
CONSCIOUS CARE & SUPPORT



Conscious Care and Support

Developing

Emotionally Self-Regulated & Kind Supporters

Facilitating

Comprehensive Biomedical Support & Treatment



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www.centreforconsciouscare.ca

Contributors to Conscious Care and Support

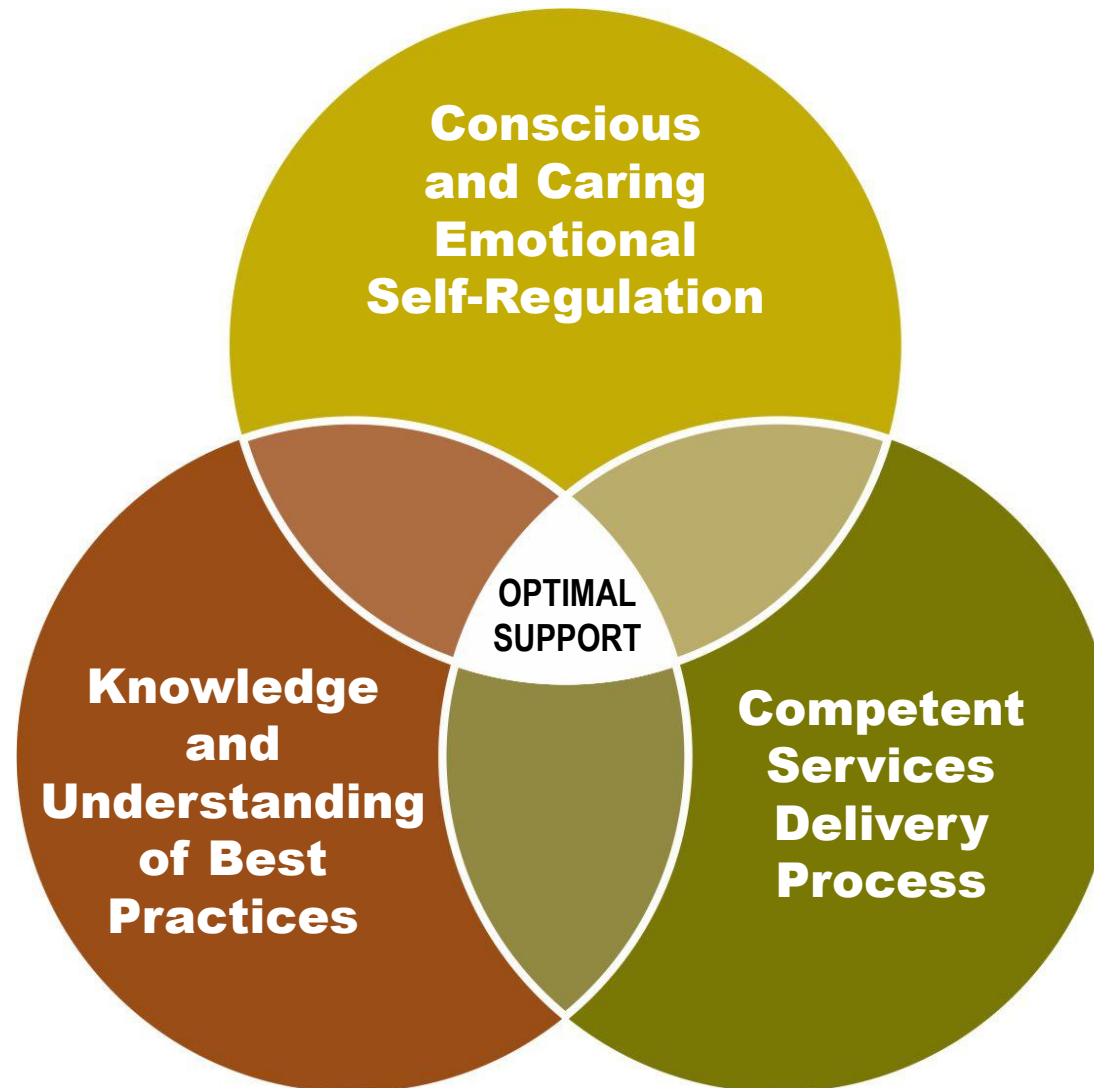
***Conscious Care and Support* has been developed while supporting, training or in direct consultation with:**

- 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)

CCS Contributing and/or Trained Organizations & Agencies

- Autism Ontario
- Community Living Ontario
- Community Living Thunder Bay
- OASIS (Ontario Agencies Supporting Individuals with Special Needs)
- Community Living Windsor
- Community Living Cambridge
- Rygiel Supports for Community Living
- Community Living Oakville
- London Health Sciences Centre
- McMaster University
- University of Toronto
- Kerry's Place
- Ministry of Education Special Needs Division
- Ongwanada
- Sunbeam Community & Developmental Services
- Crest Support Services
- Norfolk Association for Community Living
- Community Living Kincardine
- Durham Association for Family Respite Services
- Christian Horizons
- Community Living Burlington
- Parents for Community Living
- Extend-A-Family Toronto and Waterloo
- Community Living Welland Pelham
- Community Living St. Marys and Area
- Community Living Chatham-Kent
- Community Living Stratford and Area
- Windsor-Essex Family Network
- Community Living Prince Edward

To Consistently Deliver Optimal Support – The Supporter Needs Three Key Professional and Intrapersonal Qualities



Conscious Care and Support First Principles

1

Co-Occurring Conditions not the Diagnosis

Facts About Autism and Other Developmental Disabilities

*The American Academy of Pediatrics
dedicated to the health of all children.*



“Autism behaviours have been adopted as unofficial criteria in the assessment of Autism, but there is no evidence supporting the attribution of behaviours such as head banging, aggression and night waking to the pathophysiology of Autism. Parents and supporters should be aware that these maybe the primary or sole symptom of underlying (bio)medical conditions.” (Buie et al., 2010)

Buie, T., Campbell, D. B., Fuchs, G. J., 3rd, Furuta, G. T., Levy, J., Vandewater, J., Whitaker, A. H., Atkins, D., Bauman, M. L., Beaudet, A. L., Carr, E. G., Gershon, M. D., Hyman, S. L., Jirapinyo, P., Jyonouchi, H., Kooros, K., Kushak, R., Levitt, P., Levy, S. E., Lewis, J. D., ... Winter, H. (2010). Evaluation, diagnosis, and treatment of gastrointestinal disorders in individuals with ASDs: a consensus report. *Pediatrics*, 125 Suppl 1, S1–S18. [URL](#)

Dr. Theresa Hamlin,

Associate Executive Director at The Center for Discovery

It's well documented, but not well understood that people with Autism live with a whole host of chronic problems such as*:

- **brain and body inflammation**
- **gastrointestinal and metabolic problems****
- **seizures**
- **sleep problems**
- **high levels of chronic stress and anxiety**
- **general dysregulation of the emotional and psychological body systems**
- **immune and autoimmune problems**

*Kohane, I. S., McMurry, A., Weber, G., MacFadden, D., Rappaport, L., Kunkel, L., Bickel, J., Wattanasin, N., Spence, S., Murphy, S., & Churchill, S. (2012). The co-morbidity burden of children and young adults with autism spectrum disorders. PloS one, 7(4), e33224. [URL](#)

**Ferina, J., Kruger, M., Kruger, U., Ryan, D., Anderson, C., Foster, J., Hamlin, T., & Hahn, J. (2023). Predicting Problematic Behavior in Autism Spectrum Disorder Using Medical History and Environmental Data. Journal of personalized medicine, 13(10), 1513. [URL](#)

The Kilee Patchell-Evans Autism Research Group

University of Western Ontario

Collective data suggests alterations in gut function, energy production and the immune system, a variety of environmental factors, possibly stemming from chemicals produced by gut bacteria, may contribute to Autism associated behaviour and other effects on health.

It appears that these biological compounds, largely stemming from the digestive track but also present in diet, are, either directly or indirectly altering brain function at a variety of levels.

This has profound implications in identification prevention and treatment of people with developmental disabilities.

