

Promoting Self-Care through Rhythm and Sound for Addiction/Recovery Professionals with Jim Donovan M.Ed.

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Presentation Duration: 60-90 min

Addiction professionals face many stresses that can lead to burnout. Fortunately, self-care is one of the most powerful tools these professionals can use to overcome burnout. This session will explore how rhythm and sound can be used to promote self-care by eliciting calm, mental focus and mindfulness – especially during the most challenging times. The active use of rhythm and sound is scientifically proven to improve mood, relieve stress, increase mental focus and to support social connections. Musical experience is not required. Beginners are warmly welcomed, and percussion instruments are provided for all participants to use during the program.

After the presentation, participants will be able to:

- Explain how music making can energize the body, clear the mind and promote relaxation
- Employ effective strategies to use rhythm to slow brainwaves and enter into a meditative mind
- Use rhythm to raise energy and lift mood
- Describe how to use natural rhythm and sound techniques to help relieve anxiety and get better sleep
- Connect with others through rhythmic social games

Presenter Biography:

Jim Donovan, M.Ed.

Saint Francis University

Jim Donovan, an assistant professor at Saint Francis University, is a master facilitator, inspirational trainer and world-class musician with more than 25 years of leadership, teaching and performance experience. Donovan has presented hundreds of events across the United States and Europe and has helped many thousands of people learn effective ways to consciously live healthier and more satisfying lives.

As a member of the three-time platinum band Rusted Root, Donovan co-wrote and performed “Send Me on My Way,” a song with an unforgettable whistle that has been featured in the movies “Matilda” and “Ice Age.” His touring work with Rusted Root provided ample opportunity to share the arena stages with rock legends such as Carlos Santana, Sting, and members of Led Zeppelin, among others.

Donovan is the author of the book “Drum Circle Leadership” and regularly offers trainings to organizations that teach people how to facilitate creative group music making as a way to enhance wellness and social connection. These trainings include specialized, clinically proven

programs for people who work with individuals with disabilities such as autism and with those in the addiction and recovery environment. Since 2013, Donovan has served as a consultant and facilitator at Maryland Recovery Partners in Bel Air, Maryland.