

Drum Therapy Workshop

Why incorporate drumming into groups?

Drumming is beneficial for anxiety, depression and PTSD.

Promotes regulation of the nervous system

Engages both hemispheres

Bilateral stimulation to promote healing without talking

Grounding

Releases "feel good" neurochemicals

The power of group drumming

Social Connection

Reduces isolation, increases trust and belonging

Non-verbal Expression

Emotional expression without needing words

Unity Through Unison

Cooperation, focus, and shared purpose

How to Facilitate – Step by Step

01

Get Settled

3 - 5 min: Sit in a circle, take 3 deep breaths together, quick check-in.

02

Follow the Beat

Start simple, add beats that cross the midline, take turns leading.

03

Choreographed Song

Choose an upbeat song with steady tempo, create a choreographed pattern.

04

Creative Expression

Invite participants to create their own rhythm; notice how everyone sounds together.

05

The "God Circle"

Facilitator begins slow steady beat; each member adds their own rhythm one at a time; debrief – facilitator represents God's steady beat; as long as we stay in step, we are free to make our own music.

06

Option

Divide into smaller groups and let them pick a song and choreograph it themselves. They can teach it to the group.

"Sometimes the group is beautiful. Sometimes it is chaotic. Just like recovery."

- For individuals with substance use disorders, drum therapy reinforces that the brain can experience pleasure, relief, and connection without alcohol or drugs.