

The Joy Of Rhythm, Movement And Sound: Connecting In a New Way

Session Description:

This workshop is designed for clinicians.

When serving a diverse population in healthcare settings, it becomes increasingly important to continually add new 'tools' to our skill set.

While it's important to delegate certain skills to the artists who work in the fields of Music Therapy, Therapeutic Clowning and Drama Therapy, there are techniques that can be taught to any clinician regardless of their profession.

Movement, rhythm and sound are all ingredients intrinsic to our being able to communicate with each other. Yet the impact of an illness or disability on clients often results in the loss of being able to fully communicate.

Through demonstration and interactive exploration, this workshop will explore various techniques in order to serve our clients no matter what their level of ability may be.

Connecting with our clients in a joyful way through these techniques benefits everyone.

Clinicians may include these skills at any given time, with any client during sessions in order to foster a sense of play and partnership.

Learning Outcomes

By the end of the session clinicians will be able to:

- demonstrate 3 rhythmic and vibration techniques
- demonstrate 2 'mirroring' techniques through movement
- demonstrate 3 various vocal techniques