

Mindful Monday

Experiential Mental Health Practice

Christina Ruggiero, RP

October 9, 2023

Sound Healing



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The work of the Mountain Plains MHTTC is supported by grant H79SM081792 from the Department of Health and Human Services, Substance Abuse and Mental Health Services Administration.

The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

**STRENGTHS-BASED
AND HOPEFUL**

**INCLUSIVE AND
ACCEPTING OF
DIVERSE CULTURES,
GENDERS,
PERSPECTIVES,
AND EXPERIENCES**

**HEALING-CENTERED AND
TRAUMA-RESPONSIVE**

**INVITING TO INDIVIDUALS
PARTICIPATING IN THEIR
OWN JOURNEYS**

**PERSON-FIRST AND
FREE OF LABELS**

**NON-JUDGMENTAL AND
AVOIDING ASSUMPTIONS**

**RESPECTFUL, CLEAR
AND UNDERSTANDABLE**

**CONSISTENT WITH
OUR ACTIONS,
POLICIES, AND PRODUCTS**

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The background features a light beige color with faint, stylized leaf patterns in the upper left corner. On the right side, there are large, abstract, rounded shapes in shades of light brown and beige, with a white wavy line bordering one of them.

Mindful Monday Sound Healing

Christina Ruggiero

Masters Counselling Psychology

Registered Psychotherapist



3 month agenda



Oct 9, 23

Nov 6, 20

Dec 4

Grounding and welcome



What is sound healing?

- Sound healing uses specific frequencies of sound waves to affect the brain and nervous system.
 - When applied correctly, sound heals the body and promotes wellness.
- There's evidence towards sound healing as alternative medicine to heal cells, improve blood flow, improve thought process.
- With regular practice, can promote deep rest, nervous system rebalance, and/or emotional release.
- Includes
 - Guided Sound bath
 - Guided sound meditations
 - Vibroacoustic therapy
 - Chanting
 - Acutonics
 - Binaural beats

Benefits of sound healing

- Used for thousands of years to heal mental/physical ailments.
- Many people find: increase in energy, improved mental clarity, increased creativity, better relationships.

Soothing sounds should promote at least one of:

Deep Relaxation - causes body to release endorphins, serotonin, dopamine, oxytocin (“feel good” hormones).
Help us move OUT OF stress response, (lowering heart rate, blood pressure).

Better Sleep – slowed brain waves can occur during deep meditation and listening to relaxing sounds.

Pain Relief - physical pain = inflammation from release of certain hormones. Sound can cause release of endorphins, blocks the effects of inflammatory hormones, helps relieve pain.

Guided sound bath

- The most common type of sound therapy
- Lead by one or more musicians playing gongs, Tibetan or crystal singing bowls, temple bells, or other percussive instruments.
- Allows us to enter into a state of meditation, focusing on the soothing sounds and vibrations rather than thoughts.
- Different sound frequencies are felt in different parts of our body. The lower the frequency the deeper and lower in our body we feel the sound.



- Things that will happen...

- Mind wandering! When you notice, try redirecting back to the sounds and vibrations. We are building on the skill of redirection.

- Things that might happen...

- You may experience different emotions
 - Allow them to come up, and release if you feel comfortable. Let the sound heal.
- Vibrations may be too loud or strong for you if you are sensitive to noise (or even if your aren't!)
 - Turn the volume down/mute, or step away from the meditation.

The background features a light beige base with large, overlapping organic shapes in muted colors: a large brownish-taupe shape on the left, a greenish-olive shape at the top right, and a light grey shape at the bottom right. A thin white line curves across the bottom right area. The text is centered on the brownish-taupe shape.

Guided Sound Bath

Youtube – Healing vibrations



DISCUSSION

Questions?
What did you notice?

References to presentation, and where to learn more about today's meditation...

<https://www.yogabasics.com/connect/yoga-blog/sound-healingtitle>

<https://www.verywellmind.com/what-are-sound-baths-4783501>

Youtube – Healing vibrations

Thank You for Joining Us!

Mindful Monday

Experiential Mental Health Practice

October 23, 2023

Grounding

