

Conscious Care and Support

Instructor Guide

Learning Plan: Session 10

Time Allotment: 3.5 hours (210 minutes)

Time	References	Did It Work?		If no, what needed to be changed?
		Yes	No	
5 mins Objective: Activity:	Session Review Review Session X Learning Plan			
5 mins Objective: Activity:	Review U of T assignment and certification requirements Read the U of T Assignment Requirements Handout			
Needs Area #7- Accommodations, Behaviour (ABA Learning), Communications and Contributing to the Wellbeing of Others				
10 mins Objective: Activity:	Describe the CCS Hierarchy of Needs and make comparison to Maslow's Hierarchy of Needs Refer to CCS Textbook pg. 158 Review "What My Symptoms Are Saying"	CCS Textbook (pg. 166)		
30 mins Objective: Activity:	Explain how as supporters, we assist in facilitating life skills, meaningful days, socially valued roles through community connections. Refer to "The Abundant Community" by John McKnight and Peter Block. List out the steps to help supporters promote meaningful connections.	CCS Textbook (pgs. 167-168)		
15 mins Objective: Activity:	Explain that assessing the likelihood that various activities have a positive effect on the person will help determine what is considered meaningful By using chart found in CCS Textbook on pg 168-169 list out activities that have an effect.	CCS Textbook (pgs. 168-169)		

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15 mins Objective: Activity:	Review how supporters can integrate CCS interventions with behavioural and mental health interventions. Refer to CCS Textbook pg. 65	CCS Textbook pg. 65-70			
10 mins Objective: Activity:	Review the CCS humanistic psychological approach to understanding maladaptive behaviours. List and describe the fundamental needs that all humans attempt to have met • Need for connection and perceived self-worth; • Need to use power struggles to emotionally distract themselves; and • Need to overcome feelings of inadequacy.	CCS Textbook pg. 66-67			
15 mins	BREAK				
15 mins Objective: Activity:	Review the essential insights for integrating CCS and behavioural support strategies. Discuss the insights as listed in the CCS Textbook pg. 69-72	CCS Textbook pg. 69-72			
20 mins Objective: Activity:	Complete Wellbeing Facilitation Plan Needs Area #7 Groups to work together to complete continue, stop, start for Needs Area #7.	Wellbeing Facilitation Plan CCS Textbook			
5 mins Objective: Activity	CCS Wellbeing Facilitation Plan and Future Consulting Discuss the implementation of the plan outside of the course. • Meeting with team • Integrating within current support plans • Experts of team for each Needs Area Discuss opportunities for future consultation from CCC Trainer.				

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10 mins Objective: Activity:	Review of Part One Conclusion- CCS Support Best Practices to Enhance Wellbeing List summary found in CCS Textbook on pg 180-181 and/or Low Hanging Fruit Handout	Low Hanging Fruit Handout CCS Textbook (pgs. 180-181)			
10 mins Objective: Activity:	Complete the Emotional Maturity Relationship Self-Assessment Each participant to complete the emotional maturity self-assessment. Discuss the difference between the size of squares on the assessment and how this assessment connects with authenticity, awareness and quality of relationships.	CCS Textbook (pgs. 384-385)			
10 mins Objective: Activity:	Review summary of the Five Stage CCS Process- Catch, Calm, Clarify, Choose, Connect and how it can allow optimal support to people and families. Discuss the importance of the five stage process. Review the CCS BASICS for Wellbeing found in the CCS textbook on pg. 429.	Session X Slide Deck (slides 1-12)			
5 mins Objective: Activity:	Discuss the insights as a conclusion of PFP programming and search from freedom of PFP. Read “Awakening” in CCS Textbook on pg. 335	CCS Textbook (pgs. 333-334)			
5 mins Objective: Activity:	Review the gifts of the “dual path” as a supporter. Read “The Dual Path” reflection found in the CCS Textbook (pg.430-431).	CCS Textbook (pgs. 430-431)			
15 mins Objective: Activity:	Course Wrap Up and Thank you Share with class feelings of gratitude for having them share their time with one another.				

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	Encourage them to continue to work skillfully and compassionately for the people and families they serve. Have each person share their most insightful learning throughout the course.				
10 mins Objective:	Take pause for self-reflection of learning Each participant to complete Class Learning Log. Each participants to complete Conscious Care and Support Course Outcomes.	Session X Learning Log Conscious Care and Support Course Outcomes Handout			