Slattery, J., MacFabe, D. F., & Frye, R. E. (2016). The Significance of the Enteric Microbiome on the Development of Childhood Disease: A Review of Prebiotic and Probiotic Therapies in Disorders of Childhood. Clinical medicine insights. Pediatrics, 10, 91–107. [URL](#)

Autism and Sensory Processing Disorders

Recent estimates of the prevalence of the symptoms of sensory processing disorder of people with Autism range from 69% – 93% in children and were added as a diagnostic criteria of Autism Spectrum Disorder in the DSM-5 (American Psychiatric Association, 2013)*.

*Carmen B. Pingree Autism Center of Learning. (n.d.). Sensory Overload in Autism. [URL](#)

Dr. Theresa Hamlin,

Associate Executive Director at The Center for Discovery

Adrenaline (that is released when the person is stressed) causes a rapid release of glucose and fatty acids into the blood stream, causing our senses to become keener and less sensitive to pain and muscles to become activated. When all of this occurs together we are in metabolic overdrive.

- Chronic stress causing increased activation of cortisol in the body and brain can be a major problem. Particularly susceptible to damage from cortisol is the hippocampus that is critical for learning and memory.

Dr. Martha Herbert,

Assistant Professor of Neurology at Harvard Medical School and Pediatric Neurologist at Massachusetts General Hospital

Over time I gathered more and more evidence to support the idea that Autism is not about having a 'broken brain' but about having a brain that is having a hard time regulating its self.

So what kind of things can dysregulate a brain?

- insomnia
- pesticides and fumes from automobiles or household chemicals
- poor nutrition e.g. low zinc or magnesium or other vital nutrients
- too much sugar or additives or other junk
- gut inflammation and irritability that cannot absorb nutrients well
- EMFs/RFRs that degrade optimal chemical/electrical functions thereby detuning our brains and nervous system

Ontario Association for Behaviour Analysis (ONTABA)

CCC acknowledges ONTABA as an important contributor to the objectives of Conscious Care & Support. In January 2019, the following vitally important recommendations were published by (ONTABA).

Evidence-Based Practices for the Treatment of Challenging Behaviour in Intellectual and Developmental Disabilities: Recommendations for Caregivers, Practitioners, and Policy Makers

Scientific Expert Task Force Report - Quotations

All individuals who engage in challenging behaviour should receive a medical assessment to rule out the possibility that the behaviour is occurring due to an underlying medical condition.

The Canadian Consensus Guidelines (CCG) for the Primary Care of Adults with Intellectual and Developmental Disabilities (Sullivan et al., 2018) provide a comprehensive set of recommendations.” (Reference The College of Family Physicians of Canada)

These guidelines also identify a number of common medical issues that may contribute to the onset of challenging behaviour.



Scientific Expert Task Force Report – Quotations continued

“If medical concerns have been ruled out as a cause for challenging behaviour, subsequent assessment strategies should be employed.”

– Reference page 20.

“The bio-behavioural model of challenging behaviour indicates that both biological and environmental factors must be considered during assessment and addressed in treatment.”

– Reference page 6.

Behavioural Interventions Are Often Necessary

- Behavioural interventions such as ABA and IBI that follow the Behaviour Analyst Board Standards for Certification are useful and often necessary complements to the fully integrated biomedical support and supporter development process.
- The more complete the integrated process, the greater the potential for ABA/IBI to enhance well-being and prevent and manage anxiety and aggression.

2 Anxiety ➡ Aggression ➡ Calm

3 Anxiety is Counterproductive

Anxiety is Counterproductive

Support interventions that increase anxiety and stress are counterproductive and often increase challenging behaviours and the eventual compromise of the sympathetic nervous system's regulation.

“For us to live our life to the fullest, we must prevent and better manage our fears.”

Temple Grandin

4

From 0 – 60 mph in seconds?

From 0-60 mph in Seconds?

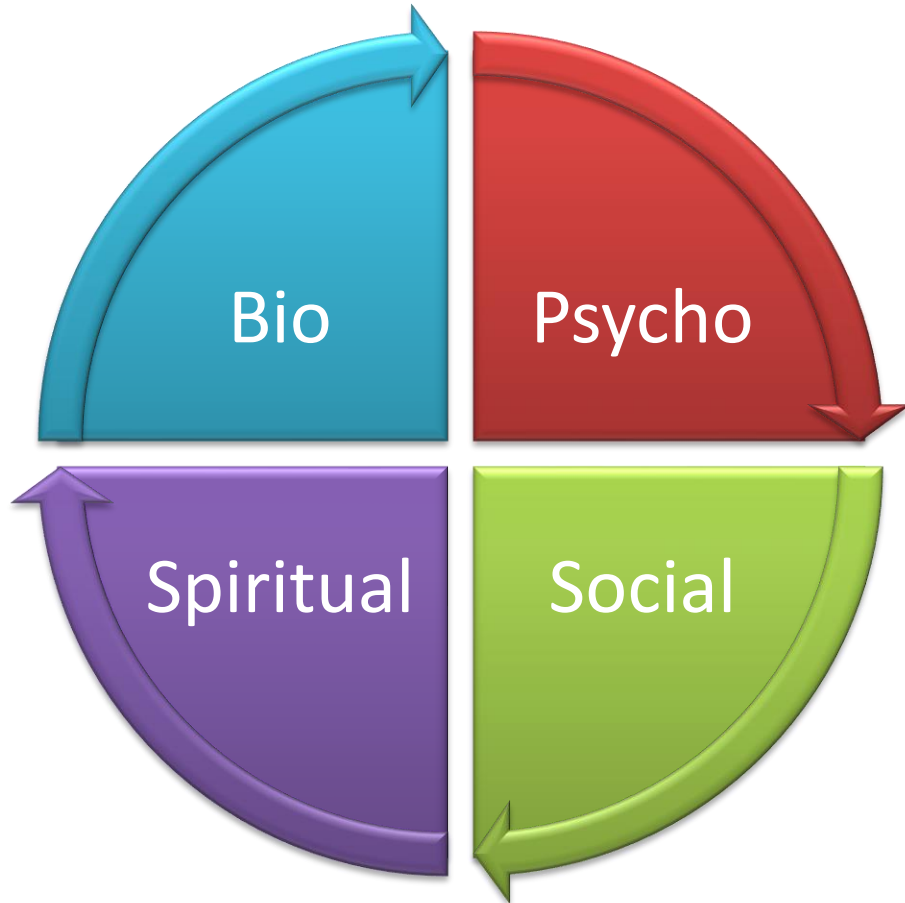
*“Individuals with Autism live in a challenging state of hyperarousal. Many live in pre-panic states day in and day out.”**

*“Anger can be a strangely soothing emotion – Rage is organizing: When we have worked ourselves up into a fury, we are completely focused, involved and unified…….”**

(Our fear is replaced by anger – a much more ‘user friendly’ emotion).

*John Ratey M.D., Associate Clinical Professor, Harvard Medical School
Author and Co-author of 8 Books, Over 60 Peer Reviewed Papers*

A Complete Lens of Understanding Unmet Needs?

