



# DRUMBEAT

## TRAINING

*Discovering Relationships Using Music – Beliefs, Emotions, Attitudes & Thoughts*  
**An Early Intervention Program for Alienated Youth**

### **Presenter**

Simon Faulkner is the developer of the DRUMBEAT early intervention program and an addictions counselor specializing in group work. For 12 years he practiced in the wheatbelt region of Western Australia working predominantly with young Aboriginal men. Simon is a qualified workplace trainer. The DRUMBEAT program was developed out of frustration with traditional interventions and has been designed to engage those people who struggle with talk-based therapies. Simon is a father of three adolescent boys and a passionate advocate for the rights of young people.

### **DRUMBEAT training**

The DRUMBEAT training program is a three day training that equips attendees with the necessary skills to present the DRUMBEAT early intervention program. The training covers practical skills of working with alienated youth, including defiant and other difficult behaviours. It covers facilitation skills, therapeutic factors of group work and the implementation of the DRUMBEAT program itself. DRUMBEAT is made up of four main elements: drum songs, drum games and analogies, a number of discussion areas linked to healthy relationships and a performance. Approximately 50% of the training is drum instruction. Participants do not need prior musical training.

The first day is approximately 50% theory around working successful groups with young people - particularly defiant youth. Sessions deal with facilitation skills, ethical conduct, values, dealing with problem behaviours, discipline etc. The training utilises participants own experiences to look at what works and what doesn't. The other 50% of day 1 is an introduction to the djembe - simple rhythms and a couple of exercises that are used in the program.

The second day is about 30% theory around the DRUMBEAT intervention - program theory, objectives, strategies, group composition, assessment & evaluation and the therapeutic factors of group work, and 70% drumming practical - core rhythms, games &

exercises as well as the analogies drawn from these to raise awareness of relationship issues.

The third day is a session by session look at how to implement the program - rhythms, exercises, conversations and themes. It includes a half day role play where participants team up to deliver part of a session in front of their peers.

### **Comments from participants**

*Very Useful and Practical, Brilliant,* Kathy McPhee – Teacher – Intensive English centre.

*Loved it – everything about it. Very appropriate, particularly to the young people I work with. A great way to effectively engage people surrounding important ideas using music.* Norman Menadue – Senior Counselor – Community Drug Service Team

*Great, very real, up to date, very capable of implementing, great facilitation with good tools* Robert Joyce – Deputy Principal, Mullewa, District High School

*The training was excellent and I can see myself using it in my organization. Very beneficial to youth work.* Melita Waters – Broome Youth Service

*Fun, inventive – a creative way of working with young people at risk* James Gibson – Aboriginal Education officer

*It was great, lots to take away and think about* Peter Nordberg, D& A Counselor, Mission Australia

*Very inventive, fun, well presented, inspiring analogies. Awesome!* Peter Lawson, Youth Engagement worker, Tangentyere Land Council, Alice Springs

*I am very impressed and convinced of its potential effectiveness* Sudha Coutrino, North West Mental Health Service

*Best PD ever* John Ayling – Deputy Principal, Manjimup Senior High School

*Fantastic – would recommend it to everyone.* Narelle Taylor, Teacher, Kalgoorlie PS

*Great, thoroughly enjoyed it – such potential to do great things,* Bernadette Pomone – Prison Psychologist

*Thorough – tasks require participants to consider the material covered in the course* Hayley Harris – Senior Counselor, Kimberley Drug Service Team

**“ Great package. Lots of great ideas that can be used either as a whole program or separately if needed”** Emily Shanahan – lecturer in Music Therapy, University of Melbourne

**“ I think the DRUMBEAT program is excellent. I am a music therapist and I found it very well thought through”** Joanne McIntyre – **“This is an excellent program, very practical and clear”** – Iani Constable – Manager of Clinical Services, Golden Stave Musical Therapy Centre, NSW