

Session 2 Learning Plan

<i>Group Process</i>		<i>Resources</i>
1.	Welcome and Session Overview	
2.	A More Complete Understanding of Optimal Support	Textbook page–31
3.	Developing Emotionally Self-Regulated and Kind Supporters – Claim Your Brain, Start Your Heart	Power Point – Ses.2-Res.1 Handout Textbook pages 213–216
4.	Developing Emotionally Self-Regulated and Kind Supporters – Breaking Out of PFP Prison	Power Point – Ses.2-Res.2 Handout Textbook pages 216–220
5.	Session Preparation and Learning Log	SurveyMonkey

Follow-up and Preparation:

- Read all Text Book References
- Mindfulness Practice - www.centreforconsciouscare.ca – Disc 9 – Track 1