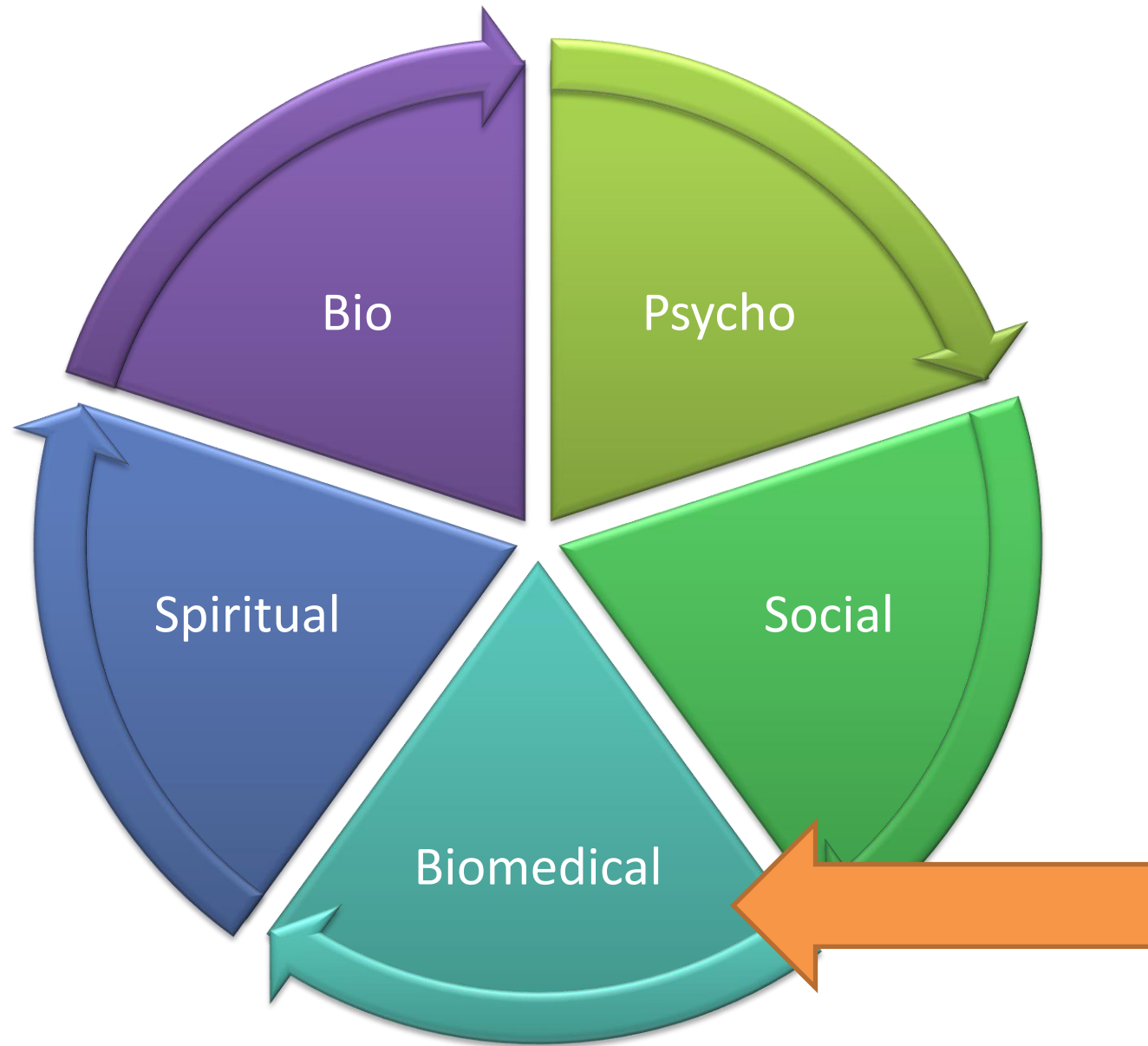


Scenario #1

At 21 years old, Kyla has recently left high school and moved into her own apartment after years of living with her family. She has 2 new DSPs who support her for about 10 hours a week with odd chores around the house and other things like helping her with her banking. Although Kyla is quite capable, she struggles with preparing meals as her mom used to do that for her. She is unemployed and recently decided that she no longer wants to volunteer at the humane society of which she has done for years. Kyla continues to struggle with anxiety and depression and although she regularly sees the nurse from the local dual diagnosis program, her anxiety and depression are getting worse.

Examples of Prevalence (30% - 88%) of Co-occurring Conditions* in PwDD with Complex Needs Contributing to Anxiety, Self-Injurious Behaviour & Aggression

- **Gastrointestinal**
 - infections
 - intolerances
 - imbalances (e.g. vit/min)
 - physical pain
- **Mental & Neurological**
 - e.g. seizures and mood disorders
- **Brain Imbalances**
 - inflammations
 - coherence (lack of)
 - under development
 - motor planning problems
- **Sensory Integration and Processing**
 - hyper/hypo activation
- **Human Energy**
 - sensitivities (e.g. EMF/ RWF)
 - intolerances
- **Cellular**
 - mitochondria dysfunction
- **Emotional**
 - fears and phobias
- **Adrenal Glands**
 - over production of cortisol



Conscious Care and Support Lens

The Recurring Cycles of Behaviour to Compliance to Behaviour

CO-OCCURRING CONDITIONS AND
AREAS OF POTENTIAL UNMET NEEDS

People
with
Autism and
Other
Developmental
Disabilities
with
Complex
Needs

Have
One
or
More

- **Gastrointestinal**
 - infections
 - intolerances
 - imbalances (e.g. vitamins/minerals)
 - physical pain
- **Mental & Neurological**
e.g. seizures and mood disorders
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 - fears and phobias
- **Adrenal Glands**
 - over production of cortisol

Contributing
To

LIVING & LEARNING
CHALLENGES

- Physical pain
- Sensory over/under load
- Psychological distress
- Speech/hearing limitations
- PTSD/Trauma
- Environmental stress
- Neglect/Abuse, Isolation/Loneliness
- Supporter 4 outs

Resulting In

ANXIOUS REACTIONS

BLOW-OUTS

- Repetitive behaviour
- 4 functional goals
- SIB and aggression

BLOW-INS

- Withdrawal
- Compliance
- Depression

Supporter
Response

IF

Only
Behavioural
Interventions
Without
Primary Care
As
Recommended

repetitive cycles
of behavioural compliance/non-compliance

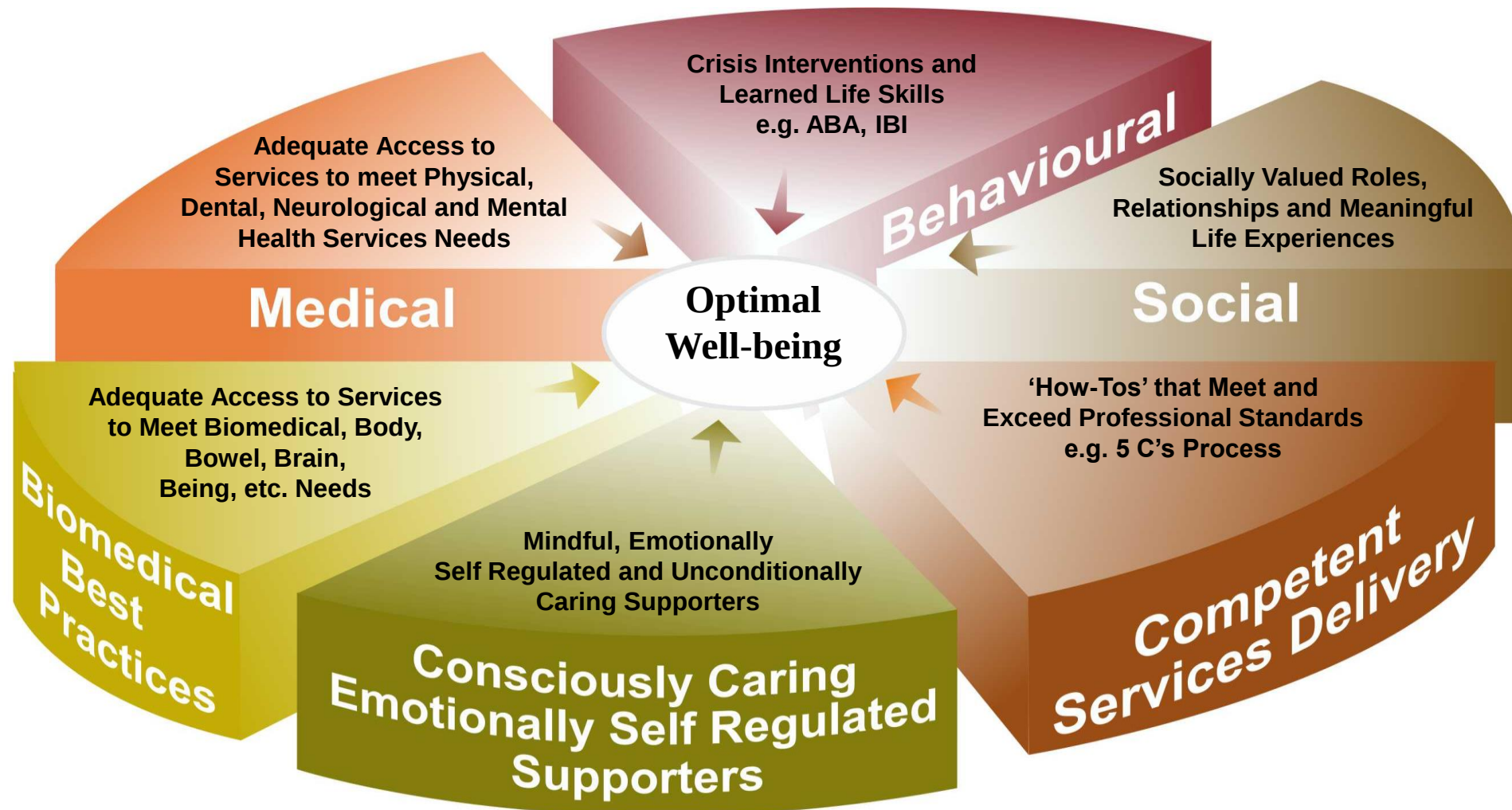
A CENTRE FOR
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“A counterfeit peace exists when people supported are pacified, distracted, frightened or so tired of fighting that all appears to others to be calm.”

