



Drumming up Wellness!

By

Tiffany Couch, LADC, LMFT, CPS

Description of Presentation

African drumming is an excellent stress buster and a very unique and powerful experience! No musical talent or know-how is needed- it is easy and fun. We will explore how drumming can be used in treatment and recovery, for health and well-being. We will learn structured traditional songs as well as utilizing unstructured techniques to create group rhythms.

Objectives

- 1) Mental health and health benefits of therapeutic African drumming
- 2) Ideas for using these techniques with clients and staff
- 3) Structured and unstructured techniques for group drumming

Bio

Tiffany Couch is a Licensed Marriage and Family Therapist and Licensed Alcohol and Drug Counselor, a CADC/LADC Board Approved Supervisor, is an Internationally Certified Prevention Specialist and is a Certified K-12 School Counselor. Tiffany currently serves as Director of Operations/Clinical Director for Quest MHSA and owns Couch Consulting, LLC. Her past professional experiences include over 30 years of experience in the field of behavioral health and substance abuse services. She also brings experience working in the public schools, drug and alcohol prevention, and has facilitated many state and national professional trainings and workshops. Tiffany has worked as a prior authorization reviewer and as an inpatient facility Inspector of Care for the Oklahoma Health Care Authority. Tiffany is an authority on experiential techniques and incorporates them into her training and work. She is also the author of the book “Rosemary Rose, Tiffany’s Guide to Making Brighter Rainbows” and Co-author/photographer of “Come, Visit me Softly” and she enjoys photography, hiking, kayaking, and the outdoors.

