

Children's Hospitals Retreat Series
(originally presented 9/10/02)

Welcoming music- Native American Flute

Music Therapy Explanation

-How I use music as a healing modality

Renewal Discussion- How do we renew?

Self-care with music

RELAXATION

Autogenic relaxation exercise

-use live keyboard

SELF-EXPRESSION

RENEWAL = Re-creation = Recreation → CREATION in creativity

VF → creation is an extension of us and the Creator

Self-expression is sacred and essential.

Drum Circle:

"Rhythms of Renewal"

Christian Nielsen MT-BC

Discussion: Music as a form of expression & communication

-Music in tribal cultures

-Drum is sacred

-Brings people together

-Used to communicate

-river & talking drums

-Drum circle

-circle of life

Mitokoye Oyasin = All my Relatives

-each other

-ancestors, those who have died

-all life

-Earth itself

-drum & circle as a symbol of our connectedness

-drum rhythms as mirror to the rhythms of life

-expression

-equality- equal distance from center-

-each person gets a chance to be heard

-every one listens

- Music as expression
 - nonverbal-
 - expressive tradition of drums & flute

Call and response singing (improvised)

- Lead with drum & voice.
- vowel sounds
- African Hey! Ho!, etc.
- sounds of different emotions
 - Ask participants to identify emotions used

The sounds of emotions

- Play examples of what different emotions sound like
- Ask participants to identify emotions used (appropriate to age)
- The rhythms of life & loss
 - life before loss
 - loss
 - time after loss
 - out of balance / out of rhythm
 - finding a new rhythm (integration of loss)

Pass the drum

- "Tell us something about yourself with the drum"
- "How do you feel right now?"

Rotating conversation

- 2 drums opposite sides of circle- clockwise
- participants take turns conversing, then passing.

Drumming

- the rules (before handing out instruments!):
 - “part of communicating is good listening- please listen to the directions”
 - “respect each person’s right to be heard”
 - show cut-off, crescendo, decrescendo, down, & solo signs

- Modeling and responsive playing
 - Chris lead with drum
 - Staff assist group responses (when available)

- Group Improvisation
 - (introduce rainsticks, ocean drum, gong, & triangle)
 - “Start by listening, when you can feel the heartbeat- join in”
 - complimentary rhythms
 - (start heartbeat- participants join when ready)
 - Play:
 - soft/loud
 - fast/slow
 - emotions
 - mad/happy/sad/afraid
 - exchanges
 - one side vs. other side
 - boys vs. girls
 - instrument types
 - sound vs. silence
 - your own part based on you’re feelings
 - playing to honor yourself, and the person you have lost.

Listening to the Silence- *instruments down*

- Silence and taking time to hear it is a part of understanding our place in the rhythms of life.
- Moment of silence- put down instruments
- Rhythm/Music is a combination of sound and silence
- “Finding renewal is a constant journey in our lives and in what we do- sometimes simply taking the time to listen can be the most renewing--
 - Listening to the silence
 - Listening to the sounds of nature
 - Listening to the wisdom of a child or of an elder
 - Listening to ourselves in our hearts, our minds, and our spirits”

CLOSING MEDITATION- Native American Flute