(Adapted from Claiborne, Wilson-Hartgrove & Okoro.
(2012). *Common Prayer, A Liturgy for Ordinary Rascals.*)

Evidence Based CCS Components for Well-being and the Prevention and De-escalation of Challenging Behaviours*

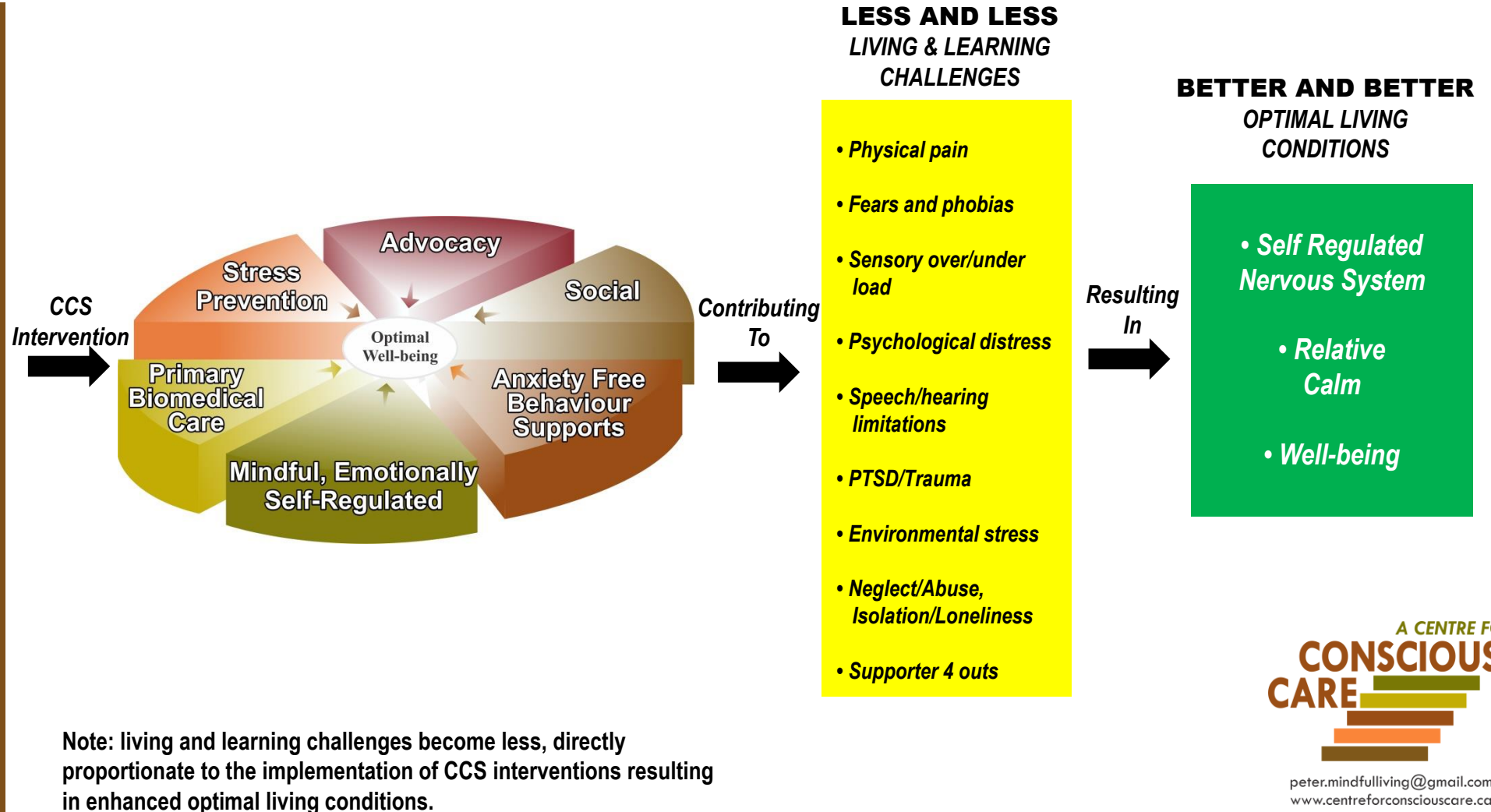


* CCS reduces challenging behaviours by 50%-75% compared to MCCSS current 'must use' crisis protocols alone.

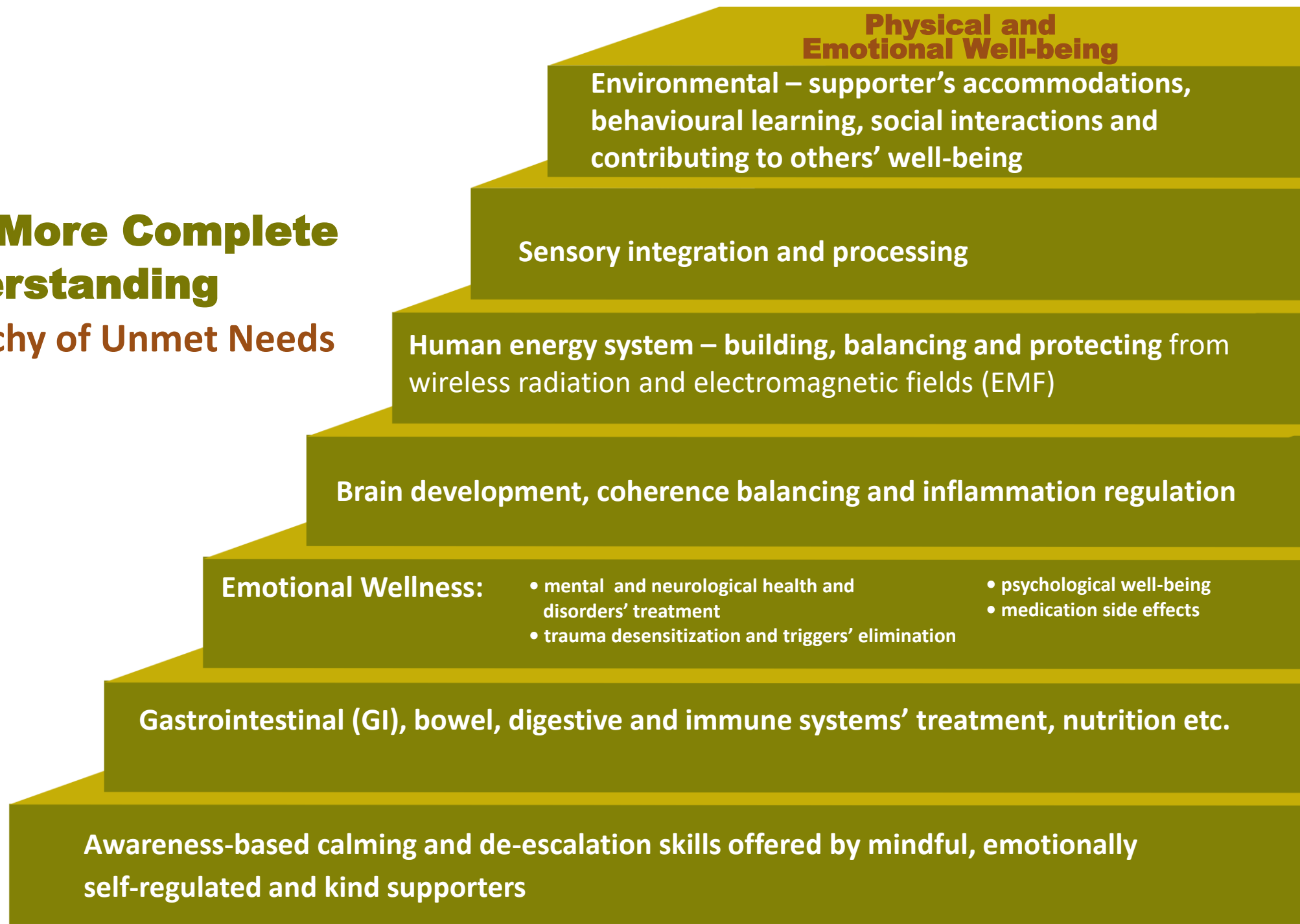
Breaking the Recurring Cycles of Behaviour to Compliance to Behaviour

