



Week One

Awareness Based Calming and De-escalation Skills Offered by A Mindful Supporter



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Contributors to Conscious Care and Support

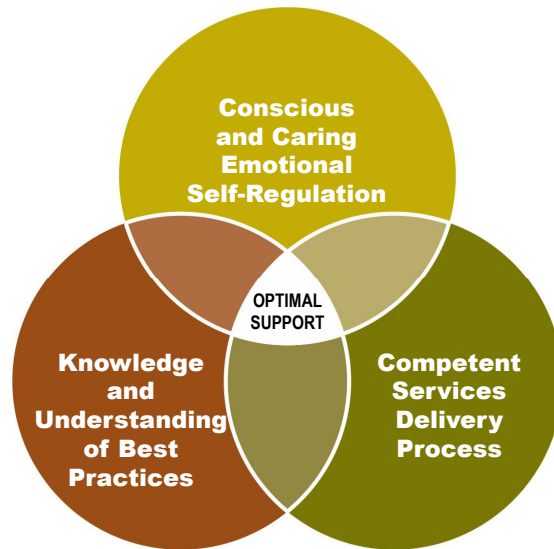
***Conscious Care and Support* has been developed while supporting, training or in direct consultation with:**

- Approximately 3,000 Moms, Dads, and Support Professionals.
- Dr. John Ratey, Associate Clinical Professor of Psychiatry at Harvard Medical School (reference 8 books on mental health and autism and other developmental disabilities including 'Spark' and 'Shadow Syndromes').
- Dr. Theresa Hamlin, Associate Executive Director of The Center for Discovery and her staff. Dr. Hamlin is the author of 'Autism and the Stress Effect'.
- Dr. Martha Herbert, Assistant Professor of Neurology at Harvard Medical School and a Pediatric Neurologist at Massachusetts General Hospital, where she is Director of the Transcend Research Program. She sits on the Scientific Advisory Committee for Autism Speaks (reference 'The Autism Revolution').
- Dr. Shinzen Young, Mindfulness Research Consultant, Harvard Medical School.
- Universities of Toronto and Western Ontario/London Health Sciences Centre and Centre for Addiction and Mental Health (CAMH)

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To Consistently Deliver Optimal Support



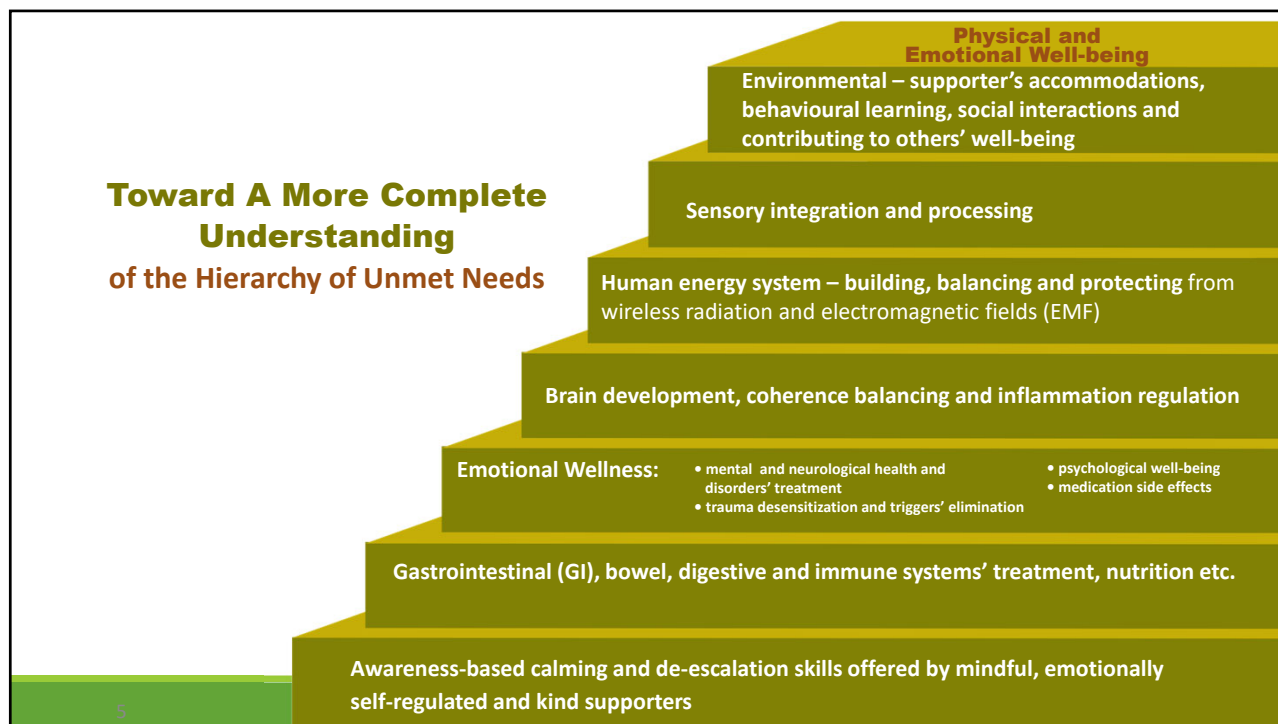
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A View of Anxiety



