

Session 4 Learning Plan

<i>Group Process</i>		<i>Resources</i>
1.	Hierarchy of Service Needs	Textbook page 35
2.	15 Awareness Based Calming and De-escalation (BB ABC) Tools	Textbook pages 57–65
3.	Needs #1 – Planning Process	Textbook page 42
4.	Integrating CCS with Behavioural and Mental Health Interventions	Textbook pages 65–72
5.	Facilitating Optimal Living, Learning & Well-being Through Discovering and Disengaging from PFP Programming	Power Point – Ses.4-Res.1 Handout Textbook pages 287–299
6.	Fruitful and Faulty Filters Discovery – Part I Birth Order Exercise	Textbook pages 300–305
7.	Filters Self Assessment (PART TWO – Appendix I)	Textbook pages 362 – 381
8.	B-FIT Mindfulness Practice Session #2 – Awareness and Ahh-llowing of the 4 B-FIT Senses	Textbook pages 266–268

Session Follow-up and Preparation:

- Read all Text Book References
- B-FIT Mindfulness Practice – 10 – 12 minutes x 5