CO-OCCURRING CONDITIONS AND AREAS OF POTENTIAL UNMET NEEDS

- **Gastrointestinal**
 - infections
 - intolerances
 - imbalances (e.g. vitamins/minerals)
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- **Mental & Neurological**
e.g. seizures and mood disorders
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 - over production of cortisol



Toward A More Complete Understanding of the Hierarchy of Unmet Needs



CCS Hierarchy of Service Needs

Toward A More Complete Understanding

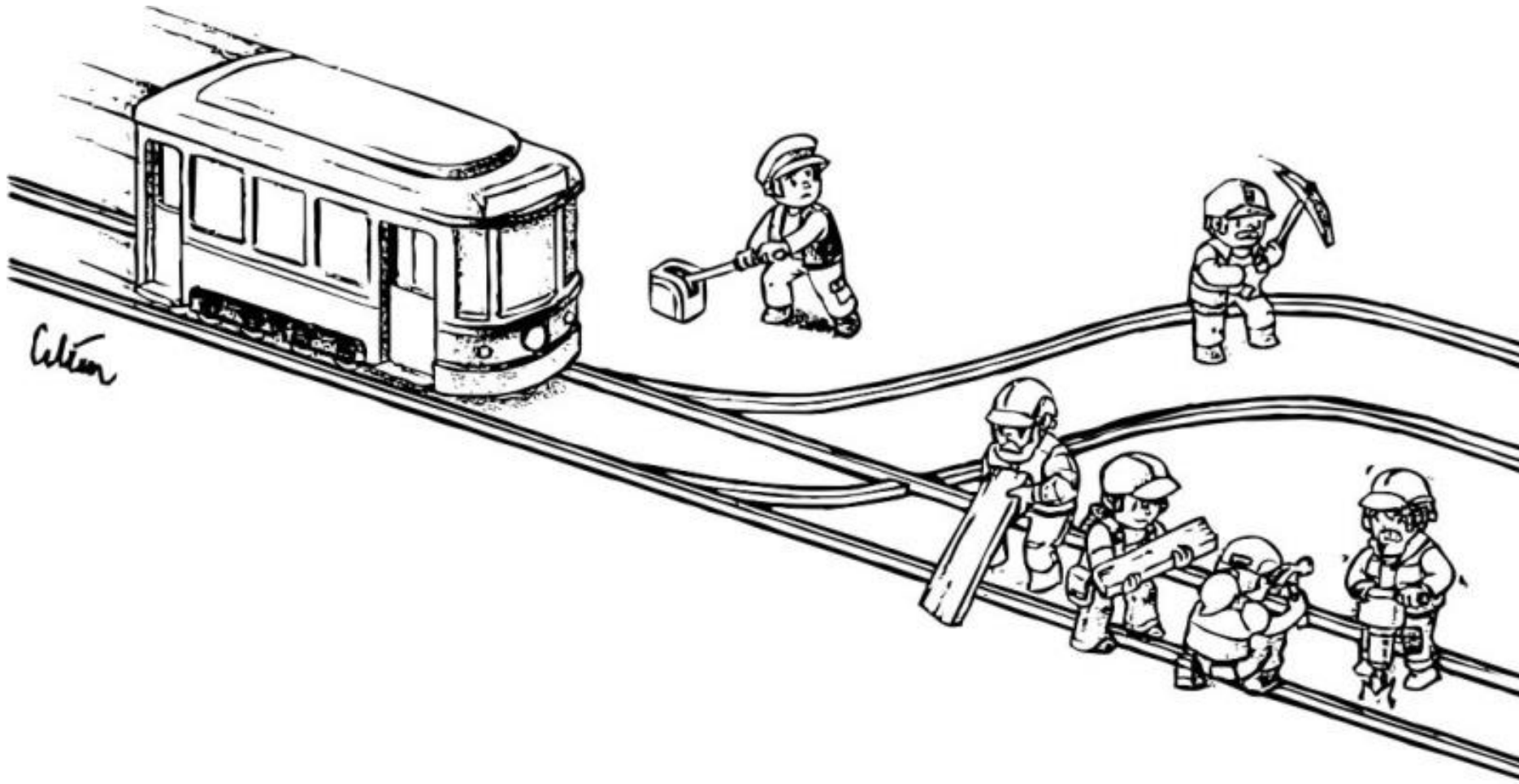
of the hierarchy of special needs to meet
in order to facilitate optimal well-being
and to prevent and mindfully manage
anxiety, anger and aggression

