

Time Allotment: 3.0 hours (180 minutes)

Time		References	Did It Work?		If no, what needed to be changed?
			Yes	No	
5 mins Objective:	Session Overview	Session 7 Learning Plan			
Activity:	Review Learning Plan				
10 mins Objective:	Human Energy System- A Need for Building, Balancing, and Protection from Wireless Radiation and Electromagnetic Fields (EMF)	PowerPoint Session V I-R-1 CCS Textbook (pg. 140-152) (slides2-3)			
Activity:	- 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 we support. - Review that toxins deplete the human energy system which can increase anxiety, and expressions of agitation and aggression. - Review Probable Risks Associated with Long Term and Short Term Exposure	(slides 4-5)			
30 mins Objective:	Station Demonstrations of Dirty Electricity and Radio Wave Radiation				
Activity:	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 rather than creating	Dirty Electricity Filter (Greenwave Filter) EMI Meter (Greenwave Meter) EMF Meter Cellphone Volt Meter Grounding Mat			

	different stations. • Demonstrate in front of the group three demonstrations: • Dirty Electricity Filter (Greenwave Filter) and EMI Meter in outlet of room. ○ Plug in EMI Meter into outlet and note dirty electricity reading. ○ Plug filter into outlet and then plug EMI 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 close to the meter. ○ Have the participant send the message. ○ Note any spikes in the meter readings. • Volt Meter and Grounding Mat ○ Turn on Volt 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.				
10 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 Expose-Cell Phone Safety (20minutes video).	PowerPoint Session V I-R-1 (slides 6-7) CCS Textbook (pg. 140-152) https://www.youtube.com/watch?v=Wm69ik_Qdb8			

10 mins Objective:	Review Sleep Disturbances	PowerPoint Session VIR-1 (slides 8-11)			
Activity:	Review summary of optimal support solutions				
15 mins Objective:	Complete the Wellbeing Facilitation Plan- Needs Area #5	Wellbeing Facilitation Plan			
Activity:	Have participants break into planning groups and complete Needs Area #5.				
15 mins Objective:	BREAK				
Activity:					
10 mins Objective:	Mindful and Compassionate Self-Regulation	CCS Textbook (pgs. 222-223)			
Activity:	- 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.				
15 mins Objective:	Our Human Predicament- Optional	CCS Textbook (pg. 296)			
Activity:	- 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 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- Optimal. - Describe that as we become more	https://www.youtube.com/watch?v=f94o3B3csYI			

	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!				
10 mins Objective: Activity:	Cognitive Bias Review the Mindfully Breaking Out of the PFP Prison of Cognitive Bias chart.	CCS Textbook (pg. 219-220)			
25 mins Objective: Activity:	B-FIT Mindfulness Exercise #6- Healing Compassion Practice Lead the participants through the exercise for 20 minutes	CCS Textbook (pg. 277-278)			
10 mins Objective: Activity:	Stress Inducers and Reducers - Explore Stress Inducers/Reducers #16-33 with the group. - Explain that this tool can be a useful tool to determine the deeper needs of the person they support along with offering additional considerations of support. - Explain that this can be useful to use in upcoming team discussions as the team continues to improve the quality of support offered.	CCS Textbook (pg. 171-173)			
10 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	CCS Textbook (pgs. 336-340)			

	Read Intentions for Others				
5 mins Objective: Activity:	Session Preparation and Learning Log - Review readings and homework found on Session 7 Learning Plan - Have each participant complete the Session 7 Learning Log	Session 7 Learning Log			