

Introduction to Drumming & Autism with Jim Donovan M.Ed.

Conference Presentation

Time: 60-90 Min

ASD professionals face many challenges when working with those whom they serve. Fortunately, rhythm can be an effective strategy that these professionals can use to meet some of these challenges. This session will explore how to use rhythm to meet goals such as: (1) increased attention to task, (2) socialization and (3) stress reduction for individuals on the Autism spectrum and other disabilities. 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 rhythm can prepare the brain to pay attention
- 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

Learn more about the training and download the research here:

<http://www.drumcircleleadership.com/drumming-and-disabilities>

Jim Donovan M.Ed., Professional Musician and Assistant Professor at Saint Francis University, is an inspirational performer and educator who believes in the power of music to bring people together. Over the past three decades, Donovan has performed thousands of concerts and learning events across the US and Europe. As a performer, Donovan writes and records with his rootsy groove-rock band [Sun King Warriors](#). As an educator, he brings his motivating brand of open-hearted, big-energy, truth-telling to every event he leads- whether they be a conference keynote, corporate team building, educational training or wellness retreat.

From 1990-2005, Donovan got his start as a founding member of the 3-time platinum 90's band Rusted Root, where he co-wrote and performed "Send Me on My Way," a song whose unforgettable whistle has been featured in both Matilda and Ice Age. During his touring work with Rusted Root, he shared arena stages with rock legends such as Carlos Santana, The Grateful Dead, members of Led Zepelin and Sting, among others.

Donovan is the author of the book "[Drum Circle Leadership](#)" and regularly offers training to organizations that teach people how to lead group music-making as a way to support wellness and social connection. These events include evidence-based programs for people who work

with individuals with disabilities such as Autism and with those who work in the addiction/recovery field.