

Awakening Our Inner Healer: A Multi-Modal Approach to Mental Health Care Interventions

BONNIE KOWALIUK

Senses Mindfulness Coaching

INTRODUCTION:

Senses Mindfulness Coaching offers an eclectic approach to supporting optimal mental health which can be an effective adjunct to traditional models of health intervention when supporting individuals and groups who are experiencing acute and/or chronic mental health issues and challenges. Through the integration of mindfulness practices, music for prescription and coactive coaching, Senses Mindfulness will offer case studies and a rationale for the powerful impact that employing a multi-modal approach in supporting mental health on the spectrum of acute to chronic expression that leads to more effective brain function and brain health.

AIM:

To illustrate and demonstrate the impact that this unique approach to support optimal brain and mental health by supporting both whole brain function and the development of new neuro pathways and ultimately new habits of mind and being.

MATERIALS AND METHODS:

This experiential and interactive workshop will explore how a multi-modal approach to brain health and optimal mental health can be attained and supported via mindfulness/guided meditation practices which are integrated with music for prescription. An active demonstration will be extended to workshop participants with the intent to illustrate the benefits and to provoke discussion among participants about the therapeutic benefits of such a protocol for clients and support groups seeking to improve and to be empowered in their own inner healing and processing of thoughts, emotions, physical health issues associated with deep pain and suffering, loss and trauma. Reflective practices will be engaged in to explore and bring to surface thoughts relative to application and possible areas for continued applied research moving forward relative to supporting health and wellness goals of the whole person.

RESULTS:

- Discover potential health care benefits and applications relative to mental, emotional and spiritual well being
- Explore how this protocol and approach could transform how mental health challenges and help both empower and support client engagement relative to healing from the inside out; making the unconscious conscious
- Experience the impact that this type of multi-modal approach may have in supporting a wider spectrum of mental health care clients from first responders, health care practitioners, care-givers to those in the military and beyond
- Discuss and share possible areas of future applied research using this model in a variety of health care and community health care settings

CONCLUSIONS:

By engaging in a creative and exploratory process of healing from the inside out, the intended outcome is to awaken awareness, consciousness and understanding from a deeper level within our being as to how to engage the whole person and the whole brain in our inner healing and recovery process.

KEYWORDS:

Mental health, Emotional Intelligence, Expressive Arts, Mindfulness, Coaching, Brain health, Wellness, Holistic Models of Care, Music for Prescription

BIOGRAPHY:

- Bonnie Kowaliuk is a mindfulness coach and leadership consultant with a background in social worker, music therapy and leadership. Over the past 7 years she has been exploring brain-based approaches to learning, leadership, health and wellness. She is a Fellow of the Bonny Method of Guided Imagery and Music, which integrates prescribed music with mindfulness and psychotherapeutic approaches addressing issues from mental health to optimal learning and performance. Bonnie is a certified coactive coach and completed her intensive training to offer Mindfulness Based Stress Reduction and is in process to become certification in Mindfulness from Royal Roads University