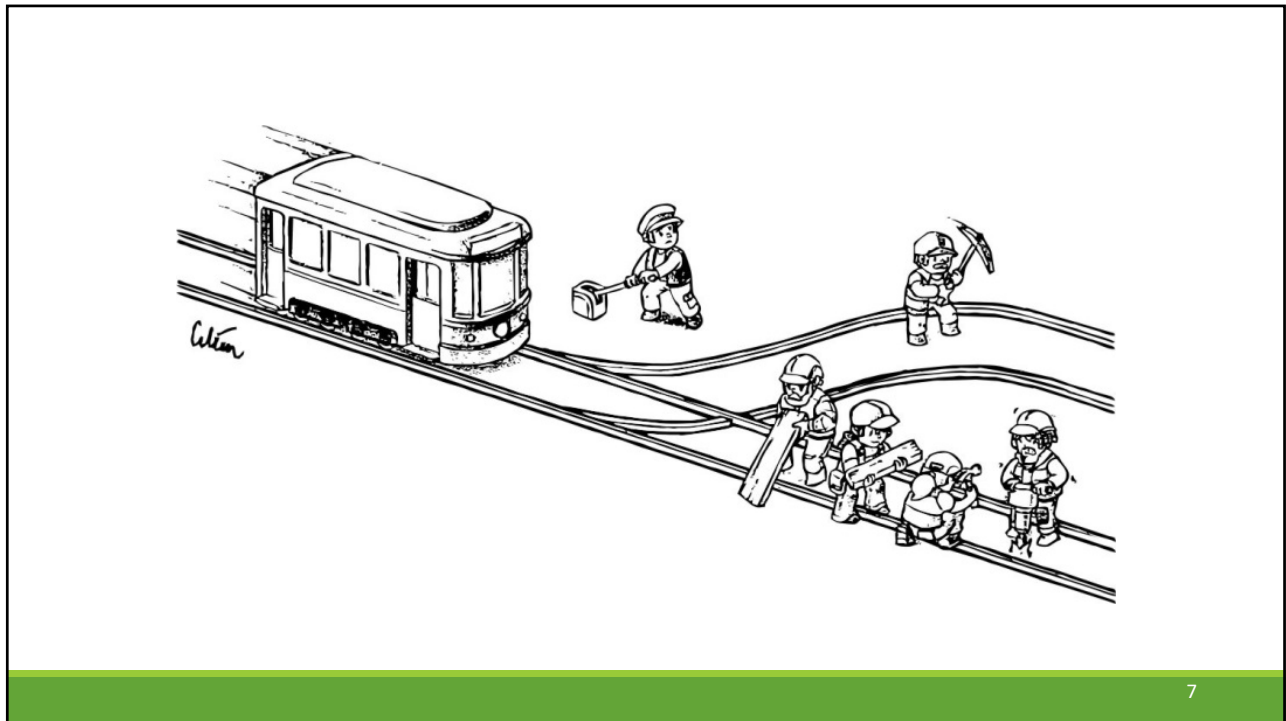
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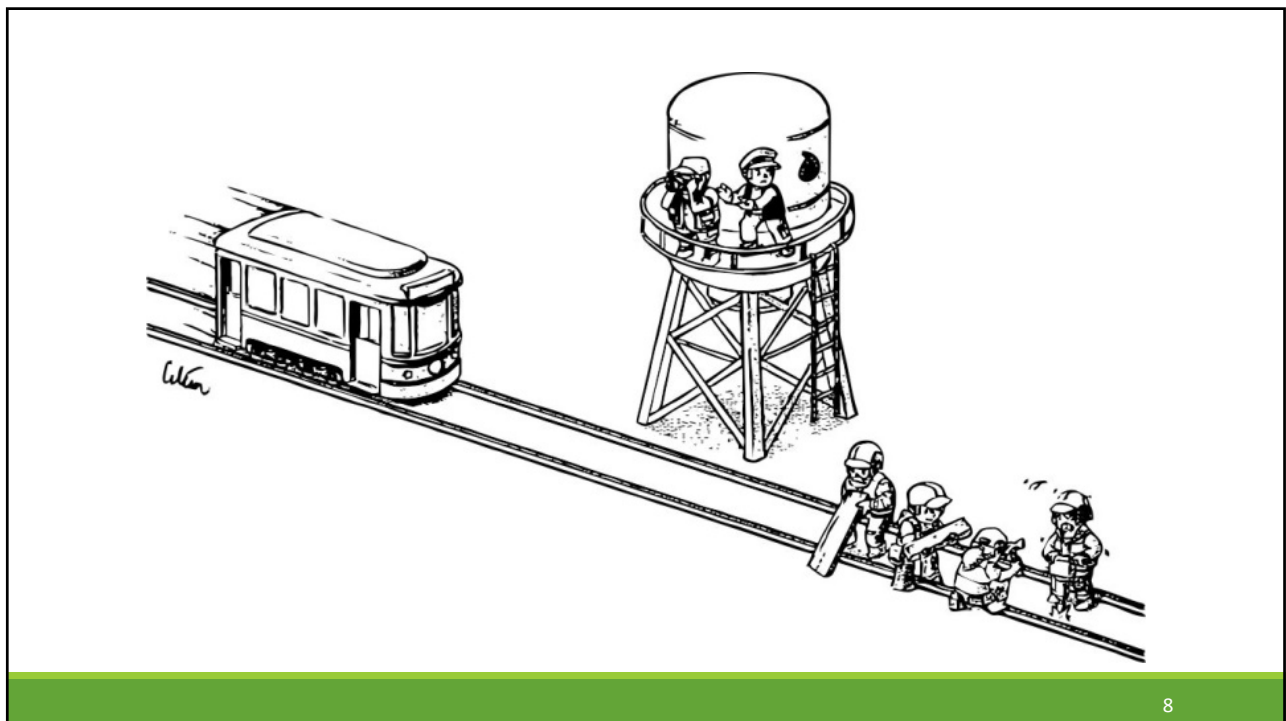
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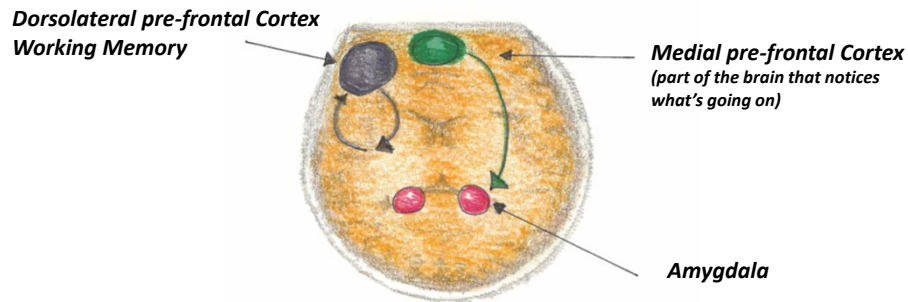
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Mindful Emotional Self Regulation

