

Drumming Through The Lifespan SkypeDrum Experience with Kat Fulton, MM, MT-BC

Hello music therapy students!

There is a small growing field called Drum Circle Facilitation (DCF) that has exploded relatively recently. The primary activator of DCF was Arthur Hull. Years ago, he teamed up with Remo Drums. Now, there are a million trainings and workshops you can attend to learn about DCF. [Click here](#) to read the primary differences between music therapy and drum circle facilitation.

My DCF training has been an excellent supplement to my music therapy degree and certification. I use my DCF and therapy skills together to work with corporations, older adults, and children affected by cancer in my regular practice.

Here are the drumming experiences shared with the class that I've learned both in my training as a MT-BC and DCF. Please use these as you feel they fit in with your practice.

[From Dave Holland's Drumagination---](#) for toddlers and children

Hands in front of your eyes for the curtain call, pull back the curtains, and share the animal story. "Once upon a time in the middle of the woods in a great big house, there was one little mouse." [Scratch drum with one little finger.] "The mouse decided to get married and there were two little mice." [Scratch drum with two little fingers.] Story goes on with horses galloping, woodpeckers pecking the side of the drum, squirrels, snakes, and finally the elephant who gets scared of the mouse and runs away. The house comes down with one big boom. The end!

[From Dave Holland's Drumagination---](#) for middle school – adolescent
Drum to my dance! No wrong way to play, no wrong way to dance.

[From Kat's Youtube Channel---](#) for older adults

Blue Suede Shoes. Hit the drum once on the downbeat to begin, then start singing. Encourage everyone to "make up your own beat." Sculpt out duets, solos, trios, women, men, etc.

More resources for drumming ideas:

[Arthur Hull Trainings](#)

[Christine Stevens Healing Drum Kit](#)

[Kat's Drumming Blog Posts](#)

[Kat's Older Adults Blog Posts](#)