



# Cultivating Presence & Wellbeing: With Therapeutic Rhythm & Mindfulness



- Boost vitality, connection and joy with mindfulness and group drumming
- Understand the neurophysiological benefits of therapeutic presence
- Learn take home tools to strengthen presence with self, clients, students and others
- Increase resiliency and well-being

**6 Week Workshop**  
**April 3<sup>RD</sup> – May 15<sup>TH</sup> 2017**  
Monday Evenings  
(excepting Monday, April 10<sup>th</sup>)  
**7:30 - 9:30 p.m.**



**250 Eglinton Ave. W. Suite 200**

**Early Registration Rate:**  
**\$495**  
**\$540 if registration received**  
**after March 8<sup>th</sup> 2017**

### **TO REGISTER:**

E-mail completed registration  
form & e-transfer to:  
[\*\*trmworkshops@gmail.com\*\*](mailto:trmworkshops@gmail.com)

For more information please email  
Camilla at:  
[\*\*trmworkshops@gmail.com\*\*](mailto:trmworkshops@gmail.com)  
or visit:  
[\*\*www.sharigeller.ca\*\*](http://www.sharigeller.ca)

Being fully present enhances our health, wellbeing, and relationships. In our fast-paced world and demanding roles as therapists, educators, parents, and partners, presence can be compromised. Having diverse and evidence-based tools then, are invaluable for becoming present.

This workshop will use the Therapeutic Rhythm and Mindfulness (TRM<sup>TM</sup>) program to cultivate presence and resiliency, a unique approach combining group drumming, mindfulness and emotion focused awareness. Rhythm modalities offer a fun and expressive way of increasing vitality and social connectedness. Mindfulness helps to enhance attention, focus, and present moment awareness. Together we will play with rhythm and practice mindfulness as a path to cultivate presence and resiliency. Take home tools for presence and resiliency will be woven into the workshop and with these practices, we can develop new ways to deepen our listening and relating while feeling energized, calm, and centered. With self-care comes an enhanced energy and capacity to feel connected with and to care compassionately for others. Ideal for health care professionals, educators, parents and anyone interested in cultivating presence. No previous drumming or meditation experience required.

May be eligible under extended health benefits.

Eligible for Ontario Association of Social Workers reimbursement.  
Please visit: [www.swsswpdf.org](http://www.swsswpdf.org) for more information.

**Dr. Shari Geller** is a clinical psychologist, author, and creator of the **Therapeutic Rhythm and Mindfulness Program (TRM<sup>TM</sup>)**. With over twenty years experience weaving psychology and mindfulness, Shari co-authored the book: **Therapeutic Presence: A Mindful Approach to Effective Therapy**. Her 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





## Therapeutic Rhythm & Mindfulness Registration Form

Workshop Name: \_\_\_\_\_

Workshop Date(s): \_\_\_\_\_

### 1. Contact Information

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: (H): \_\_\_\_\_ (W): \_\_\_\_\_ (cell) \_\_\_\_\_

Email: \_\_\_\_\_

2. Occupation: \_\_\_\_\_

3. Family Doctor: \_\_\_\_\_

4. Emergency Contact: \_\_\_\_\_

5. Are you currently experiencing any mental, emotional or physical health issues?:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

6. Do you currently have an individual therapist, psychiatrist, or any other person helping you with mental or emotional health concerns?  Yes  No

If yes, please provide their name(s) and contact information:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

7. How did you hear about this workshop: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

8. Please describe if you have had any experience with meditation or retreats you have attended:

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9. Please describe if you have had any experience with Drumming: \_\_\_\_\_

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10. Do you own a drum or intend to bring a drum to the groups? \_\_\_\_\_

11. Please state what you hope to gain for yourself from this workshop: \_\_\_\_\_

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12. Any additional information you feel is important for us to better support your needs during this workshop:

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**Cancellation and Refund Policies:**

Full registration fees are due upon registration.

If a workshop or retreat is cancelled by the facilitator, due to emergency, unforeseen circumstance or insufficient registration, a full fee refund (not including flight, hotel or other costs) will be issued. If circumstances allow, you will be notified no less than a week before the workshop or retreat begins.

If registration is cancelled up to 7 days before the start date, a full refund less a \$75 administration fee will be refunded. Registration fees do not include flights, accommodation or other costs.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_