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
* Identity
* Teamwork
* Dealing with Emotions
* 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 modern 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

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**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

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**2014 PROFESSIONAL DEVELOPMENT TRAINING PROGRAM**

**3 Day Workshops**

**Costs:**

- $895 pp (inc gst, catering & manuals)
- $1090 pp (inc gst, catering, manuals, Instructional DVD & Educational Posters)

**Where:**

Brisbane, Adelaide, Melbourne, Canberra, Central Coast, Brisbane, Byron Bay, Sydney, Townsville, Albury/Wodonga, Newcastle

**1 & 3 Day Refresher**

- 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](http://www.newcastle.edu.au/drumbeat) (available in 2014)

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**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](http://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/25fdd85](http://snipurl.com/25fdd85)

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](http://www.newcastle.edu.au/drumbeat)
DRUMBEAT - Discovering Relationships Using Music - Beliefs, Emotions, Attitudes & Thoughts

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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

TOUR DATES

- **QLD** Brisbane
  - **18 - 20 June**
  - Venue: Kedron State High School
  - Wooloowin

- **NSW** Byron Bay
  - **23 - 25 June**
  - Venue: Byron Youth Service

- **NSW** Sydney
  - **23 - 25 July**
  - Venue: Georges River College
  - Oatley Senior Campus

- **VIC** Geelong
  - **28 - 30 July**
  - Venue: Kedron State High School

- **QLD** Townsville
  - **8 - 4 August**
  - Venue: Northern Beaches State School

- **SA** Adelaide
  - **3 - 5 September**
  - Venue: Christie Downs Primary School

- **VIC** Wodonga
  - **8 - 10 September**
  - Venue: Belvoir Special School,
  - Please note new address
  - @ 54 Gayview Drive

- **NSW** Newcastle
  - **15 - 17 September**
  - Venue: Wesley Mission

- **QLD** Brisbane
  - **15 - 17 October**

- **NSW** Sydney
  - **20 - 22 October**

- **VIC** Melbourne
  - **10 - 12 November**

PERSONAL DETAILS

1st Person
Title ________________________________ Given Names ________________________________ Surname ________________________________
Position ________________________________
Email (essential) ________________________________

2nd Person
Title ________________________________ Given Names ________________________________ Surname ________________________________
Position ________________________________
Email (essential) ________________________________

For Refreshers Only: Date of 3 day workshop attended: ________________________________ Location: ________________________________

Organisation ________________________________ Contact ________________________________
Postal Address ________________________________
Town/City ________________________________ State ________________________________ Postcode ________________________________
Phone ________________________________ A/H contact (essential) ________________________________
Fax ________________________________ How did you hear about the training? ________________________________
Dietary Requirement ________________________________ (Requests for Halal or Kosher meals may incur additional costs, please contact our office for more details)

ATTENDANCE COSTINGS

<table>
<thead>
<tr>
<th>Training</th>
<th>Cost</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>3 Day Training</td>
<td>$895</td>
<td>(inc gst, catering and manuals) or $1090 (inc gst, catering, manuals, Instructional DVD and Educational Posters)</td>
</tr>
<tr>
<td>1 Day Refresher</td>
<td>$295</td>
<td>(inc gst, catering and latest manuals) – Attend 3rd day of 3 Day workshop dates</td>
</tr>
<tr>
<td>3 Day Refresher</td>
<td>$550</td>
<td>(inc gst, catering and latest manuals) - remains same price for 2014</td>
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</table>

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

PAYMENT DETAILS: CHECK / CREDIT CARD / ONLINE

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

<table>
<thead>
<tr>
<th>Number of people attending</th>
<th>Cost</th>
<th>TOTAL COST</th>
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<tbody>
<tr>
<td>@ $895</td>
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<td>@ $1090</td>
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<tr>
<td>@ $550</td>
<td></td>
<td>$550 TOTAL COST</td>
</tr>
</tbody>
</table>

- **CHECK** - Cheque payable to The University of Newcastle

- **CREDIT CARD** Please debit my **VISA** **MASTERCARD** EXPIRY DATE ___/___

  CARD NUMBER __________ / __________ / __________ / __________

  NAME OF CARDHOLDER ________________________________

  SIGNATURE ________________________________ CARDHOLDER’S CONTACT NO. ________________________________

  REGISTER ONLINE @ www.newcastle.edu.au/drumbeat

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. I DO NOT wish to be added to the promotional database.

QUESTIONS? Call: 02 4921 6403
Send your Registration Form by: e: FAC-events@newcastle.edu.au f: 02 4921 8686
p: Family Action Centre, University of Newcastle, University Drive, CALLAGHAN NSW 2308