UpBeat Drum Circles

100 Hour Certification Program in Sound Healing

Focused on Drumming & Native American Flute

Christine Stevens, MSW, MT-BC, UpBeat Drum Circles

Pre-approved by ISTA International Sound Therapy Association

Curriculum Overview

Our Hybrid Training Program includes 7 areas:

- Science of Drumming
- Ethics of Sound Healing
- Instrument Training
- Facilitation Training
- Business & Marketing Skills
- Mentoring
- Practicum - Practice Experience

Course Objectives:

- Demonstrate the ability to lead sound healing experiences: both groups and individual, live or online.
- Strengthen your ability to play the four healing drums: ocean drum, frame drum, djembe and buffalo drum.
- Demonstrate the ability to lead a buffalo drum meditation.
- Practice integrating the drum or flute with other instruments including singing bowls, voice, and strings.
- Prepare to become a CSP - Certified Sound Practitioner through ISTA, International Sound Therapy Association.

Inspirational Course Modules & Hours

Module I: Science of Drumming with Christine Stevens LIVE Online – 2 hours

Module II: Ethics & Certification – LIVE Online with Christine – 1 hour

Module III: Instrument Training: Hand Drums, Voice, Native Flute – 47 hours

*Customize from the below menu.

How to Drum for Healing – Includes buffalo drum, ocean drum, djembe and frame drum, as well as using drums with singing bowls. – 4 hours **required for all trainees.

NEW Global Rhythm Sangha On-Demand – 10 Healing Rhythms with Cultural Teachers – 20 hours

Beginner Native American Flute course & 3 Tips for Sound Healing – 2 hours

Shift Network Online Courses with Christine Drums and Native American Flute (each course count for 10.5 hours) – 21 hours

Module IV: Facilitation Training – 24 hours

Rhythms for Healing & Shadow Drumming – LIVE Online – 3 day course – 14 hours

How to Facilitate Healing Drum Circles Online Course – 10 hours

Module V: Business & Marketing – 4 hours

4 Keys to Successful Business – 2 hours

Zoom Lab – 2 hours

Module VI: Practicum – 8-10 hours

Self-report log with date/location/type of group.

Module VII: Mentoring – 4 hours

Group Calls and private mentoring with Christine Stevens and authorized mentors.

Bonus Materials: Christine's sound healing audio recordings, drum circle play-along tracks, Native American flute play-along tracks, and video demonstrations.