

Session 3 Learning Plan

Group Process		Resources
1.	Welcome and Session Overview	
2.	Supporters' Hierarchy of Needs - Exercise	Textbook page 40
3.	Breaking The Recurring Cycle of Behaviour	Textbook page 26
4.	GI, Bowel, Digestive and Immune Systems' Holistic Treatment and Pain Management	Power Point – Ses.3-Res.1 Handout Textbook pages 88 – 108
5.	Well-being Planning Process – Gastrointestinal, Bowel and Digestion (Needs #2)	Textbook page 43
6.	Supporters' Human Competencies, Mindful Emotional Self-Regulation Skills, Self-Assessment	Textbook page 183
7.	Mindful Emotional Self-Regulation – Self and Others and Personal Qualities	Textbook pages 184–185
8.	B-FIT Mindfulness – What is it and Reasons to do it	Textbook pages 189–203
9.	A Mindfulness Self- Assessment	Textbook page 212
10.	B-FIT Mindfulness Instruction (Labelling)	Textbook page 263
11.	B-FIT Mindfulness Practice Session Exercise #1	Textbook pages 264–266
12.	The CCS 5 Stage Support Process – Step # 1 Catch	Textbook pages 397–399

Follow-up and Preparation:

- Read all Text Book References
- Mindfulness Practice - www.centreforconsciouscare.ca – 11-minute mindfulness
- Mindfulness Practice – 10 minutes x 5 sessions
- Video #1 - Dr. Mark Hyman (*Glutathione – The Mother of all Antioxidants*)