

Restorative Healing Pathways: Integrating Mindfulness, Sound, and Wellness Practices in Addiction Care Facilitated By Dr Orisha Bowers.

PARTICIPANT HANDOUT

Welcome and Thank you for joining. This session explores restorative practices, mindfulness, sound healing, and wellness strategies that support individuals and families impacted by addiction. These tools can be integrated into clinical sessions, group work, prevention programs, and family interventions.

1. Restorative Practices in Addiction Care

Restorative practices help rebuild what addiction often disrupts:

- Trust
- Connection
- Accountability
- Belonging
- Emotional safety

Core Tools:

- Check-ins & check-outs
- Circle prompts
- Repair conversations
- Community agreements

Reflection Prompt:

What does restoration look like in your work?

2. Mindfulness for Nervous System Regulation

Mindfulness supports:

- Reduced cravings
- Emotional stabilization
- Increased distress tolerance
- Improved mood regulation
- Trauma-responsive care

Simple Practices:

- Grounding breathwork
- Body scan
- Sensation tracking
- 4-7-8 breathing
- “Name 5 things you can see” grounding

Try This:

Take three slow breaths. Notice one sensation in your body without judgment.

3. Sound Healing as a Therapeutic Tool

Sound supports:

- Parasympathetic activation
- Stress reduction
- Emotional release
- Trauma recovery
- Group cohesion

Tools You Can Use:

NOTE: (You should seek training so you understand how and why these tools are used.)

- Singing bowls
- Chimes
- Tuning forks
- Humming or vocal toning
- Recorded soundscapes

Reflection Prompt:

What shifted for you during the sound experience?

4. Wellness Strategies for Recovery & Relapse Prevention

Wellness is a stabilizing force in recovery.

Daily Rituals:

- Hydration
- Sleep hygiene
- Movement
- Breathwork

- Nourishment

Somatic Tools for Cravings:

- Cold water on wrists
- Grounding touch
- Slow exhale breathing
- Movement or stretching

Family-Centered Wellness:

- Shared rituals
- Communication agreements
- Co-regulation practices
- Scheduled connection time

5. Build Your Wellness Toolkit

Choose a population (adolescents, adults, older adults, families) and identify:

- 3 grounding practices
- 2 daily wellness rituals
- 1 restorative prompt

6. Restorative Integration Circle

Choose one:

- One insight you're taking with you
- One practice you want to integrate
- One thing you want to restore

Closing Affirmation

May we continue to create spaces where healing is possible, connection is honored, and restoration is a collective practice.

Restorative Healing Pathways: Integrating Mindfulness, Sound, and Wellness Practices in Addiction Care

Facilitated by Dr. Orisha Bowers

Reflection Prompt 1:

What does restoration look like in your work?

Reflection Prompt 2:

What shifted for you during the sound experience?
