

AZ Insider: Drumming Event Relieves Stress

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Kathy Shayna Shocket has the inside stories on people who make a difference.



Kathy reports on the healing power of drum circles.

If you haven't heard about beating the drums for therapy, you will. More and more people are taking part in drum circles and experiencing the almost magical therapeutic effects.

Whether you're looking for a musical way to relieve stress from your job or a caregiver who needs a well deserved break... you don't need any prior music lessons to participate.

Drum circles have been around since antiquity. Today, people in drum circles gather together (usually with a facilitator) to improvise with drums and percussion and create a rhythm.

"There are biological changes when we drum because of the vibration," says **Paula Wright**, a **HealthRhythms** certified facilitator and **AARP's** associate state director for community outreach. She's one of thousands across not only the country, but the world who cite its health benefits and team building effects. It can boost the immune system and help relieve chronic pain.



*(Alan Bruni's photo from **Drum Facilitators Conference** in Hawaii)*

HealthRhythms® is an evidenced-based program that integrates recreational music-making with health promotion.

"Music is the voice of the soul - it's the universal language" says **Paula**. In fact, **AARP Arizona** has been hosting free drum circle events, all ages included, encouraging anyone who is in a caregiver situation to participate. The next event is September 30 in Phoenix. [For details click here.](#) The sessions are free. Reservations are required and drums and other percussion instruments are supplied.

Recent research has also shown that the calming effect of drum therapy has also been beneficial with Alzheimer's patients and autistic children. "It's about connecting the world of music and rhythm with wellness and well-being," adds **Paula**.



Kathy Shayna Shocket is a freelance Writer and TV-Field Producer based in Phoenix, AZ. She's a former TV Reporter who's also written for national publications such as **TIME** Magazine, **MONEY** Magazine, **PEOPLE** Magazine, the **Hollywood Reporter** and The **NEW YORK TIMES**. She can be reached at redkarpetgirl@aol.com