

Mindfulness Self Care Strategies Using Rhythm and Sound for the “Non-Musician” with Jim Donovan M.Ed.,

Chairman Fine Arts Saint Francis University, Multi-platinum Recording Artist / Rusted Root

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<http://www.DrumCircleLeadership.com>

Join us for an energizing and enjoyable program of practical strategies to elicit calm, mental focus and mindfulness -especially during the most challenging times. The active use of rhythm is scientifically proven to improve your mood, relieve stress, increase mental focus and to support social connections. Musical experience is not required. Beginners are warmly welcomed and instruments are provided.

During the program you will:

- Discover how to use music making to energize your body, clear your mind and become deeply relaxed.
- Learn effective ways to use rhythm to slow your brainwaves and enter into a meditative mind.
- Learn how to use rhythm to raise your energy and lift your mood.
- Find out how to use natural rhythm and sound techniques to help you easily relieve anxiety and get better sleep.
- Connect with others through rhythmic social games

ACTIVITY DOCUMENTATION FORM

Five-column for Faculty Directed Presentations

Title of Presentation:

Mindfulness Self Care Strategies Using Rhythm and Sound for the “Non-Musician”

Name of Presenter: James M. Donovan M.Ed.,

OBJECTIVES	CONTENT (Topics)	TIME FRAME	PRESENTER	METHODS
Answer the question --	Provide an outline of the content for each objective. It must be	State the time frame	List the presenter	Describe the teaching methods, strategies,

At the end of this activity, the learner will be able to.....	presented in sufficient detail to determine consistency with objectives and appropriate time allotted.	for each objective	for each objective.	materials & resources for each objective
I. State the meaning and general methods of mindfulness self care strategies using rhythm and sound for the “non musician”.	<ol style="list-style-type: none"> 1. Opening interactive music making experience. 2. Presentation of learning goals 3. Discussion and demonstration of the philosophy of using rhythm and sound for wellness 4. Participant led practice of interactive group music making 	15	James Donovan	<ol style="list-style-type: none"> 1. Opening participant experience 2. Discussion of effect on participant 3. Explanation of overarching idea 4. Participant practice 5. Hand out detailing outline of objective number one.
II. Facilitate rhythmic strategies to address anxiety and enter into a “meditative” mind	<ol style="list-style-type: none"> 1. Interactive demonstration of “Stopwatch Tap Anxiety Reduction Technique” 2. Discussion of research supporting technique 3. Presentation of methodology 	45	James Donovan	<ol style="list-style-type: none"> 1. Demonstration of method 2. Discussion of effect on participant 3. Explanation of step by step methodology 4. Participant practice

	<ol style="list-style-type: none"> 4. Interactive demonstration of rhythmic breathing technique 5. Presentation of methodology 			
<p>III. Facilitate sound strategies to stimulate the vagus nerve and decrease stress and remain focused</p>	<ol style="list-style-type: none"> 1. Interactive demonstration of vocal toning 2. Discussion of research supporting technique 3. Presentation of methodology 4. Interactive demonstration of Rhythm Wave Social Game 5. Recap & Closing 	30	James Donovan	<ol style="list-style-type: none"> 1. Demonstration of method 2. Discussion of effect on participant 3. Explanation of step by step methodology 4. Participant practice

Bio:

Jim Donovan M.Ed., is an award winning musician, educator and inspirational trainer whose mission is to empower and connect people. In his work, Donovan offers specialized programs in the US and abroad focused on using rhythm and sound techniques as strategies for personal wellness and community connection.

Donovan holds Masters in Educational Leadership from Saint Francis University where he is an Assistant Professor and Chairman of the Fine Arts Department. He also holds a BA in classical music performance from the University of Pittsburgh. Donovan is involved in research at Saint

Francis on a system he developed called “Drumming & Disabilities Training”. This program trains those who work with people with Autism on how to implement strategies that use rhythm, percussion and the voice to: (1) increase attention to task, (2) relieve anxiety, (3) encourage expression and (4) support socialization.

Since 2010, Donovan has trained over 4000 people and presented at a multitude of conferences, health organizations, universities, school districts and corporations including Saint Francis University, University of Pittsburgh, Penn State, Indiana University, North Hills Area School District, Greater Latrobe Area School District, Maryland Recovery, Seabrook House Recovery, Alternative Community Resource Project, Bayer, Vanguard, Johnson & Johnson among many others.

From 1990-2005, Donovan was a founding member of the 90's band Rusted Root who've sold over 3 million records to date. He has appeared on the David Letterman, Conan O'Brien shows and his music with the band is featured major motion pictures such as Ice Age, Twister, Mathilda as well as on network TV shows American Idol and Party of Five. His touring work with Rusted Root provided ample opportunity to share the stage with rock legends such as Carlos Santana, The Grateful Dead, members of Led Zeppelin, Sting, the Dave Matthews Band and The Allman Brothers among others.

Donovan lives with his wife Tracey, three incredible kids and a small dog in Western, PA.