The main way we can consciously access the emotional brain is through self awareness*, i.e. becoming mindful. Mindfulness increases connections in the medial pre-frontal cortex. This reduces anxiety for the Supporter and the Person Supported.



LeDoux, J. (2013). Emotion circuits in the brain. *Journal of Neuroscience* 33(9), 3815-3823

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According to many published Neuroscientists, including Dr. Daniel Siegel (UCLA) in his book called ***The Mindful Brain*** (page 42 and 43) the following brain, body and being functions correlate with the activity of medial areas of the prefrontal cortex:

- 1. Body regulation**
- 2. Attuned communication**
- 3. Emotional balance**
- 4. Response flexibility**
- 5. Empathy**
- 6. Insight or self-knowing**
- 7. Fear modulation**
- 8. Intuition**
- 9. Morality**

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Examples of CCS Tools to Enhance Self and Others' Mindful Emotional Self Regulation

- Bilateral, Biomeridian Awareness Based Calming (BB-ABC) e.g. Rocking, Butterfly Hugs, Hand Activation
- Calming others by calming oneself – emotional contagion and mirror neurons
- B-FIT Mindfulness (the essential tool to initiate Conscious Care and Support)

All Tools must be practised during times of calm.

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Bilateral, Bio-Meridian Awareness Based Calming (BB-ABC)



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Bilateral, Biomeridian Awareness Based Calming (BB-ABC)

- **Butterfly Hug**
- **Collar Bone Activation**
- **Hand Activation**

All Tools must be practised during times of calm.

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BB ABC Calming Interventions

BB-ABC Exercise # 1: Butterfly Hug:

The butterfly hug can be readily taught for self-administration to the vast majority of children, youth and adults we support. Supporters can model this simple practice at any time of the day and thereby help influence others to start the practice.

- Fold arms across the chest so that the left hand rests on the right bicep and the right hand rests on the left bicep.

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BB-ABC Exercise # 1: Butterfly Hug: *(cont'd)*

- Raise one hand and apply pressure on one bicep (thus activating the brain), then the other. Alternate at a rate of one activation per second. Both the individual and the supporter count out loud: “1,000 Here; 2,000 Here,” up to 10,000 and start over. “Here” is an essential label to keep both you and the individual mindful in each moment of activation.

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BB-ABC Exercise # 1: Butterfly Hug: *(cont'd)*

- As the person supported activates, model and label the exact behaviour.
- Whenever you (the supporter) are not talking, silently and mindfully intend calm.
- Continue for up to five minutes. If agitation or difficult feelings continue, introduce other parts of the Behaviour Support Plan and return to the most suitable BB-ABC exercise.

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BB-ABC Exercise # 2: Collar Bone Activation

- Using the three middle fingers on each hand, alternate from left side to right side each second, activating the “sensitive” acupressure point of the collar bone region approximately one inch from the top of the collar bone.
- Refer to Exercise #1 for instructions about timing, role modeling, intentions and affirmations.

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BB-ABC Exercise # 3: Hand BB Activation by Supporter

- As appropriate, you (the supporter) hold the individual’s hands. Your thumb activates the “sensitive” space between the thumb and index finger of the individual’s hand.
- Activate this region in each hand following the timing, role modeling and intentions as described in instructions for Exercise #1.
- For all exercises remind the recipient to notice how it feels by labeling “here” or blinking if nonverbal. This teaches mindfulness and activation of brain-calming circuits, (e.g., the medial prefrontal cortex).

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Other Examples of CCS Tools to Enhance Self and Others' Mindful Emotional Self Regulation

- Sensory Assessment and Addressing Any Dysregulation
- Activities of Bouncing and Balancing
- Activities of Self-Awareness
 - Eye Spy Games
 - Mindful Walking
 - Mindful Movement
 - Mindful Breathing

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Calming Others by Calming Oneself



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Calming Others by Calming Oneself

- **Emotional Contagion**
Calm begets Calm. Fear begets Fear.
- **Neuroception**
- **Mirror Neuron Activation**

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B-FIT Mindfulness (the essential tool to initiate Conscious Care and Support)



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How to Escape from the 'Dog Eat Dog' World

- If you can always be cheerful, ignoring aches and pains;
- If you can resist complaining and boring people with your troubles;
- If you can understand when your loved ones are too busy to give you any time;
- If you can take criticism and blame without resentment;
- If you can relax without alcohol;

...Then You Are Probably

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The Family Dog!



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Our Human Predicament and Potential

We human folks are different from other animals with whom we share this planet.

This is because we have the potential to be conscious. This is to know that we are here and as a result can make choices that your average dog likely can't.

