

Conscious Care and Support

Instructor Guide

Learning Plan: Session 8
Time Allotment: 3.0 hours (180 minutes)

Time	References	Did It Work?		If no, what needed to be changed?
		Yes	No	
mins Objective: Activity:	Session Overview Review Learning Plan			
mins Objective: Activity:	Human Energy System –A Need for Building, Balancing and Protection from Wireless Radiation and Electromagnetic Fields (EMF) - Describe that like many other allergens and pollutants that can compromise health, contaminants and electromagnetic pollution have been directly linked to compromised wellbeing. - State that we must get much better at protecting the biological vulnerability of people supported. - Review that toxins deplete the human energy system and can cause anxiety, anger and aggression. - Review Probable Risks Associated with Long Term and Short Term Exposure.			
mins Objective: Activity:	Station Demonstrations of Dirty Electricity and Radio Wave Radiation *It's worth noting that stations can be done if there are two instructors or more co-teaching the session. If there is only one instructor, as the instructor, demonstrate the technologies with volunteers from the class instead of creating stations. Demonstrate in front of the group three			

	demonstrations: ○ Dirty Electricity Filter (Greenwave Filter) and EMF meter in outlet of room. ▪ Plug in EMF meter into outlet and note dirty electricity reading. Plug filter into outlet and then plug EMF meter into outlet. Note the drop in emission. ○ EMF meter and Cellphone ▪ Turn on EMF meter. Have participant send a text message or email to someone and before hitting send, put the phone closely up to the meter. Have the participant send the message. Note any spikes in the meter readings. ○ Large EMF meter and Grounding Mat ▪ Turn on large EMF meter and have participant hold on to end of meter that reads the microvolts carried by the person's body. While holding the end of the meter, have the participant step on the grounding mat. Note the decrease in measurement of the microvolts			
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mins Objective: Activity:	Optimal Solutions to minimize the “fallout” of EMF - Review summary of optimal solutions - Reference work of Martha Herbert and possible connections of EMF to Autism. - Reference the CBC Marketplace Exposure Cell Phone Safety (20minutes video).	PowerPoint Session VIII-R-1 (slides 6-7) CCS Textbook (pg. 142-143) https://www.youtube.com/watch?v=Wm69ik_Qdb8			
mins Objective: Activity:	Review Sleep Disturbances Review summary of optimal support solutions	PowerPoint Session VIII-R-1 (slides 8-10)			
mins Objective: Activity:	Complete the Wellbeing Facilitation Plan- Needs Area #5 Have participants break up into planning groups and complete Needs Area #5	Wellbeing Facilitation Plan			
mins Objective: Activity:	BREAK				
mins Objective: Activity:	Mindful and Compassionate Self-Regulation - Refer and review illustration, The Emotional Self-Regulation Continuum. - Describe that mindful self-regulation can vary on a scale from 1-10 with a potential to live more often at an 8-10 on the continuum.	CCS Textbook (pgs. 222-223)			
mins Objective: Activity:	Our Human Predicament- Optional - Review that almost every moment in our life is filtered through our PFP. - Describe inattentional blindness and how often we are oblivious to what is happening around us in our daily				

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	interactions- our PFP has become so natural ,we don't even notice it. ○ To help explain inattentional blindness, show “The Monkey Business Illusion” . • Refer and review illustration, Our Human Predicament- Optional. • Describe that as we become more mindful, we have the choice to have intentional and informed responses to the data that is pre-processed by our PFP rather than just mindlessly reacting to it. We can awaken!	https://www.youtube.com/watch?v=f94o3B3csYI CCS Textbook (pg. 296)			
mins Objective: Activity:	Cognitive Bias • Review the Mindfully Breaking Out of the PFP Prison of Cognitive Bias chart	CCS Textbook pgs.(219-220) Monkey Business Illusion- https://www.youtube.com/watch?v=IGQmdoK_ZfY			
mins Objective: Activity:	B-FIT Mindfulness Exercise #4- Stress Rehearsal • Lead the participants through the exercise for 20 minutes.	CCS Textbook (pgs. 272-273)			
mins Objective: Activity:	Intentions and Intuitive Skills • Describe intentionality as the projecting awareness with purpose and meaning towards positive outcome. • Describe that intentions beyond our normal understanding of awareness is the step of Conscious Connecting. • Review the connection between Intention, Intuitive Relating and Emotional Contagion. • Review the conclusions of Intention and the Impact of Emotional Contagion on the People Supported • Read Intentions for Others	CCS Textbook (p. 336) (pgs. 337-338) (pg. 339) (pg. 340)			

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mins Objective: Activity:	Session Preparation and Learning Log • Review readings and homework found on Session 8 Learning Plan • Have each participant complete the Session 8 Learning Log	Session 8 Learning Log		
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