

Therapeutic Drumming Groups

For Neurodiverse Middle Schoolers & Upper Elementary School Students



Where: Tucker Recreation Center; 4898 Lavista Road, Tucker, GA 30084

When: TBD (one hour duration) ; Tuesdays or Wednesdays, during after-school hours

Cost: \$60 per group; additional fees for initial screening & parent consultations

WHAT'S THERAPEUTIC ABOUT THERAPEUTIC DRUMMING?

Therapeutic drumming helps participants increase their awareness of their arousal level and emotional state. Experientially, the group comes to see that when they are anxious, they speed up, and when they are relaxed and calm, everyone is playing in time. Because participants feel motivated to create good sounding music, they are more likely to work collaboratively in a peer group and listen to each other. Over time, participants are given the opportunity to lead the music, and show what they know, which helps build a sense of competence and satisfaction. Group discussions about the cultural meaning of the traditional West African rhythms help children appreciate difference.

WHO CAN BENEFIT FROM THERAPEUTIC DRUMMING?

Children who have difficulty expressing themselves in words often find ways to communicate through drumming. After all, a *djembefola* is someone who “speaks” with their drum. This includes children on the autism spectrum, those who have processing difficulties, speech and language challenges, history of complex trauma, and those who are temperamentally withdrawn. More active children, such as those diagnosed with ADHD, discover an outlet for their restless energy, and find that their high activity level can be an asset to the group because West African drumming is so lively.

ABOUT THE FACILITATOR

Dee Desnoyers, Ph.D. holds a certification in therapeutic drumming from Youth Villages Inner Harbour, is a licensed professional counselor (LPC) and a Registered Play Therapist-Supervisor (RPT-S). Dee has facilitated therapeutic drumming in schools, psychiatric facilities, and various social service agencies.

FOR MORE INFORMATION

More information can be found at www.atlantadrumclub.com.

Contact Dee Desnoyers at 404-348-3250 or dee@atlantacounseling.org

FAQs

- **How long is the commitment?**

It is recommended that participants commit for at least 6 weeks to determine whether the group is helpful to them.

- **How many participants are in the group?**

Therapeutic drumming works best with 3-8 participants.

- **My child has a diagnosis of ADHD, ASD, Generalized Anxiety Disorder, etc. Will my insurance cover part of the cost?**

If you have out-of-network benefits, it is possible that your insurance will reimburse you for some of the costs.

- **What are procedure codes that you use for billing?**

90791 for the initial screening, 90853 for group therapy sessions, & 90846 for parent consultation sessions

- **My child does not have a formal diagnosis, but I think they could still benefit from the group. Would they be allowed to join?**

Absolutely! Therapeutic drumming has a wide range of benefits, and I have highlighted only some of them here. During the screening process, we will determine which group is best for your child.

- **My child works with an Occupational Therapist. Can therapeutic drumming support their sensory diet?**

Yes, not only does drumming involve many sensory-rich experiences, including singing, clapping, and movement, but it naturally engages the interoceptive system.