

Conscious Care & Support Discussion Series (October – November 2022)

CCS applies practical research from the disciplines of including but not limited to mindfulness, neuroplasticity, social neurobiology, emotional freedom therapy, nutrition, gastrointestinal health, and sensory regulation.

WHO IS THIS FOR?

Brought to you in partnership by [Community Living Windsor](#), [A Centre for Conscious Care](#), and [The Jeder Institute](#), this series is intended for families and carers, direct support professionals, leaders, therapists, and anyone with an interest in making a difference within the lives of others.

FACILITATORS



Adriana McVicker
Community Living Windsor



Jason Emmins
The Jeder Institute



Michaela Kennedy
The Jeder Institute



Xavier Noordermeer
A Centre for Conscious Care

WHAT IS THE FOCUS?

The first four sessions will unpack sections of the Conscious Care and Support best practices framework providing education along with practical examples and ideas for implementation. The last four sessions will explore us more deeply as supporters by discussing the “human predicament”, building emotional self-regulation through B-FIT mindfulness, and increasing our capacity to bring optimal, skilled, and compassionate services and care to those we support.

WEEK ONE- Awareness Based Calming and De-escalation Skills offered by a Mindful Supporter

- What is Anxiety? – Traditional and Additional Approaches to De-Escalation – Building Mindful Emotional Self-Regulation

WEEK TWO- Gastrointestinal (GI) and Bowel Health

- GI, Bowel & Digestive Health is the Foundation for a Healthy Mind – Allergens, Intolerances, Infections

WEEK THREE- Emotional and Mental Health

- Effects of Trauma – Psychotropics and Mood Stabilizers – Our Roles as an Advocate – Gut/Brain Connection

WEEK FOUR- Brain Development and Coherence – Sensory Integration and Processing

- Neurogenesis, Neuroplasticity and Neurochemicals – Brain Coherence – Gut / Brain Connection and Inflammation – Hyper and Hypo Active Sense Stores

WEEK FIVE- The “Human Predicament” Part One

- Exploring “the human predicament” in which we all live driving us to our less-than-optimal selves when providing support

WEEK SIX- The “Human Predicament” Part Two

- Continuing the discussion from Part One – Exploring our “Filters” (both faulty and fruitful), our beliefs, and biases

WEEK SEVEN- Increasing Self-Awareness to Self-Expression through B-FIT Mindfulness

- Building the skill set of emotional self-regulation through mindfulness – Exploring “4 tools” to enable optimal support

WEEK EIGHT- “5-C’s” of Support: Catch, Calm, Clarify, Choose, Connect

- Bringing it all together - The supporter’s framework to offer optimal support – What now?