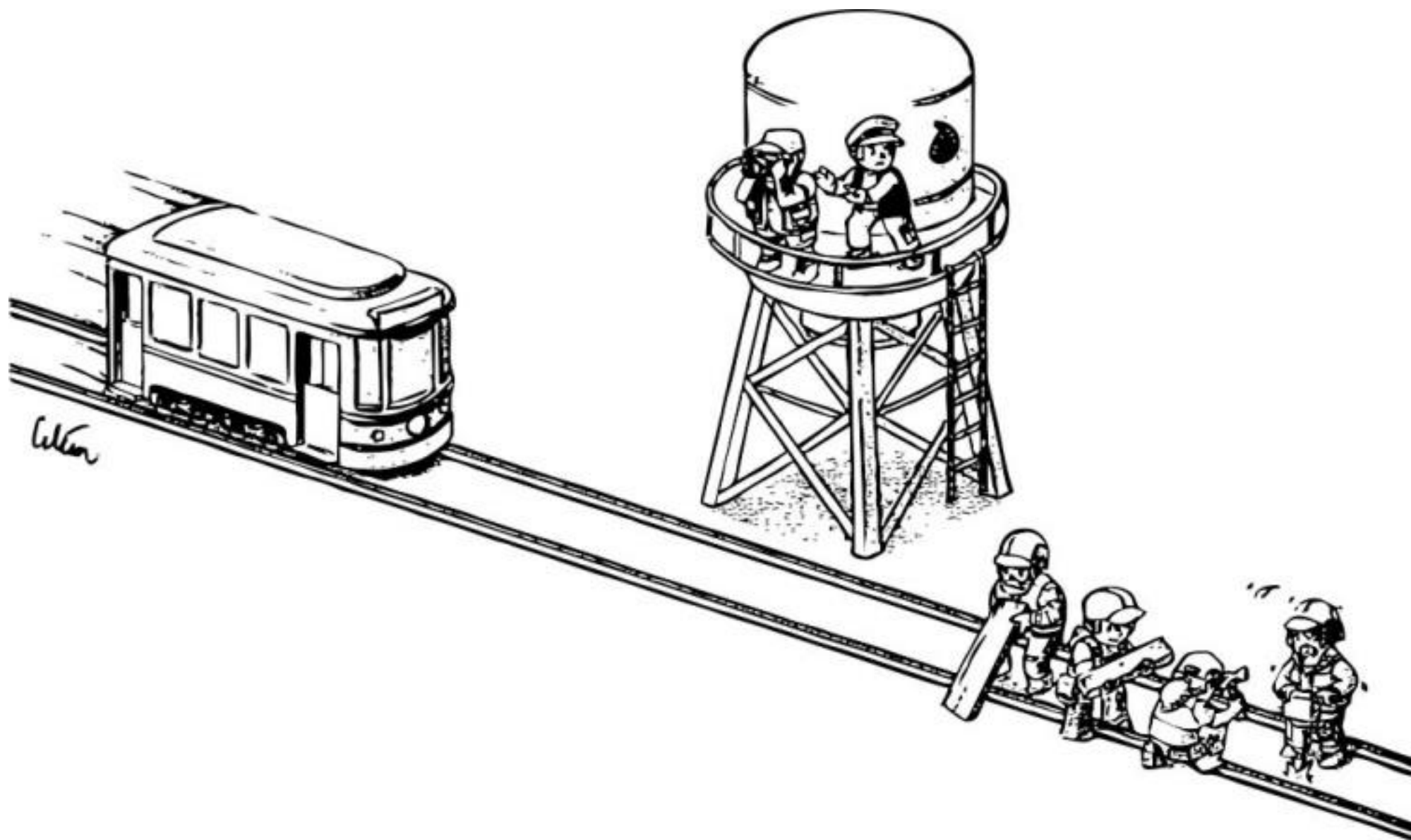
**Physical and
Emotional Well-being**

**Awareness-based calming and de-escalation skills offered by mindful, emotionally
self-regulated and kind supporters**



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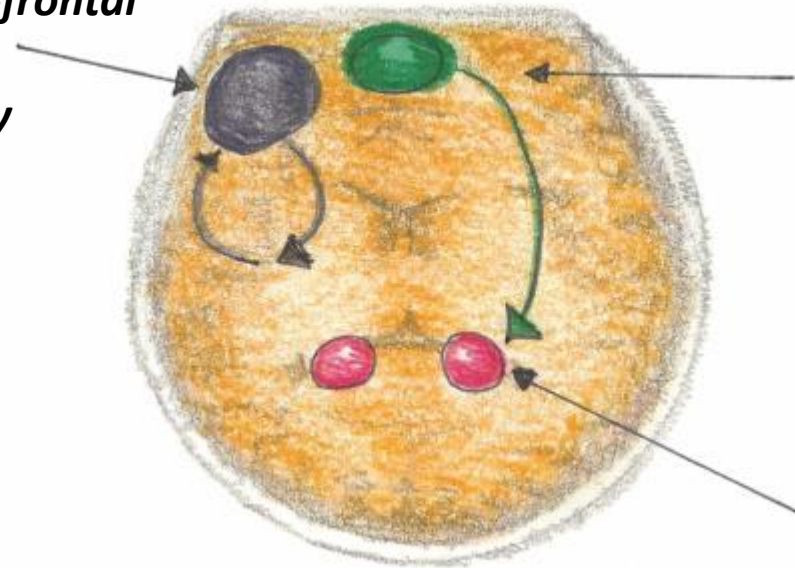
Mindful Emotional Self-Regulation

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.

***Dorsolateral pre-frontal
Cortex***
Working Memory
Impulse Control



Medial pre-frontal Cortex
***(part of the brain that notices
what's going on)***

Amygdala

*LeDoux, J. (2013). Emotion Circuits in the Brain. *Journal of Neuroscience* 33(9), p. 3815-23.

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** – the emotional brakes and accelerator functions.
2. **Attuned communication** involves the coordination of the input from another person with the activity of one's own (as with mirror neurons).
3. **Emotional balance** to have enough activation so that life has meaning and vitality but not so much that life becomes chaotic.
4. **Response flexibility** is the capacity to pause before action.
5. **Empathy** – knowing what might be going on inside someone else.
6. **Insight or self-knowing** awareness to be able to link the past, present and future.
7. **Fear modulation** that may be carried out by the release of the inhibitory neurotransmitter GABA.
8. **Intuition** – a neural mechanism by which we process deep ways of knowing via our body i.e. 'somatic intelligence'.
9. **Morality** – taking into consideration the larger picture, to image what is best for the whole not just one's self, even when alone.

The Continuum of Consciousness

Over each 24-hour period, we can be experiencing consciousness on a 1-10 continuum.

Unconscious: (1)

- like when we are asleep in our bed.

Semiconscious: (autopilot) (5)

- like how we typically drive our car, relate to people and do most 'doings'.

Fully Conscious: (self-aware) (10)

- like when we are paying attention – noticing **what** we are doing e.g. how we drive when a police car is following us;
- knowing **that** we are doing it and
- knowing **how** our **body's sensations, feelings and thoughts** are reacting to what is happening.

Subconscious:

- our data bank of 'files' that we inherit and develop.

The Role of Early Educational Interventions



Physician Handbook



Studies have shown that early intensive educational interventions result in improved outcomes for the child and family. Initial strategies may include teaching the child to notice what is going on in their environment, to be able to pay attention.

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

- B-FIT Mindfulness (the essential tool to initiate Conscious Care and Support)
- Calming others by calming oneself – emotional contagion and mirror neurons e.g. Pain Empathy
- Bilateral, Biomeridian Awareness Based Calming (BB-ABC) e.g. Rocking and 15 Tools

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

Bilateral, Biomeridian Awareness Based Calming (BB-ABC)

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

All Tools must be practised during times of calm.

CCS Hierarchy of Service Needs

Toward A More Complete Understanding

of the hierarchy of special needs to meet in order to facilitate optimal well-being and to prevent and mindfully manage anxiety, anger and aggression

Physical and Emotional Well-being

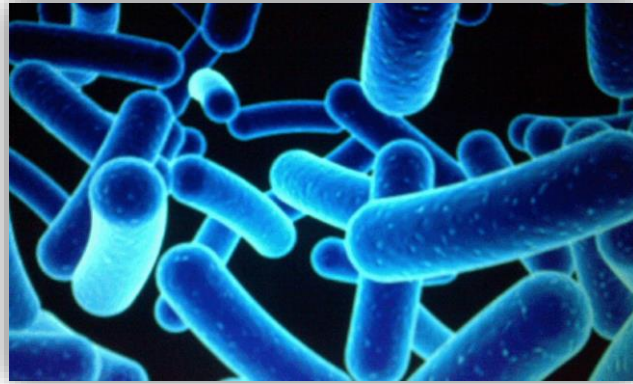
Gastrointestinal (GI), bowel, digestive and immune systems' treatment, nutrition, pain management, dental and myofunctional disorders, illness prevention and treatment

Awareness-based calming and de-escalation skills offered by mindful, emotionally self-regulated and kind supporters



Needs for GI and Bowel Management and Holistic Treatment

- Distressed Gut Microbes – produce Mind/Body Agitation, Pain and Anxiety which often leads to aggression.*



1% Human
99 % Bacterial and Fungal

- Some Microbes found in the gut of individuals with Autism, when introduced into healthy rodents, create numerous Autistic like symptoms.*
e.g.
 - Repetitive behaviours
 - Social aversion
 - Easy to startle

*Yong, E. (2018). *I Contain Multitudes: the microbes within us and a grander view of life*. P. 69-70. Ecco.

**MacFabe, D.F., Cain, N.E., Boon, F., Ossenkopp, K.P., & Cain, D.P. (2010). Effects of the enteric bacterial metabolic product propionic acid on object-directed behavior, social behavior, cognition, and neuroinflammation in adolescent rats: Relevance to autism spectrum disorder. *Behav Brain Res*.

<https://www.ncbi.nlm.nih.gov/pubmed/23990817>

Microbes, Anxiety and Aggression

Chronic anxiety means excessive toxic cortisol in the body. To neutralize this toxin, the body uses up basic building blocks like amino acids that are needed to:

- digest food
- build the immune system
- produce calming neurotransmitters

This depletion causes anxiety leading to challenging behaviour.



