



THE BRIDGE TO STABILITY

INTEGRATING MINDFULNESS IN
RECOVERY® WITH CLINICAL CARE





THE BRIDGE TO STABILITY:

INTEGRATING MIR™ MINDFULNESS WITH CLINICAL CARE

What It Is

MIR™ (Mindfulness in Recovery) is a structured, evidence-informed mindfulness program that supplements clinical treatment by providing consistent, skills-based practice. It turns therapeutic insight into lived behavior through repetition, experiential learning, and practical application.

Why It Matters

Clinical modalities explain why change is needed and how it can happen. MIR™ provides the training ground where residents repeatedly practice regulation, awareness, and values-based action, the missing link between insight and real-world stability.

How It's Delivered

- Ongoing Groups:

2-3 sessions per week to reinforce skills through repetition and integration

- Half-Day Workshops (3-4 hours):

Ideal for resident intensives, program refreshers, or step-down preparation

How It Integrates with Clinical Care

MIR™ directly supports CBT, DBT, ACT, EMDR, and trauma-informed approaches by strengthening attention, emotional regulation, distress tolerance, and self-compassion increasing resident readiness for therapy.

Benefits for Residents

- Improved emotional regulation and impulse control
- A portable daily practice that continues after discharge
- Reduced shame, isolation, and relapse vulnerability
- Stronger engagement in aftercare and peer support

Benefits for the Facility

- Protected time for clinicians to complete notes and clinical care tasks
- Increased focus and participation in core therapy groups
- Credentialed, audit-ready supplemental programming
- Enhanced long-term outcomes without adding staff burden

Bottom Line

MIR™ bridges the gap between treatment and real life supporting residents, strengthening clinical outcomes, and easing operational strain.

[SCHEDULE A FREE CONSULTATION](#)



INTRODUCTION: THE TRAINING GROUND FOR CLINICAL MODALITIES

Clinical modalities provide the why and the how of recovery.

MIR™ (Mindfulness in Recovery) provides the practice.

While your clinical team teaches theory, insight, and coping frameworks, MIR™ offers a structured, experiential training ground where residents repeatedly practice applying those concepts in real time. This consistency is what turns insight into behavior change. Residents are not just learning about recovery skills they are strengthening the mental and emotional “muscle” required to live them.

WHY CONSISTENCY MATTERS: MAKING SKILLS STICK

Sustainable change requires repetition. MIR™ is designed to be delivered 2–3 times per week, allowing residents to:

- Revisit the same core skills in different emotional states
- Practice regulation and awareness outside of crisis moments
- Integrate mindfulness directly into daily clinical programming

This rhythm creates continuity across the treatment week, reinforcing what residents are learning in CBT, DBT, ACT, EMDR, and trauma-informed groups. Over time, residents internalize these skills rather than viewing them as isolated concepts.

Flexible Delivery Options:

- Ongoing Groups (2–3x/week): Ideal for residential and PHP settings seeking consistent reinforcement
- Half-Day Workshops (3–4 hours): A powerful option for:
 - Program refreshers
 - Resident intensives
 - Milestone weeks or step-down preparation



1. CLINICAL INTEGRATION: BRIDGING THE GAP BETWEEN INSIGHT AND ACTION

A daily meditation practice combined with the seven core MIR™ skills strengthens and supports the modalities your team already uses.

MIR™ Skill	Clinical Counterpart (CBT, DBT, ACT, EMDR)	What happens in group
Attention & Wisdom	DBT (Mindfulness), CBT	Builds the attentional capacity needed to observe thoughts, urges, and narratives without immediate reaction
Equanimity	DBT (Distress Tolerance), EMDR	Trains residents to stay regulated within their window of tolerance during emotional activation.
Values & Action	ACT (Committed Action)	Moves values from a whiteboard exercise into lived, daily behavior patterns.
Compassion & Loving-Kindness	CBT (Cognitive Restructuring), Trauma-Informed Care	Establishes emotional safety and reduces shame, allowing residents to replace self-criticism with positive self-talk.

Rather than replacing clinical work, MIR™ amplifies it by preparing residents to engage more fully and effectively in therapy.



2. THE PORTABLE TOOLKIT: PREPARING RESIDENTS FOR LIFE AFTER THE BUBBLE

The ultimate goal of treatment is stability after discharge. MIR™ focuses on building a portable internal structure that residents carry into sober living, IOP, aftercare, and daily life.

INTEGRATING MIR™ MINDFULNESS WITH CLINICAL CARE

From Supervised to Self-Directed

Unlike therapist-led sessions, mindfulness practice is internally driven. Residents leave with a daily habit they can sustain without constant clinical oversight.

Widening the “Relapse Gap”

Attention and Equanimity create space between trigger and reaction. Wisdom helps residents recognize high-risk patterns earlier, before escalation occurs.

Strengthening Recovery Community

Compassion and Loving-Kindness reduce isolation, self-stigma, and emotional withdrawal key factors that often undermine engagement in aftercare and peer support.

This skill set directly supports step-down success and long-term retention in recovery resources.



3. BENEFITS FOR THE FACILITY: CLINICAL SUPPORT WITHOUT ADDED BURDEN

MIR™ is designed to add value without increasing strain on your team.

OPERATIONAL & CLINICAL ADVANTAGES

Built-In Relief for Clinical Staff

While I facilitate specialized MIR™ groups or workshops, your clinicians gain protected time to:

- Complete documentation and notes
- Follow up on individual client needs
- Address treatment planning and care coordination

Improved Group Engagement

Residents trained in Attention and Equanimity show increased focus, emotional regulation, and participation in core clinical groups.

Audit-Ready, Evidence-Based Programming

MIR™ is a credentialed, evidence-informed mindfulness approach that clearly complements clinical treatment plans and supports whole-person care.



SUMMARY: A PRACTICAL BRIDGE BETWEEN TREATMENT AND REAL LIFE

MIR™ provides what many programs are seeking but rarely have time to deliver consistently: structured practice, repetition, and integration.

It strengthens clinical outcomes, supports staff bandwidth, and equips residents with tools that extend well beyond discharge.

Give your residents the benefit of a guide who knows the way.

Drawing on more than three decades of lived recovery experience, I help residents transform clinical concepts into daily practices that support lasting stability.

Ready to explore how MIR™ fits into your program?

[SCHEDULE A FREE CONSULTATION](#)

Professional facilitation rooted in thirty years
of recovery.