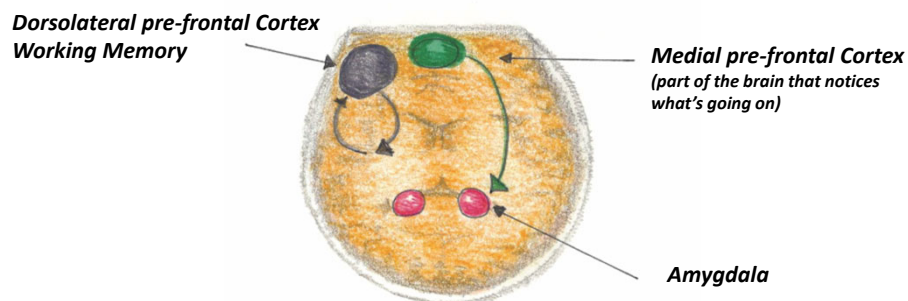
Become aware that you are listening to me right now.
Let's call this being somewhat more conscious.

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Mindful Emotional Self Regulation

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(*Research reference: J. LeDoux, "Emotion Circuits in the Brain", Journal of Neuroscience 33, no. 9 (2013) 3815-23)

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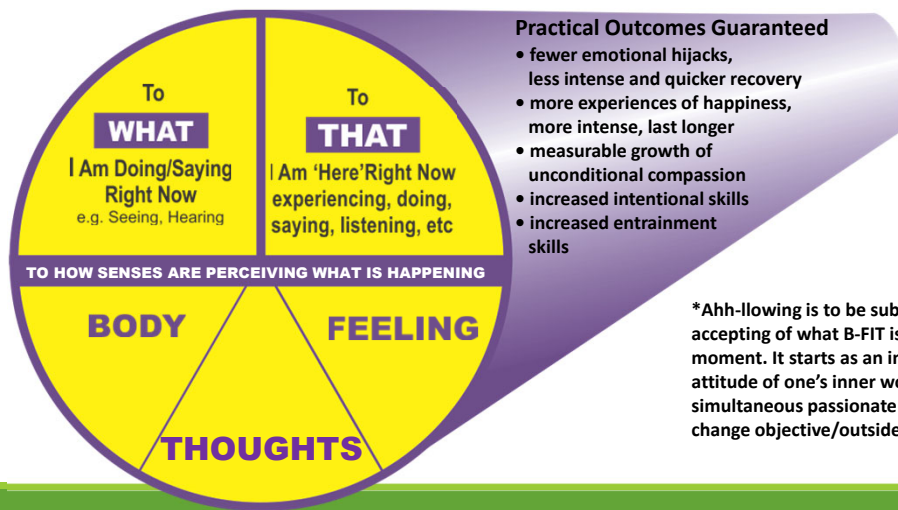
Write Your Signature

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B-FIT MINDFULNESS IS...

Being Ahh-llowing* of and Paying Attention:



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Looking with greater clarity

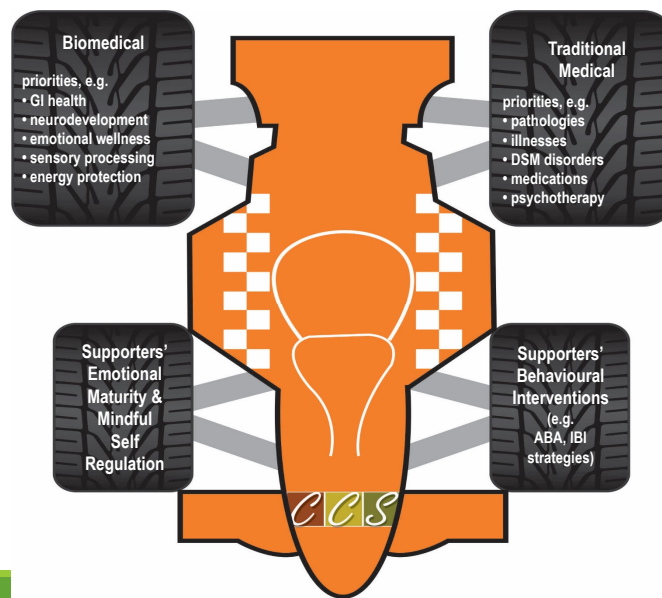
The Mindfulness microscope reveals a more complete and accurate experience of one's B-FIT senses, perceptions and misperceptions.



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Comprehensive Anxiety Reduction



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TOWARD A MORE COMPLETE UNDERSTANDING OF HOW TO SUPPORT INDIVIDUALS WITH AUTISM AND OTHER DEVELOPMENTAL DISABILITIES

The theory and practice on which Conscious Care and Support is based, has been well investigated and in some cases extensively evaluated. Some of the main Recommended References and Resources are:

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