



August 8, 2011

Drumming for Your Life Institute  
Steven Angel  
2132 Montana Avenue, Suite B  
Santa Monica, CA 90403

RE: Rhythm of Discover Training

Steven,

I want to thank you again for the amazing experience you facilitated this weekend during the therapeutic drumming training at your office in Santa Monica. I'm still hovering at about 12,000 feet after learning about, discovering, and experiencing the power of the drum in the healing relationship. Your method of teaching the system you have developed was easy to understand and relate to even though I felt personally awkward at times as I explored my inner world through the rhythm of the drum. Some of the experiences I had during the two days are still in process and I'm still reflecting on what happened to me. The trust, intimacy, and rhythms you led us into and we were able to support, allowed me to explore parts of my body and psyche that have remained unconscious.

As you know I have worked in the field of addictions recovery as a therapist for many years and have been well trained in the University of Iowa's Masters level counselor education. I have not found any technique that helped me access the unconscious more effectively and safely as what you teach. Because I am a musician and have incorporated music and rhythm into the therapeutic practice for years, I have knowledge of these potentials. What I achieved in the two days with you has surpassed anything I have known so far.

I feel very excited about what you have discovered and how you have developed it into a technique that others can learn and utilize. I look forward to working with you further to develop the potential you have offered in to my own practice and also to introduce you and your program to my colleagues and supervisors at the Betty Ford Institute/Center.

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