



# *Drumming & Spirituality for Healing and Recovery*

You play a key role in helping people from all backgrounds improve their health and well-being. Dr. Sal Núñez developed the Medicinal Drumming therapeutic approach, which incorporates indigenous medicine, behavioral medicine, and traditional Afro Puerto Rican rhythms. This practice has been endorsed by the San Francisco Department of Public Health, the National Network to Eliminate Disparities in Mental Health and the University of South Florida.

With this training you will be able to:

- Identify at least three positive outcomes of drumming and spiritual practices when used as an evidence-based intervention to decrease psychiatric symptoms
- Learn techniques and methodology to incorporate drumming into clinical practice
- Learn to utilize drumming and spirituality practices as self-care tools

Join us as we drum together to celebrate  
Mental Health Awareness Month

Friday, May 17th, 2019 | 2p.m.- 4p.m.  
San Mateo Garden Center  
605 Parkside Way, San Mateo Ca.

Facilitated by Dr. Sal Nuñez

Brought to you by the Spirituality Initiative,  
Latino Collaborative and Native Indigenous  
Peoples Initiative of San Mateo County

Continuing Education Credits  
(2 CEUs) provided

Registration through LMS account or  
Eventbrite  
<https://www.eventbrite.com/e/drumming-spirituality-for-healing-and-recovery-tickets-60436777027required>.

Space is limited.

For questions please contact:  
Frances Lobos at [flobos@smcgov.org](mailto:flobos@smcgov.org)  
or (650) 372-3272



SAN MATEO COUNTY HEALTH  
BEHAVIORAL HEALTH  
& RECOVERY SERVICES



## **Event agenda**

2:00 Welcoming and Introductions

2:05 - 2:15 Opening Ceremony

2:15 - 3:30 Drumming as a Healing Art

Dr. Núñez will facilitate a medicinal drumming circle and discuss the healing properties of ceremonial drumming. Rhythms and song will be used to stimulate the body and mind and to generate group cohesion, social connectivity, and well-being. The circle will serve to discuss the use of spirituality and intentionality in healing; and the pathway towards higher consciousness through sacred space.

3:30 - 3:50 Closing Ceremony & Questions/Reflections

3:50 - 4:00 Post Test/Evaluation

## **Important Continuing Education Information**

This course is provided free of charge. Unless otherwise noted, all activities included within the course are eligible for CE credit. For those attendees that successfully complete the course, a completion certificate will be provided at the conclusion of the course or within 30 days via mail/email.

## **San Mateo County Behavioral Health & Recovery Services is approved to provide the following:**

- This course meets the qualifications for 2 hours of continuing Education credits for LMFTs, LCSWs, and LPCCs as required by the California Board of Behavioral Sciences. CAMFT CE Provider # 128414
- Provider approved by the California Board of Registered Nursing, Provider Number CEP1405, for 2 contact hours.
- Provider approved by CCAPP-EI, Provider Number 4C-06-400-1119 for 2 CEH's.

## **About the Facilitator**

Sal Núñez, PhD is a licensed psychologist and marriage family therapist, researcher, educator, and community advocate. Sal is a senior associate adjunct professor at the California Institute of Integral Studies and has taught in the College of Mind-Body Medicine at Saybrook University. He is tenured faculty at City College of San Francisco and founding Director of their Community Mental Health Certificate Program, funded by the San Francisco Department of Public Health (SFPDH). During the past 20 years, Dr. Núñez has been investigating the healing effects of rhythms, medicinal plants, song, storytelling and ceremony and leading Drumming Circles throughout the Bay Area.

## **Disclosure of Relevant Financial Relationships**

The speaker(s) and planner(s) declare that neither they, nor any member of their immediate families, have had a financial relationship in the past 12 months that is relevant to this training activity.

## **Cultural and Linguistic Competency**

The planners and speakers of this CME activity have been encouraged to address cultural issues relevant to their topic area. San Mateo County provides services through the Health Care Interpreter Network (HCIN). The San Mateo

County Language Assistance intranet site is at:

<http://intranet.co.sanmateo.ca.us/healthsystem/interpretation-translation>.

For more information on Cultural Competence resources San Mateo County Health System offers, visit the San Mateo County Office of Diversity and Equity website at: [www.smchealth.org/ode](http://www.smchealth.org/ode).