

# The HealthRHYTHMS drum-circle facilitation program and evidence-based research

**HealthRHYTHMS** is a ten step, evidence based protocol for delivering recreational music making and drum circles to groups. For more information, here is the website.

<https://remo.com/experience/post/healthrhythms/>

## The HealthRHYTHMS drum circle helps people:

- build social cohesion
- improve mood states
- strengthen immune system
- and improve creativity

More than 7 peer-reviewed, published research studies demonstrate the health and social/emotional benefits of the HealthRHYTHMS ten step protocol in recreational music making. HealthRHYTHMS is the original evidence-based Recreational Music-Making (RMM) program. It was developed from the ground up based upon the research and the dedication of neuroscientist, Barry Bittman, MD.

## Seven studies on the benefits of HealthRHYTHMS group drumming

1. (2001) –HealthRHYTHMS strengthens immune system, increase in NK cell and cytokine activity. (replicated in Japan, 2007)
2. (2003)-HealthRHYTHMS reduces burnout in healthcare employees (est \$89,000 annual savings per 100 beds)
3. (2003) -Study demonstrates the efficacy of recreational music-making for inspiring creativity and helping long-term care residents bond.
4. (2004) –HealthRHYTHMS retains nursing students and reduces burnout.
5. (2005) –Recreational Music-Making (RMM) Protocol reduces stress on Genomic Level.
6. (2009) –HealthRHYTHMS Adolescent Protocol improves school/work role performance, behavior toward others, anhedonia/negative affect, instrumental anger, anger, & interpersonal problems.
7. (2013) –Recreational Music-Making Protocol alters gene expression pathways in patients with coronary heart disease.

HealthRHYTHMS is delivered in schools, hospitals, seniors homes, facilities for veterans, rehab facilities and community centers all over North America and around the world.

If you are interested in attending a HealthRHYTHMS drum circle or hosting a HealthRHYTHMS drum circle for your organization, contact [mindfullymore@gmail.com](mailto:mindfullymore@gmail.com). You can register for drum circles at <https://meditationandmore.ca/>