What is DRUMBEAT?
The Holyoake DRUMBEAT Program is an evidence based intervention program used widely across Australia and New Zealand with ‘at risk’ young children, youth and adults. DRUMBEAT explores relationship issues central to healthy relationships and lifestyles in a structured format that extends across 10 one hour sessions. In Australia the program is a recognised unit of curriculum and delivered as a course of study in ‘personal development’.

DRUMBEAT – Winner of the WA Child Safety Award 2013

The Holyoake DRUMBEAT program is delivered in both primary and secondary schools as well as in adolescent and children’s mental health services, children’s hospitals, juvenile detention facilities, child trauma services, drug and alcohol services, eating disorder units, refugee trauma units and special needs schools. Facilitators complete either a three day accredited workshop or the online training program.

The Program explores relationship issues such as:
- Peer Pressure
- Bullying
- Dealing with Emotions
- Identity
- Teamwork
- Social Responsibility

'Very inventive, fun, well presented, inspiring analogies. Awesome!'  
Peter Lawson, Youth Engagement Worker
Tangentyere Land Council, Alice Springs

DRUMBEAT engages participants quickly through the medium of music. It is physical, providing an avenue for the release of inner tension. The program provides a sense of connectedness with self and others.

DRUMBEAT is FUN!

OUTCOMES
- Increased cooperation, collaboration and cohesiveness in group activities
- Improved relationships with peers and teachers
- Improved interpersonal skills
- Increased resilience
- Improved problem-solving skills
- Increased emotional regulation
- Increased self-awareness and self-esteem
- Reduction in tension, anxiety and stress
- Reduction in anti-social behaviour
- Increased school attendance

'Fantastic – would recommend it to everyone'
Narelle Taylor, Teacher, Kalgoorlie PS

DRUMBEAT Training
No prior musical experience necessary

DRUMBEAT training equips attendees with skills to present the DRUMBEAT program. The training covers practical skills of working with youth, including managing challenging behaviours. It covers facilitation skills, therapeutic factors of group work and the implementation and evaluation of the DRUMBEAT program itself.

"As someone who has worked with offenders over a period of 30 years I firmly believe that programs such as DRUMBEAT offer an essential opportunity to engage with offenders. Either alone or in a coordinated sequence with other programs DRUMBEAT presents another important way forward in our efforts to effectively engage with the offender.”

Dr David Indermaur - Senior Research Fellow
Crime Research Centre University of Western Australia

2014 PROFESSIONAL DEVELOPMENT TRAINING PROGRAM

3 Day Workshops

<table>
<thead>
<tr>
<th>Costs:</th>
<th>$895 pp (inc gst, catering &amp; manuals) or $1090 pp (inc gst, catering, manuals, Instructional DVD &amp; Educational Posters)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Where:</td>
<td>Brisbane, Adelaide, Melbourne, Canberra, Central Coast, Brisbane, Byron Bay, Sydney, Townsville, Albury/Wodonga, Newcastle</td>
</tr>
</tbody>
</table>

1 & 3 Day Refresher (Will need to provide own drum)

| 1 Day Refresher: Cost -$295 pp (inc gst, catering and latest manuals) |
| 3 Day Refresher: Cost - $550 pp (inc gst, catering and latest manuals) |

NOTE To be eligible for a Refresher, participants must have completed a 3 day workshop. The 1 day refresher is conducted on the 3rd day of the 3 day workshops. Limited numbers apply.

PAYMENT: Cheques or VISA/MasterCard credit card only
Or Register ONLINE @ www.newcastle.edu.au/drumbeat (available in 2014)

Facilitators
DRUMBEAT Training is delivered by Holyoake, WA.
Simon Faulkner and Grace Trusso are the facilitators of the program.
To view biographies visit: www.newcastle.edu.au/drumbeat

Accreditation
The DRUMBEAT program has been accredited by the Curriculum Councils of WA & QLD as a recognised unit of curriculum that can be studies for credits towards the high school graduation certificate and also meets the criteria of the VCAL and SACE. The program is also endorsed as a recognised course of social and emotional learning by Kids Matter - Australian Primary School Mental Health Initiative. Visit: http://snipurl.com/25fd85

The DRUMBEAT Facilitator training is an endorsed training program with the NSW Institute of Teachers.

For further information & to register go to: www.newcastle.edu.au/drumbeat
DRUMBEAT - Discovering Relationships Using Music - Beliefs, Emotions, Attitudes & Thoughts

The Holyoake DRUMBEAT Program is an evidence based intervention used widely across Australia and New Zealand with ‘at risk’ youth and adults. DRUMBEAT explores relationship issues central to healthy relationships and lifestyles in a structured format that extends across 10 one hour sessions. In Australia the program is a recognised unit of curriculum and delivered as a course of study in ‘personal development’.

