



Using Online Tools for Drum Circle Facilitation, Vocal Improv, & Telemedicine with Christine Stevens, MSW, MA MT-BC & Kate Richards Geller, MA, MT-BC, LCAT

*"Christine is dynamic, inspirational, encouraging, and compassionate; all brilliantly expressed in the art of drumming. **Christine's method of communicating is concise, practical and accessible for any level.** Her books are required materials for my college students." || Paul Angers, M.A. Pacific Oaks College, Human Development*

*"The **evidence-based approach** is a great selling point. I enjoy Christine's style. She is a **dynamic presenter**. I like it best when she invites participation and I can play or sing along with her. I work in an elementary school as a counselor and (after taking this course) will incorporate the elements into my counseling sessions. **This course met my personal and professional expectations.** I have gone to many workshops by Christine and would take any course she offered." || Donna-Jean Lynott, Ed.D., LPC*

*"I was a first-timer at last week's circle singing. I thoroughly (literally--mind, body, spirit/emotionally, physically) enjoyed the experience. You know you've engaged in a meaningful event when that's all you can think of upon waking the next day and all throughout the week. **(I was) in awe at how all-encompassing the process is. Peace inducing and exhilarating all at one time.** I look forward to the next time I simply loved being part of the sharing of voices and spirits. Thank you for making circle singing accessible to all. It's a beautiful thing." || Susan M.*

DESCRIPTION: Join author and music therapist Christine Stevens of UpBeat Drum Circles and vocal improvisational expert Kate Geller with Sing Fit and Urban Voices, in this interactive, engaging program packed tips and tools. Learn ten activities that can transfer into the virtual space using Zoom tools for engagement.



Prerequisites: Facebook profile is recommended, not required. The course forum is held in a Facebook group. In lieu of a Facebook profile, you are encouraged to interact with the instructor via email.

BOARD CERTIFICATION DOMAINS:

II. D.10: Participants will create a session plan for leading one music therapy or wellness experience online.

III. A. 2. Ggg: Participants will identify two ways of using specific rhythms, chants, and related practices for wellness and spirituality of clients and self-care practice.

III. A. 5. f. 4: Participants will demonstrate the ability to play world percussion instruments including dombek, cajon, frame drum, djembe, boulan and conga, to expand percussion skills

V. A. 6: Participants will identify two ways to use specific cultural rhythms, chants, and related practices in clinical and wellness groups or individuals.

V. A. 7: Participants will identify and demonstrate the ability to use the four keys of working online.

INSTRUCTOR QUALIFICATIONS:

Christine Stevens, MSW, MA, MT-BC

Christine Stevens is author of Music Medicine, The Healing Drum Kit and The Art and Heart of Drum Circles. The founder of UpBeat Drum Circles, she has appeared on NBC, PBS, KTLA, Discovery Health, Living Better TV, and is a faculty for The Shift Network. She has trained facilitators from more than twenty-five countries including Iraq, China, Hong Kong, Japan, and Europe. Christine has worked with Fortune 500 companies, survivors of Katrina, students at Ground Zero and most recently, led the first drum circle training in a war-zone in northern Iraq. She is the host of Global Rhythm Sangha Online, and teaches a variety of online training programs, including Awaken Your Rhythm which has served hundreds of people from over 35 countries.



Kate Richards Geller, MA, MT-BC, LCAT

Kate Richards Geller, singer-songwriter & vocal improviser, holds an MA in Music Therapy from NYU, an LCAT in NY State, and CBMT since 1997. She has worked in medical settings (pediatrics and Child Life), schools (therapeutic preschools), and community centers providing clinical services to individuals and groups of all ages with the goal of improving the Quality of Life through live, interactive music making. Her program, Sing for Yourself, demonstrates how a regular singing practice can create meaningful and lasting change in individuals and communities. Currently in Los Angeles, Kate serves as Music Wellness Director at Urban Voices Project, whose mission is to create supportive spaces to nurture belonging and to shift the narrative and perception of homelessness towards one of agency and community.

LIVE COURSE FORMAT:

Live CMTE Session (150 mins)

1. Opening:

- a. Welcome Music
- b. Collaborative Fun Call And Response: We Are The Rhythm Chant
- c. Overview Of Program

2. Four Steps To Preparing Your Online Programs & Leading Online

- a. Leading Online - Challenges And Benefits - Zoom.Us Features
- b. Four Steps To Being Successful On Line;
- c. Set Design - Background
- d. Lights - Ring Light And Back Light
- e. Camera - Webcam
- f. SOUND - Original Sound Settings

3. Facilitating Vocal Improv ONLINE X 5 Experiences

- a. Orienting – Body Is The Instrument – Here And Now
- b. Activating The Elements Of Music
- c. Sequencing: What Comes Next: One Breath, Two Breath, Three Breath
- d. Fill In The Blank
- e. Playing With “Form And Freedom”



4. Facilitating Drum Circles ONLINE X 5 Experiences

- a. Jam Tracks With Spotlight Facilitation
- b. Unmuted Rumble - By Timbre Groups; By Meaning Groups
- c. Grab Bag Found Sound Jam - Call And Response Fits Here.
- d. Healing Drum Circle - The 4 Minute Rule - Using A Healing Rhythm
- e. Guided Imagery - Closing Heartbeat - With Visual On Screen Share

5. Closing:

- a. Three Breaths: Breathe In And Listen, Sound That Out
- b. Debriefing

Live Office Hour (50 mins)

Total time: 200 minutes

Number of CMTEs: 4 Price: \$75 (included with VIP)

Refund Policy: Within 30 days of your first subscription payment or any single course purchase, if you are not 100% completely satisfied we will gladly refund your money after a short exit interview. Subscription payments after 30 days are FINAL SALE ONLY. In other words, no refunds are available for subsequent subscription payments. Send an email to info@musictherapyed.com for more information.

Refund requests must be accompanied by a thorough explanation and completed course homework. Refunds are granted or denied on a case-by-case basis. No refunds are given after 30 days of purchase date.

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