

# health <sup>REMO</sup> rhythms®

INTERACTIVE • HANDS-ON

## FACILITATION TRAINING

The Quest for Well-Being...  
begins by  
discovering your personal rhythm.



CE Credits Available  
Music-Therapists  
& Counselors

### Learning Objectives

1. Learn to facilitate drum circles following a research-based protocol.
2. Learn ground-breaking research on group drumming's effect on the immune system, burnout and mood.
3. Apply group drumming to work with populations with special needs, life challenges, or preventive health.



Barry Bittman, MD is a neurologist, author, international speaker, award-winning producer/director and inventor. As CEO and Medical Director of the Mind-Body Wellness Center, a comprehensive, interdisciplinary outpatient medical facility in Meadville, PA., Dr. Bittman has pioneered a new paradigm for treating the "whole person."

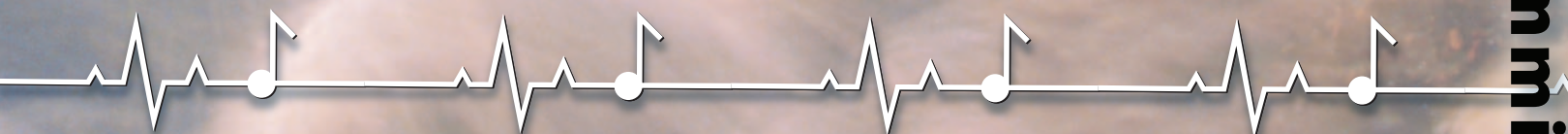


Christine Stevens, MT-BC, MSW, MA is an international speaker, music therapist, author and owner of Upbeat Drum Circles. Holding masters degrees in both social work and music therapy, Christine has over 15 years experience developing group drumming programs for such groups as the students at Columbine High School and Public School 150 at Ground Zero in New York City.

### Training Schedule AT A GLANCE

<b>Day 1</b>	
5:30 - 6:00 pm	Registration
6:00 pm	Welcome and Overview: Recreational Music Making
7:00 - 9:00 pm	HealthRHYTHMS Group Empowerment Drumming
<b>Day 2</b>	
8:30 am	Discovering Rhythmacology
9:30 am	About Drums
10:00 am	Psychoneuroimmunology
11:15 am	The Biology of Drumming: Research Overview
2:00 pm	The Art of Facilitation
4:00 pm	HealthRHYTHMS Protocol
5:30 - 6:30 pm	Guided Imagery Drumming
<b>Day 3</b>	
8:30 am	Protocol Review
9:15 am	Wisdom in Practice - Creating the Perfect Fit
10:45 am	HealthRHYTHMS Facilitators Business Kit
11:00 am	Guided Imagery Drumming Practice
1:00 pm	Facilitating Special Needs Groups
2:45 - 3:00 pm	Closing

HealthRHYTHMS Group Empowerment Drumming



"I know an excellent presentation when I see one. I know the preparation required to be a "10" seminar speaker. This seminar was the best I have seen in quality of information, practical application based on sound scientific research, excellent visuals.."  
Laura Pawlak, Ph.D. Biochemistry, Specialty Immunology/Genetics

# Register for HealthRHYTHMS Facilitator Training

**February 13-15, 2009**

**The Hyatt Valencia**

24500 TOWN CENTER DRIVE  
VALENCIA, CA 91355

for HealthRHYTHMS group rate  
call: **800.233.1234**

**limited availability - reserve early**

<http://valencia.hyatt.com/hyatt/hotels/index.jsp>

**Hotel Room Rate - \$139 per night**

Single/Double - Reserve & Pay hotel directly

	Early Bird <i>(before January 14)</i>	Late Fee <i>(after January 14)</i>
<input type="checkbox"/> <b>Training Package</b>	\$549.00	\$599.00
Special Diet Requirements:		
<input type="checkbox"/> Vegetarian <input type="checkbox"/> Other _____		

- Training Package**
- HealthRHYTHMS Training Tuition
- Training manual
- Use of REMO drums for training
- Facilitator's Business Kit
- Saturday & Sunday lite breakfast, lunch plus refreshments

**Continuing Education Credits Selection**

**\$20 -- Music Therapists & Counselors** - HealthRHYTHMS Training is approved by the Certification Board for Music Therapists (CBMT) for 15.0 Continuing Music Therapy Education credits. Credits awarded by CBMT are accepted by the National Board for Certified Counselors (NBCC). CBMT Approved Provider, Remo, Inc. -P-073 maintains responsibility for program quality & adherence to CBMT policies & criteria.

**N/C -- Drug and Alcohol Counselors** - 15.0 credit hours of HealthRHYTHMS training can be used as CAADAC professional development hours for Drug and Alcohol Counselors.

Registration at 5:30 pm, Friday. Program Schedule: 6:00-9:00 pm Friday, 8:30 am-6:00 pm Saturday, 8:30 am-3:00 pm Sunday.

Name \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ State/Province \_\_\_\_\_ Country \_\_\_\_\_ Postal/Zip Code \_\_\_\_\_

Phone \_\_\_\_\_ Fax \_\_\_\_\_ Email \_\_\_\_\_

Profession/Credentials \_\_\_\_\_

How do you plan to apply this training? \_\_\_\_\_

Type of setting? school  hospital  long-term care  community outreach  counseling  ministry  corporate  other

Amount to be charged \$ \_\_\_\_\_  
*(Hotel NOT Included)*

- Check\* Please make checks payable to: REMO, Inc.
- MasterCard/VISA

Credit Card # \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Expiration Date \_\_\_\_\_

Name on credit card \_\_\_\_\_ Signature \_\_\_\_\_

\*If paying by check, payment in full must be received by REMO two weeks in advance of training date.

For more information contact Alyssa Janney at 661.294.5655 or email [ajanney@remo.com](mailto:ajanney@remo.com).

Please mail registration to: REMO, Inc. / HealthRHYTHMS or Fax to: 661.294.5741

28101 Industry Drive

Valencia, CA 91355

**Cancellation Policy**

A refund will be given for cancellations requested 30 days before training date, or earlier, minus a \$20 per person administration charge. No refunds will be given after this date or for no-shows on the days of the scheduled training. Anyone who is registered, but cannot attend may send a substitute. However, we need to be notified of this change. A service charge of \$30 will be applied to any returned checks. REMO, Inc. reserves the right to cancel or postpone the training due to unforeseen circumstances or if a minimum acceptable registration level is not achieved 30 days before training date. If such an unlikely event occurs, your registration fee will be refunded in full. However, REMO, Inc. is not responsible for any other program expenses (travel, etc.) you might have incurred.