The Holyoake DRUMBEAT program is delivered in both elementary and secondary schools as well as in adolescent and children's mental health services, children's hospitals, juvenile detention facilities, child trauma services, drug and alcohol services, eating disorder units, refugee trauma units and special needs schools. Facilitators complete either a three day accredited workshop or the online training program – visit www.holyoake.org.au/drumbeat for further details.

DRUMBEAT
A Three Pronged Approach to Therapeutic Support

1. Experiential - Participants develop and practice a wide range of social skills through playing music with others, under the guidance of the facilitator, as well as increasing their self-esteem through skill acquisition. Social skills include communication skills, problem-solving skills, sharing, empathy, tolerance etc., as well as the micro skills of recognising social cues and the complex nuances of human relationships.

2. Cognitive - Participants extend their learning through the discussion element of the program that promotes self-reflection and self-awareness on how their thoughts, feelings, and behaviours impact on their relationships, and their life outcomes. In particular these conversations focus strongly on identifying participants own values and conflicts that exist between these and their behaviours.

3. Neuro-Biological - Growing scientific research points to the therapeutic benefit of drumming in replicating the early developmental rhythms often lost or interrupted in people who suffered childhood trauma or neglect. These comforting rhythms, including the mothers heart-beat and the rocking and comforting associated with normal infant care are particularly important in regulating core homeostatic systems. Drumming, at suitable tempos, can assist in recreating and re-aligning the primal rhythms necessary to improve self-regulation and reduce anxiety and hyper-sensitivity.

EVIDENCE

Several research studies have been published in peer-reviewed journals on the efficacy of the Holyoake DRUMBEAT program. These studies have detailed consistent increases in self-esteem for DRUMBEAT participants as compared to those in control groups as well as significant (30%) reductions in both behavioural incidents and student absenteeism. Qualitative data has also highlighted reductions in participant isolation and anxiety and increases in levels of participant co-operation, collaboration and sense of belonging. To view relevant research visit www.holyoake.org.au/drumbeatevidence
**DRUMBEAT TOUR 2014**

### PERSONAL DETAILS

<table>
<thead>
<tr>
<th>Position</th>
<th>Title</th>
<th>Given Names</th>
<th>Surname</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Position</th>
<th>Title</th>
<th>Given Names</th>
<th>Surname</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Email (essential)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Email (essential)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

---

### ATTENDANCE COSTINGS

<table>
<thead>
<tr>
<th>Training Type</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 Day Training</td>
<td>$895 pp</td>
</tr>
<tr>
<td>(inc gst, catering and manuals) or</td>
<td></td>
</tr>
<tr>
<td>$1090 pp</td>
<td>(inc gst, catering, manuals, Instructional DVD and Educational Posters)</td>
</tr>
<tr>
<td></td>
<td>A DVD Agreement stating you will not copy or distribute the DVD will be emailed to you for signature after registering.</td>
</tr>
<tr>
<td>1 Day Refresher</td>
<td>$295 pp</td>
</tr>
<tr>
<td>(inc gst, catering and latest manuals) – Attend 3rd day of 3 Day workshop dates</td>
<td></td>
</tr>
<tr>
<td>3 Day Refresher</td>
<td>$550 pp</td>
</tr>
<tr>
<td>(inc gst, catering and latest manuals) - remains same price for 2014</td>
<td></td>
</tr>
</tbody>
</table>

**NOTE:** To be eligible for a Refresher, you must have completed a 3 day workshop. Will need to provide own drum.

### PAYMENT DETAILS

This completed form is your Tax Invoice for the purposes of GST. An Invoice Receipt will then be issued confirming payment.

- Number of people attending @ $895 ______
- Number of people attending @ $1090 ______
- Number of people attending @ $295 ______
- Number of people attending @ $550 ______

**TOTAL COST (inc gst)** $________

---

**CANCELLATION POLICY** Written requests for registration refunds must be postmarked or emailed 2 weeks prior to the commencement date and will then be refunded (less $80.00 processing fee). Cancellations received within 2 weeks of the commencement date will not be refunded although the registration can be transferred to another participant for the same workshop. No refunds are given for no-shows.

In the event of unforeseen circumstances The Family Action Centre reserves the right to change or cancel workshops.

The Family Action Centre is a not for profit organisation. By attending events or purchasing resources from the FAC you are supporting the development of further resources and continued delivery of professional development training.

We will keep you informed of future training opportunities.

**QUESTIONS?** Call: 02 4921 6403

Send your Registration Form by:

- Fax: 02 4921 6403
- Email: FAC-events@newcastle.edu.au
- Phone: 02 4921 8686
- Post: Family Action Centre, University of Newcastle, University Drive, CALLAGHAN NSW 2308

---

**INTERESTED IN HOSTING THIS WORKSHOP?**

Benefits include 1 FREE placement

Call our office for more details.

---

**REGISTRATION FORM & TAX INVOICE**

The University of Newcastle

ABN: 15 736 576 735