, trauma counselling and relational counselling. Important sections on the use of metaphor and analogy show how to reinforce experiential outcomes. The book also contains helpful sections on working with specific populations, key facilitation skills and managing challenging behaviours. Downloadable resources such as evaluation forms, certificates and 52 session cards optimise the process of implementing this approach in practice.

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