

Session 6 Learning Plan

<i>Group Process</i>		<i>Resources</i>
1.	Session Overview	
2.	A Clarifying CCS Process	Textbook pages 382–386
3.	Stress Inducers and Reducers (reference 1 – 15).	Textbook pages 169–170
4.	Brain Development, Coherence Balancing and Inflammation Regulation	Power Point – Ses.6-Res.1 Handout Textbook pages 123–139
5.	Complete the Well-being Facilitation Plan – Needs #4	Textbook page 44
6.	B-FIT Mindfulness Exercise #4 – Stress Rehearsal	Textbook pages 271–272
7.	15 Support Strategies for Advocating with Professionals	Textbook page 51

Session Follow-up and Preparation:

- Read CCS Text Book Pages (reference above)
- Mindfulness Practice – 15 minutes x 5 sessions