CCS GI and Bowel Management and Holistic Treatments

Engage a qualified holistic GI specialist, e.g. qualified and available MD, ND or nutritionist who will for example:

1. Complete a comprehensive biomedical assessment e.g. Organic Acid Test
2. Remove food toxins/allergens and metals
3. Balance minerals, vitamins and neurotransmitters
4. Implement holistic bowel management
5. Optimize nutrition
6. Optimize sleep

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Physical and Emotional Well-being

Emotional Wellness:

- mental and neurological health and disorders' treatment
- psychological well-being
- trauma desensitization and triggers' elimination
- medication side effects
- ABA behavioural interventions

Gastrointestinal (GI), bowel, digestive and immune systems' treatment, nutrition, pain management, dental and myofunctional disorders, illness prevention and treatment

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Mental and Neurological Health

- Ensure accurate tracking of symptoms and report to the Primary Care Physician.
- Behaviour check lists must be an accurate reflection of the supported person's behaviour – not contaminated with the supporter's inadvertent 'Challenging Behaviour'

Mental and Neurological Health

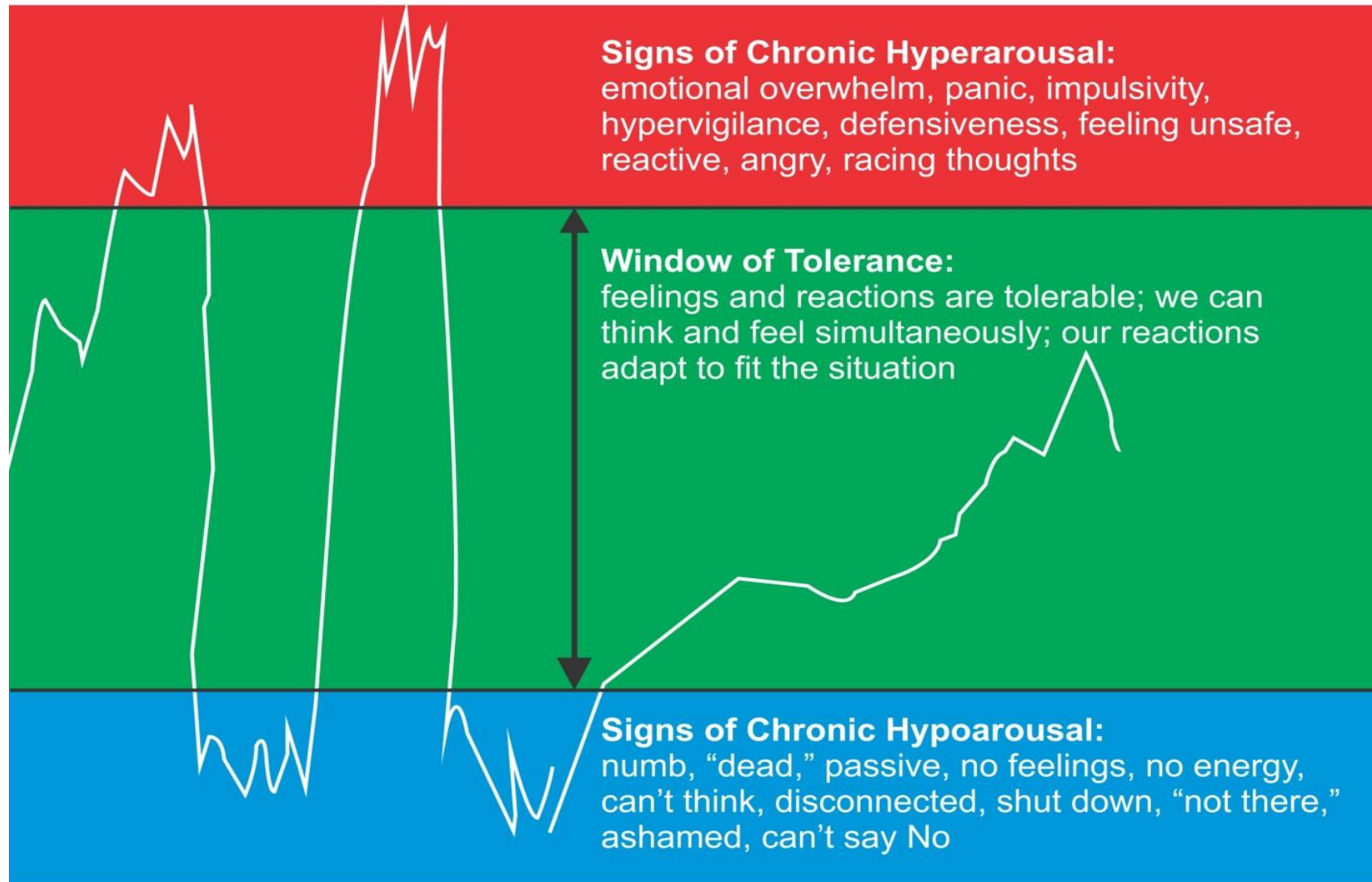
- **Benefits and Risks of Psychotropic Medications:**
 - Anti-psychotics
 - Anti-anxiety
 - Anti-depressants

- **Have you heard of a Half-Life?**

- **Have you heard of Akathisia?**

Trauma Closes The Window of Tolerance

After trauma, the nervous system remains prepared for danger (Ogden, Minton & Pain, 2006)



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Physical and Emotional Well-being

Brain development, coherence balancing and inflammation regulation

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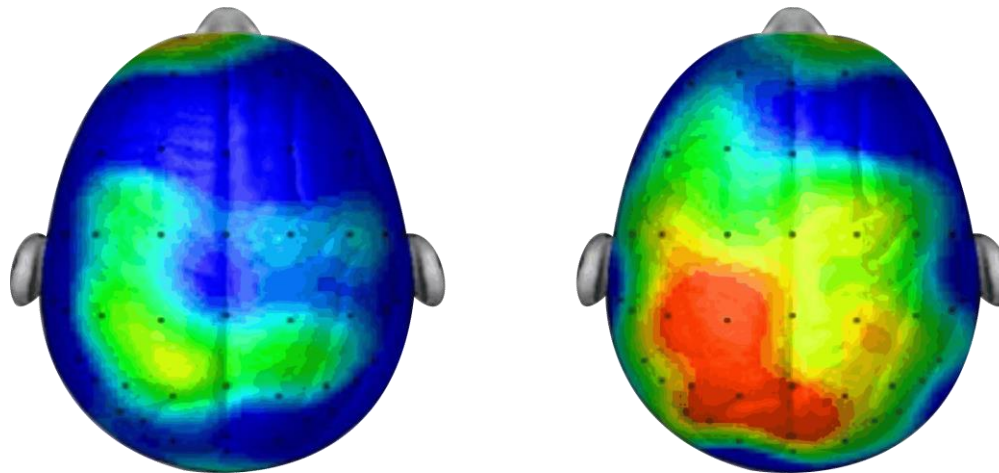
Brain Coherence

i.e. Many Parts of the Brain ‘Talking’ to Each Other

“Like you, I need to be able to understand and process information”.

This requires optimal Brain Functioning including:

- neurogenesis (new neurons)
- neuroplasticity (more complete neuro networks)
- neuro electrical stimulation (brain firing)
- neurochemicals production (endorphins, dopamine, serotonin, oxytocin)
- Hertz e.g. Beta, Alpha, Theta, Delta



(Brain MRIs before & after
20 minutes of exercise)

Neuroscience also near unanimously concurs that neurogenesis, neuroelectric stimulation, neurochemicals' production, and neuroplasticity are, with appropriate training and conditioning, not only possible but highly predictable to measurably enhance cognition, empathy and emotional self regulation.

Eagleman, D. (2017). *The Brain: the story of you*. Vintage

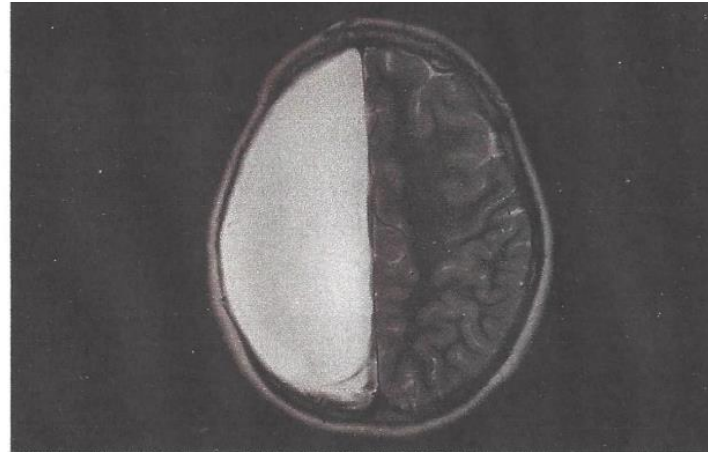
Doidge, N. (2016). *The Brain's Way of Healing: Remarkable Discoveries and Recoveries from the Frontiers of Neuroplasticity*. Penguin Life.

