



# Therapeutic Rhythm & Mindfulness Professional Facilitator Training Program



MAY 22<sup>TH</sup> – 25<sup>TH</sup>, 2018

The School of Continuing Studies, UofT

Therapeutic Rhythm and Mindfulness (TRM™) is an innovative program that integrates evidence-based treatments of group drumming, mindfulness, and emotional reflection in a positive and safe group atmosphere. TRM™ is designed to enhance vitality, joy and well-being, social connectedness and mindful awareness, and reduce anxiety, depression, and fatigue.

TRM™ workshops are applicable to a wide population of participants: health care professionals both for cultivating presence and for self care, educators, parents, team-building for corporate groups and anyone interested in cultivating presence in their professional and/or personal lives and relationships.

This Therapeutic Rhythm and Mindfulness Professional Facilitator Training is offered as a four day training. The first full-day core module introduces the foundational tools of TRM, including therapeutic presence, mindfulness, and rhythm instruments. The second three-day module is focused on intensive training in effective facilitation and the TRM protocol.

**COST: \$1,250** not including travel or accommodation  
**FOR MORE INFORMATION & TO REGISTER PLEASE VISIT:**

<http://learn.utoronto.ca/interactive-course-search#/profile/3377>

## What You'll Learn:

- Learn an empirically validated model of therapeutic presence and theory of relationship
- Neuro-underpinnings of therapeutic presence, establishing safety in group facilitation
- Understand foundational practices of TRM™
- Experience personal instruction on meditation, rhythm instruments, and the basis of effective group facilitation, including cultivating therapeutic presence
- Cultivate skills in effective facilitation and the TRM™ protocol.
- Each participant will receive an extensive and detailed manual outlining the principles and protocol of the TRM™ program.
- Integrate and build experience by facilitating a TRM™ group in your community with consultation

Dr. Shari Geller is an author, clinical psychologist, and creator of the Therapeutic Rhythm and Mindfulness Program (TRM™). With over twenty years experience weaving psychology and mindfulness, Shari co-authored the book, Therapeutic Presence: A Mindful Approach to Effective Therapy. She has released a companion CD on cultivating presence, with guided practices using the healing power of music and the health benefits of mindfulness. Dr. Geller's second book: A Practical Guide For Cultivating Therapeutic Presence (2017) offers practical guidance for cultivating and strengthening Therapeutic Presence as a foundational approach. Shari serves on the teaching faculty in Health Psychology at York University and for the Applied Mindfulness Meditation (AMM) program at University of Toronto; and is Adjunct Professor in the Faculty of Music at the University of Toronto, in association with Music and Health Research Collaboratory (MaHRC). Shari is the co-director of the Centre for MindBody Health, in Toronto, Canada.

