

Therapeutic Benefits of Native American Drumming

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Drum therapy is an ancient approach that uses rhythm to promote healing and self-expression. From the shamans of Mongolia to the Minianka healers of West Africa, therapeutic drum rhythm techniques have been used for thousands of years to create and maintain physical, mental, and spiritual health.

As well as the numerous benefits of drumming that are associated with empowerment, communication, confidence, community and team building, the drum has an amazing ability to facilitate healing and there are many health benefits associated with drum playing.

Modern Medical research has demonstrated that drumming can:

- ❖ Instigate significant positive changes to immune system.
- ❖ Alter brainwave patterns, increasing Alpha (a light meditative brainwave), and dramatically reduce stress.
- ❖ Energise and transform the body, brain and the nervous system.
- ❖ Benefit participants through sustained physical activity, relaxation, and use of fine motor skills.
- ❖ Develop a strong sense of group identity and a feeling of belonging. This is created through participants actively making music together.
- ❖ Reverse the hormonal stress response and increase natural killer cell activity in blood.
- ❖ Decrease anxiety and stress.
- ❖ Improve self-esteem.
- ❖ Assist Alzheimer's patients to connect better with loved ones. The predictability of rhythm may provide the framework for repetitive responses that make few cognitive demands on people with dementia.
- ❖ Retrain the brain after a stroke or other neurological impairment. Researchers discovered that hearing slow, steady rhythms, such as drumbeats, helps Parkinson patients move more steadily.



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