

# THE EVIDENCE IS CLEAR

**77%**

increased  
understanding of  
relationships

**30%**

reduction  
in school  
absenteeism

**30%**

reduction in  
behavioural  
incidents

**95%**

enjoyed  
participating in  
the program

**DRUMBEAT IS THE WORLD'S LEADING  
THERAPEUTIC DRUMMING PROGRAM SUPPORTED  
BY INDEPENDENT RESEARCH AND EVALUATIONS**

DRUMBEAT is the world's leading structured learning program that incorporates music, psychology and neurobiology. The name DRUMBEAT is an acronym for Discovering Relationships Using Music, Beliefs, Emotions, Attitudes and Thoughts.

Over 6,000 DRUMBEAT Facilitators around the world have discovered the universal applications of this evidence-based, award-winning social and emotional learning program.

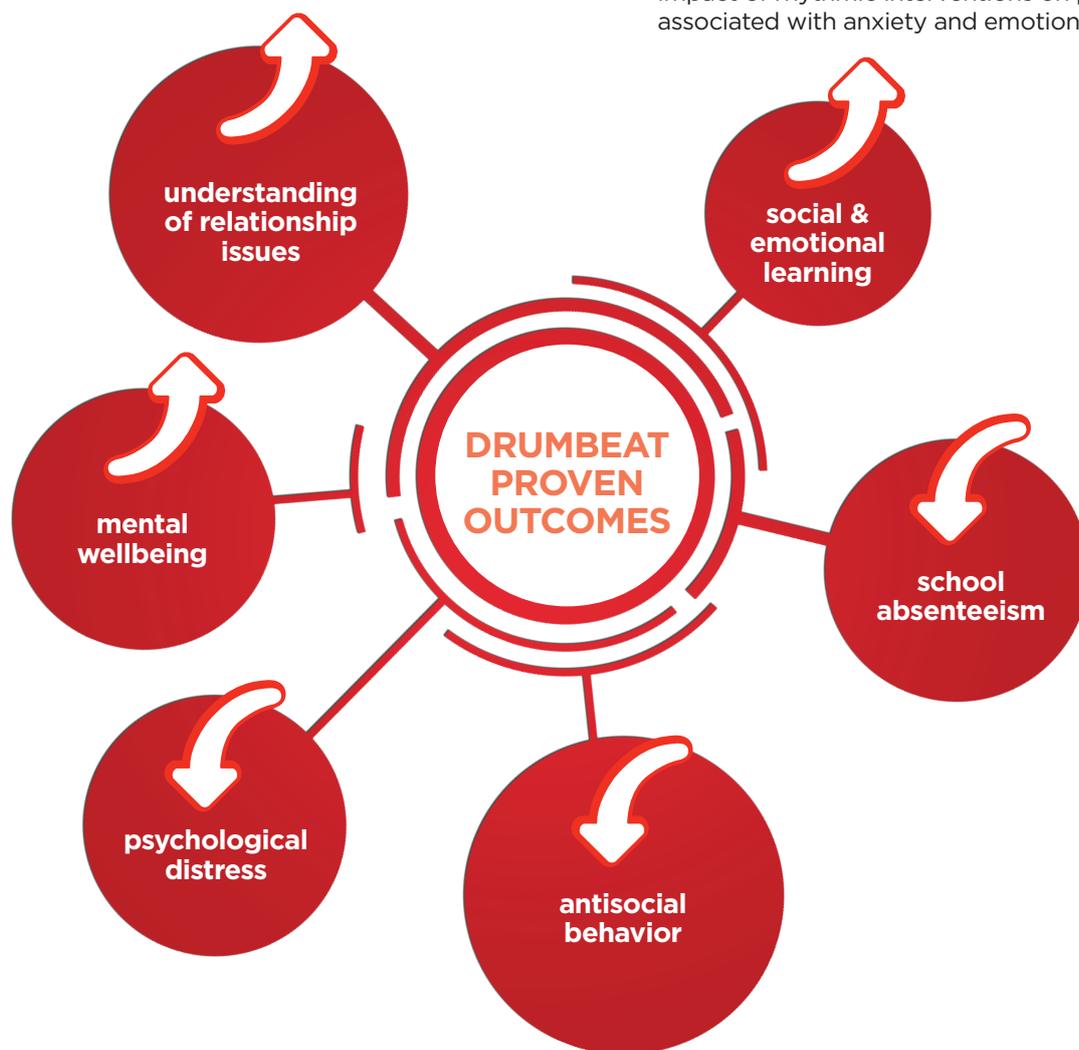
## ADD THIS PROVEN THERAPEUTIC PROGRAM TO YOUR PROFESSIONAL SKILL SET

## CLEAR EVIDENCE OF POSITIVE IMPACT

More than just a fun drumming program, DRUMBEAT is supported by independent research, evaluations, and peer reviewed journal articles. All these reports are available on our website: [www.holyoake.org.au/drumbeat/about-us/evidence-research/](http://www.holyoake.org.au/drumbeat/about-us/evidence-research/)

DRUMBEAT is based on documented research that identifies key issues related to reducing problematic health and social outcomes. Reducing risk factors and increasing protective factors underlie the design of the intervention.

The program also takes into account recent developments in neurological research which notes the beneficial impact of rhythmic interventions on primal brain systems associated with anxiety and emotional control.



**“Our research clearly shows that DRUMBEAT makes a substantial difference to the emotional health and wellbeing of high risk youth.”**

*- Associate Professor Lisa Wood, University of Western Australia*



## MEASURABLE DIFFERENCE



### Over 2,000 students assessed in schools across Australia.

Facilitators reported an increased sense of belonging and community connection for their DRUMBEAT students. Improvements were also recorded in self-esteem, emotional regulation and group cooperation.

### DRUMBEAT delivered to inpatients in a psychiatric unit.

Improvements were noted in mental clarity, mood, and social confidence. Patients commented on an improved sense of belonging and enjoyment of the group experience. Clinicians commented on increased confidence, more animated body language and improved cognitive benefits.

### DRUMBEAT delivered to participants in WA prisons.

Independent study found the program had a positive impact on prisoners' emotions and emotional regulation including anger management, capacity to talk with others, social skills and self-worth. Post-program analysis:

- 96% said it helped them work through their problems more easily
- 93% would recommend the program to others
- 86% felt the program helped improve relationships with other prisoners
- 90% gained a better understanding of skills needed for good relationships
- 93% said drumming skills helped them feel good about themselves

## DRUMBEAT EVALUATIONS

### Peer Reviewed Journal Articles

- Therapeutic Drumming to Improve Mental Health of Adolescent Boys, 2017
- Journal of Relational Child and Youth Care Practice, 2014
- Journal of Public Mental Health, 2013
- Children Australia, 2012
- Reclaiming Children and Youth, 2012
- Youth Studies Australia, 2011
- Journal of Indigenous Education, 2010



## MAKE DRUMBEAT WORK FOR YOU

You can customise the universal principles of DRUMBEAT to achieve positive outcomes in all kinds of groups and settings. These include schools, children's hospitals, youth services, mental health services, refugee trauma services, prisons, youth justice, child protection centres, returned servicemen, aged care, disabilities, complex needs, and much more.

- Train to become an accredited DRUMBEAT Facilitator
- Engage Holyoake to deliver in-house facilitator training exclusively for your organisation (minimum 10 people)
- Train via our online DRUMBEAT Facilitator training course
- Engage an accredited DRUMBEAT Facilitator to deliver the program for you

Watch DRUMBEAT in action: <https://www.holyoake.org.au/drumbeat/about-us/videos/>

**“Excellent in every aspect - there are so many ways that this program could be used to help people with very different problems.”**

- Philippa Harvey,

Principal The Glennie School Toowoomba

**“A brilliant addition to my therapy toolkit, just what we need to engage young people reluctant to share their feelings.”**

- Emily Harper, Clinical Psychologist,

Princess Margaret Hospital

**“Fantastic, interactive, innovative and includes an evidence base to provide strength and vitality.”**

- Luke Kuiha,

Youth Counsellor, Drug and Alcohol Service.

**“The DRUMBEAT experience provides an opportunity for an immensely satisfying connection to others, particularly valuable for those who are, for one reason or another, socially isolated.”**

- Lesley Radloff, Executive Officer,

WA Aboriginal Education & Training Council

**“Great training - engaging, well balanced, empowering, professional and inclusive.”**

- Carolyn Hart, Senior Music Therapist,

Adelaide Women's and Children's Hospital.

Data from University of Western Australia research studies