

Session IX Learning Plan

<i>Group Process</i>		<i>Resources</i>
1.	Session Overview	
2.	Making Sense of the Senses Screening for Sensory Irregularities Tool	Power Point – Ses.IX-R-1 Resource – Ses.IX-R-2 Pages 156 – 164
3.	Complete the Well-being Facilitation Plan – Needs #6	Page 45
4.	Preventing and Managing Physical and Emotional Suffering	Pages 272 – 275
5.	B-FIT Mindfulness Exercise # 5 – Preventing and Managing Pain to Reduce or Relieve Suffering	Pages 276 – 277
6.	The Path to Awakening – Bret Story	Pages 351 - 352
7.	Meaning, Purpose and Heart – Exceptional Support Professional Already	Page 341 – 351
8.	Living What You Learn	Pages 354 – 357

Session Follow-up and Preparation:

- Review all Resources
- Read CCS Text Book pages referenced above
- Mindfulness Practice – 15 minutes x 5 sessions each week