

Music and Wellness | **Recovery Protocol (MWRP)**

By Jim Donovan M.Ed.

Music and Wellness is a training program for your staff developed by Jim Donovan M.Ed. that wraps wellness education into a package of interactive and beginner-friendly music-making using drums and percussion.

It's purpose is to give recovery professionals enjoyable and effective ways to support the client's healing using evidence-based rhythm and sound techniques.

The system is designed to train people, even non-musicians, how to use strategies that address key recovery goals including: (1) anxiety management, (2) creative self-expression, (3) building confidence, (4) positive social behavior, and (5) physical healing.

Curriculum

What are our goals?

Our goals are to learn how to use music and wellness strategies to help people in recovery:

- Decrease chronic stress and manage anxiety
- Feel supported in authentic self-expression
- Experience positive social experiences
- Increase self-esteem
- Prepare for deep restorative sleep

Understandings:

Participants in this training will understand how to . . .

- Comfortably and effectively use the MWRP system with their clients.
- Adapt each method to their own specific client needs.
- Create an atmosphere of acceptance and safety prior to implementing the strategies.

and that...

- Non-musicians can effectively lead rhythm and sound for wellness strategies
- Prior musical experience and the ability to read music is not a requirement.
- The repetition of MWRP strategies improves their effectiveness.

Questions to be addressed:

- Why is rhythmic expression an effective way to manage anxiety, support self-expression and as a means to encourage positive social behaviors in people recovering from substance abuse?
- What must one learn to maximize effectiveness when facilitating MWRP strategies?

- What skills do you need to be able to adapt an existing percussion strategies template to your own specific needs
- Why is it important to create an atmosphere of safety, acceptance and positivity before implementing a percussion intervention?

By the end of this training you will know. . .

- A philosophy of inclusive and attainable facilitation.
- Methods for creating safe, accepting and positive environments.
- Methods and examples of MWRP strategies foundation templates.
- The research behind the techniques.

By the end of this training you will be able to. . .

- Facilitate MWRP strategies with people in recovery.
- Adapt MWRP strategies to your own specific client needs.
- Design your own unique MWRP strategies

What is a MWRP Strategy?

A MWRP strategy is a technique that uses rhythm and sound to elicit a desired behavioral response. Examples include:

- Self-regulation of anxiety using rhythmic brainwave entrainment
- Improving social skills by using a rhythmic group social game
- Increasing confidence by encouraging authentic musical self-expression through creative drumming
- Increasing self-esteem by empowering an individual to take on leadership roles in the music making process

Examples of MWRP strategies include (but are not limited to):

- Providing an individual an opportunity to freely create their own rhythms along with others while being supported by the leader.
- Providing an individual with repeated exposure to rhythm and sound based wellness techniques like *Brain Tapping*, *Square Breathing* and *Brain Humming* to decrease chronic stress
- Setting up a safe and accepting social space where individuals may experience being with a group using a variety social rhythm game techniques.
- Empowering an individual to take on leadership roles during music making such as (1) holding a supportive rhythm for the rest of the group to follow, and (2) stepping into the middle of the circle.

Contact:

Jim Donovan M.Ed.

jjimdonovandrums@gmail.com