

2-Day Drum Therapy Facilitator Training – Dubbo

11–12 March 2026 9:30am – 4:00pm

Learn to Lead Therapeutic Drum Circles for Wellbeing & Community Connection

An evidence-informed, hands-on training that empowers educators, community workers and wellbeing practitioners to use rhythm as a tool for connection, regulation and joy.



About the Training

This immersive two-day program equips participants to lead therapeutic drum and rhythm circles that are accessible, engaging and deeply supportive for wellbeing. The training weaves together:

- Group drumming and body percussion
- Mindfulness and presence-based practices
- Simple non-verbal facilitation tools
- Reflection and discussion

Who It's For

- Teachers and school wellbeing teams
- Youth, community and family support workers
- Mental health, NDIS and social service practitioners
- Anyone passionate about using rhythm to support others

What Participants Learn

- How to safely and confidently lead drum and rhythm circles
- Ways to use rhythm to support regulation, focus and stress relief
- Techniques for building trust, inclusion and group cohesion
- Structures for one-off workshops and an 8-week program

What's Included

- 2 days of face-to-face training (approx. 11 hours PD)
- Facilitator manual and workbook
- Rhythm charts, games and exercises
- 8-week program and one-off session templates
- Audio backing tracks for use in sessions

Why It Matters

Evidence continues to show that group drumming and mindfulness practices can **reduce anxiety, improve mood, support emotional regulation** and **enhance social connection**. This training translates that research into practical tools that can be used immediately in real-world settings.

Research from Barry Bittman MD and others shows group drumming can reduce stress markers and increase immune response.

Investment

- **Standard:** \$825 incl gst
- **Early Bird:** \$715 (available until 2 months prior to training start)

How to Register or Partner

- **Register directly:**
<https://inrhythm.com.au/inrhythm-events/drum-facilitator-training>
- **Discuss group bookings or partnerships:**
info@inrhythm.com.au | 1300 55 40 35
- **Full Program Overview:**
<https://inrhythm.com.au/facilitator-training-home>

About InRhythm

InRhythm has been delivering rhythm-based wellbeing and team programs since 2003, working with schools, councils, corporate teams and community organisations across Australia.

