

Drumming Out Addiction

Using group drumming as a therapeutic intervention
for clients with substance use disorders

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My Background

- * Mississippi Native, Nashville since 1989
- * Bachelor of Music, USM
- * 30+ Years as a Working Musician
- * Person in Long-term Recovery
- * Masters in Counseling, TNU
- * Tennessee LADAC
- * NAADAC Master Addictions Counselor
- * Remo HealthRHYTHMS Trained Facilitator
 - * NOT a 'music therapist'
- * Member Drum Circle Facilitators Guild
 - * www.dcfg.net

Populations Served

- * Inpatient and Outpatient
- * Adult and Adolescent
- * Male and Female
- * 1 hour groups
- * 10-30 participants



We are all drummers!

- * Life begins with a pulse!
- * Breath
- * Circadian Rhythm
- * Drumming is a centuries-old healing ritual in many cultures
- * An extension of the community 'drum circle' movement



HealthRHYTHMS

- * An evidence based protocol developed by Dr. Barry Bittman in collaboration with the Remo drum and percussion company.
- * Studies have shown that recreational drumming can:
 - * Reduce stress
 - * Improve mood
 - * Reduce burnout
 - * Build Community
 - * Increase natural 'killer cells' & Cytokines



HealthRHYTHMS

- * Empowerment Drumming
 - * Not about performance
 - * Recreational music making
 - * Recreation means ‘restoration to health’
 - * Entrainment: a principle of physics that describes the tendency for two oscillating bodies to vibrate in synchrony

Research

- * *Recreational Music-Making: A Cost-Effective Group Interdisciplinary Strategy for Reducing Burnout and **Improving Mood States in Long-term Care Workers** – Insights and Potential Economic Impact.* Bittman, B; Bruhn, K; Steves, C; Westengard, J; Umbach, P. “Advances in Mind-Body Medicine,” Fall/Winter 2003
- * *Recreational Music-Making: An Integrative Group Intervention for **Reducing Burnout and Improving Mood States in First Year Associate Degree Nursing Students**: Insights and Economic Impact.* Bittman, B; Snyder, C; Bruhn, K; Liebfried, F; Stevens, C; Westengard, J; Umbach, P. “International Journal of Nursing Education Scholarship,” Vol. 1 No. 1 July 2004

Suggested Reading

- * Christine Stevens, MSW, MT-BC
 - * ‘The Art and Heart of Drum Circles’
 - * ‘Music Medicine: The Science and Spirit of Healing Yourself with Sound’
 - * www.upbeatdrumcircles.com
- * Arthur Hull – ‘the father of the modern drum circle’
 - * ‘Drum Circle Spirit’
 - * www.villagemusiccircles.com

Christine Stevens, MT-BC

* https://www.youtube.com/watch?v=tYt3WJZsW_M



Applying HealthRHYTHMS to SUD Clients

- * Setting a goal for the group:
 - * Where does our addiction live?
 - * In our head!
 - * Our goal for the next hour is to just ‘get out of our head’ for a while. Engage the body, have some fun, and participate at your own comfort level.
 - * Begin with an ‘icebreaker’ activity to engage the group
 - * Move through drumming protocol
 - * End with meditative ‘cool down’ and processing

Let's Drum!

