



The Traditional Drum in Therapeutic Healing

*First Nations Directors of Education National Forum
Leading Educational Change: Restoring Balance, March 1-2, 2017*

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B.Ed, BMT (on June 5, 2017)



Learning About the Traditional Hide Drum

- First introduced to the hand drum by friend and mentor, Olivia Tailfeathers
- Played my father's drum in the early stages of learning journey singing with Asani
- Earned my own drum almost 20 years ago
- Continuous lifelong learning about the drum and protocol teachings from various Elders and cultural teachers
- Teach children about the drum in the community
- Use the drum in education and on stage as an artist
- Currently use the drum as a therapeutic tool in music therapy

Let's sing! Be brave.



Reflection and feedback of your
experience.



Music Therapy

Canadian Association for Music Therapy (CAMT) definition:

Music therapy is a discipline in which credentialed professionals (MTA*) use music purposefully within therapeutic relationships to support development, health, and well-being. Music therapists use music safely and ethically to address human needs within cognitive, communicative, emotional, musical, physical, social, and spiritual domains. *Music Therapist Accredited/Musicothérapeute accrédité

(Additional information from CAMT will be referenced throughout this presentation).

Where have we seen the cognitive/mental, emotional, physical, and spiritual domains or quadrants elsewhere??

THE FOUR DIRECTIONS OF THE MEDICINE WHEEL



Traditional Music and Healing

- Indigenous Peoples have used songs and drums as tools in traditional healing since the beginning.
- Songs have various purposes in ceremonies, feasts, social events, Rites of Passage, etc. They are sung by Elders, men, women, or children.
- Singing, frequency, drum rhythms, vibrations are known to be therapeutically healing.
- Songs can be used in healing ceremonies for those who are grieving, who are facing an illness or in need of holistic balancing and restoration.
- Drum songs sung together can strengthen and unite individuals, families, and communities.
- Singing songs for/with another person can provide spiritual grounding and can hold a safe, therapeutic space.

The Drum as a Healing Tool

- Breaks down social barriers and fosters unity
- Provides the freedom of self-expression and non-verbal communication
- Promotes self-awareness and self-esteem
- Can elevate mood and decrease anxiety and stress
- Can help to develop self-control, patience, listening, and cooperation with others
- Boosts immune system functioning and benefits physical health
- And more...





RED WORKS
PHOTOGRAPHY



The Rhythm & the Beat.

- “A good drummer listens as much as he plays.” ~ Indian proverb
- “Music and rhythm find their way into the inward places of the soul.” ~ Plato
- “Everything in the universe has a rhythm, everything dances.” ~ Maya Angelou
- “Set life’s rhythm with your heart-drum.” ~ Jonathan Lockwood Huie

When do we begin to hear rhythm and sound?

- We detected our first audible sound at 16 weeks in utero.
- Around 24 weeks, babies have been observed to turn their heads in response to voices and noises.
- The first sounds we hear is in our mother's womb. We hear her heart, the rhythm of her breath, and her bodily functions.
- Our bodies feel and respond to the vibrations of external sound.



Let's sing! Be bold.



Reflection and feedback of your
experience.



Therapeutic Benefits of Singing

- Develops articulation, rhythm, and breath control
- Improves social skills
- Fosters a greater awareness of others
- Dementia: can encourage reminiscence and discussions of the past; reduce anxiety and fear
- Compromised breathing: can improve oxygen saturation rates
- Stroke: may stimulate language centres in the brain promoting the ability to sing

(Canadian Association for Music Therapy)



Therapeutic Benefits of Playing Instruments

- Can improve fine and gross motor coordination in individuals with motor impairments or neurological trauma related to a stroke, head injury or a disease process
- In an ensemble: can enhance cooperation, focus and attention
- Rhythmic-based activities: can facilitate and improve an individual's range of motion, joint mobility/agility/strength, balance, coordination, gait consistency and relaxation

(Canadian Association for Music Therapy)





Therapeutic Benefits of Improvising

- Offers a creative, non-verbal means of expressing thoughts and feelings
- Non-judgmental and requires no previous training
- Where words fail and emotions are too difficult to express, music can fill the void
- Where trust and interaction with others has been comprised due to abuse or neglect, improvisation provides a safe opportunity for restoration of meaningful interpersonal contact

(Canadian Association for Music Therapy)

Using Drums with Children & Adolescents

Can assist children to overcome grief, trauma, anger, feelings of loneliness, and more.



Can assist teens to encourage communication, overcome addiction, self-harm, build self-esteem and trust, and more.



Drumming With Seniors

Provides opportunities for:

- Community-building, a sense of belonging, and a social environment to interact with others
- Maintaining cognitive and physical functioning
- Decreasing loneliness, boredom, and isolation
- Empowerment, a sense of purpose, spiritual uplifting, and enhancing quality of life
- Maintain independence, abilities, coordination, and strength



Let's sing! Be courageous.



Reflection and feedback of your
experience.



Final Thoughts and Questions?

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Thank you for your participation and courage. Ninanāskamon!