Siegel, D. (2007). *The Mindful Brain*. WW Norton

Could This Indicate Potential for Well-being for People Supported?

In 2007, Neurosurgeons removed half of Cameron Mott's Brain

In this scan of Cameron's brain, the blank space is where half of her brain has been removed.



The Results:

Aside from some weakening on one side of her body, she is indistinguishable from her classmates. She is a good student and participates in sports.

Eagleman, D. (2017). *The Brain: the story of you*. Vintage.

Neuroscience and Gastrointestinal (GI) Research Conclusions

1. No evidence to suggest that the Brain and GI of people supported cannot heal, grow and develop.
2. Evidence that the Brain and GI can heal, grow and develop with appropriate (CCS type) training and conditions.

CCS Brain Coherence, Balancing & Inflammation Regulating Interventions

- 1. Enhance essential brain calming elements**
(e.g. GABA and Serotonin)
- 2. Prevent excess of excitatory elements**
(e.g. Cortisol, Glutamate, PPA)
- 3. Balance anxiety producing vitamins and minerals**
(e.g. Magnesium, Vitamin B6, Vitamin B12)
- 4. Cerebellum activation**
(e.g. 20 minutes of bouncing and balancing)
- 5. Maintain adequate glutathione levels to prevent brain inflammation**
(e.g. NAC)

6. Keep the Mitochondria Cell System Healthy:

- Mitochondria are known as the powerhouse of each cell
- They give cells their energy to do their work such as maintaining healthy brain functioning

Controllable Mitochondria Killers:

- Sugar and Simple Carbohydrates
- Oxidative Stress causing Brain Inflammation – low glutathione
- Medications such as Antibiotics and Antipsychotics
- Vitamins and Minerals Imbalance – low B vitamins, folic acid, magnesium, vitamin D

7. Cardio Exercise:

- Cardio exercise, especially bouncing and balancing, increases brain wave activity (e.g. cerebellum) to give better brain coherence for optimal functioning.
- Improved coherence results in thoughts becoming more organized and focused.
- This results in less fear and therefore more calm.





stabilization balls
and elliptical stabilization cushions

CCS Hierarchy of Service Needs

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Physical and Emotional Well-being

Human energy system – building, balancing and protecting from wireless radiation and electromagnetic fields (EMF)

Brain development, coherence balancing and inflammation regulation

Emotional Wellness:

- mental and neurological health and disorders' treatment
- psychological well-being
- trauma desensitization and triggers' elimination
- medication side effects
- ABA behavioural interventions

Gastrointestinal (GI), bowel, digestive and immune systems' treatment, nutrition, pain management, dental and myofunctional disorders, illness prevention and treatment

Awareness-based calming and de-escalation skills offered by mindful, emotionally self-regulated and kind supporters



Human Energy – Building, Balancing and Protection

Protection from Environmental Toxins

- e.g. - reduce electromagnetic energy fields (EMF)
(a.k.a. dirty electricity)
- reduce Wi-Fi and cell phone radiation



The Bioinitiative Report 2012 links EMF Exposure to Autism concluding: Based on strong evidence for vulnerable biology, in Autism, EMF/ Radio Frequency Radiation (RFR) can plausibly increase Autism risk and symptoms. "While we aggressively investigate the links between Autism disorders and wireless technologies, we should minimize wireless and EMF exposures for people with Autism disorders, children of all ages, people planning a baby, and during pregnancy," says Martha Herbert, MD, PhD, Pediatric Neurologist Harvard Medical School.

Bioinitiative Report 2012: a rationale for biologically-based public exposure standards for electromagnetic fields. [URL](#)

CCS Hierarchy of Service Needs

Toward A More Complete Understanding

of the hierarchy of special needs to meet in order to facilitate optimal well-being and to prevent and mindfully manage anxiety, anger and aggression

Physical and Emotional Well-being

Sensory integration and processing

Human energy system – building, balancing and protecting from wireless radiation and electromagnetic fields (EMF)

Brain development, coherence balancing and inflammation regulation

Emotional Wellness:

- mental and neurological health and disorders' treatment
- psychological well-being
- trauma desensitization and triggers' elimination
- medication side effects
- ABA behavioural interventions

Gastrointestinal (GI), bowel, digestive and immune systems' treatment, nutrition, pain management, dental and myofunctional disorders, illness prevention and treatment

Awareness-based calming and de-escalation skills offered by mindful, emotionally self-regulated and kind supporters

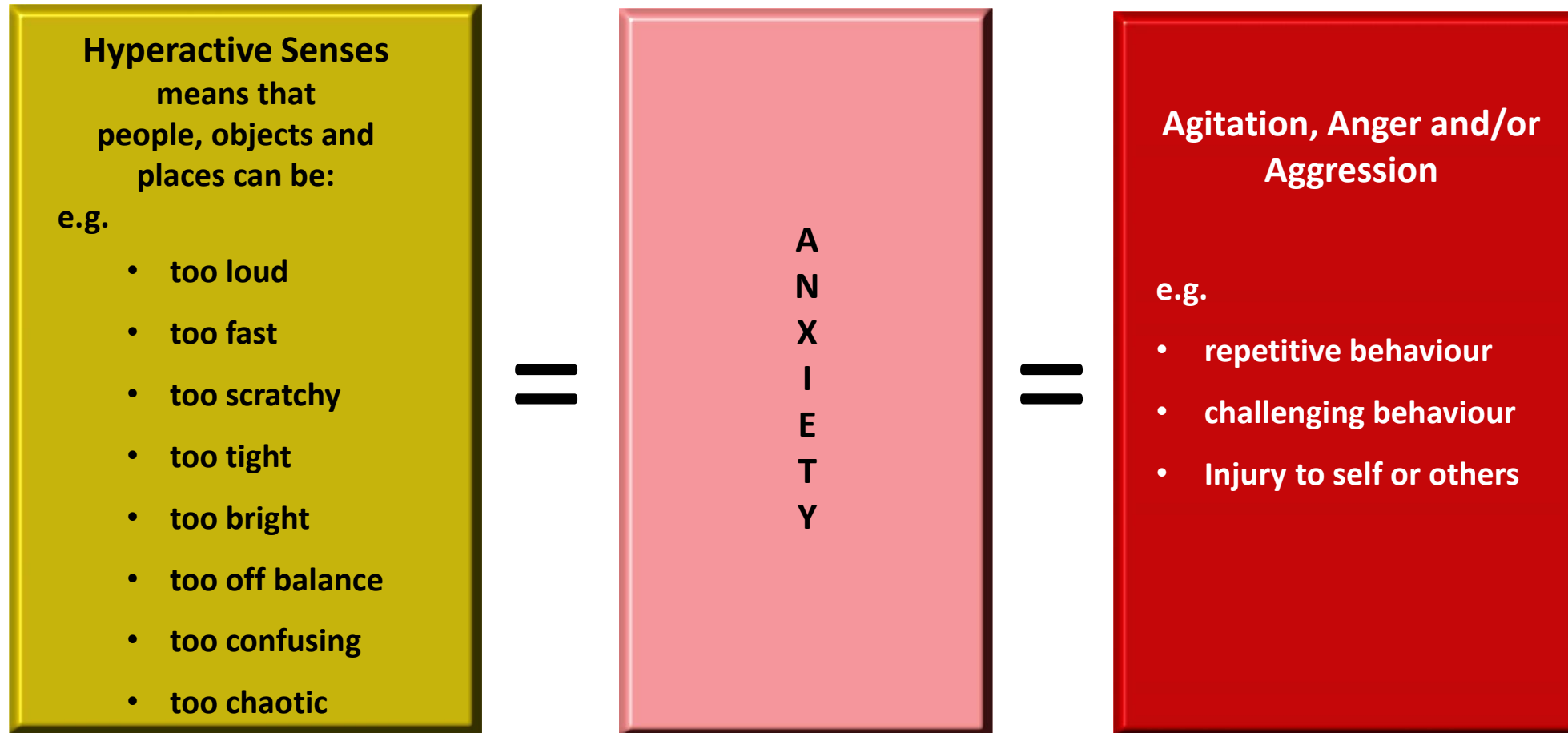


Filling the Gap – Sensory Integration and Processing:

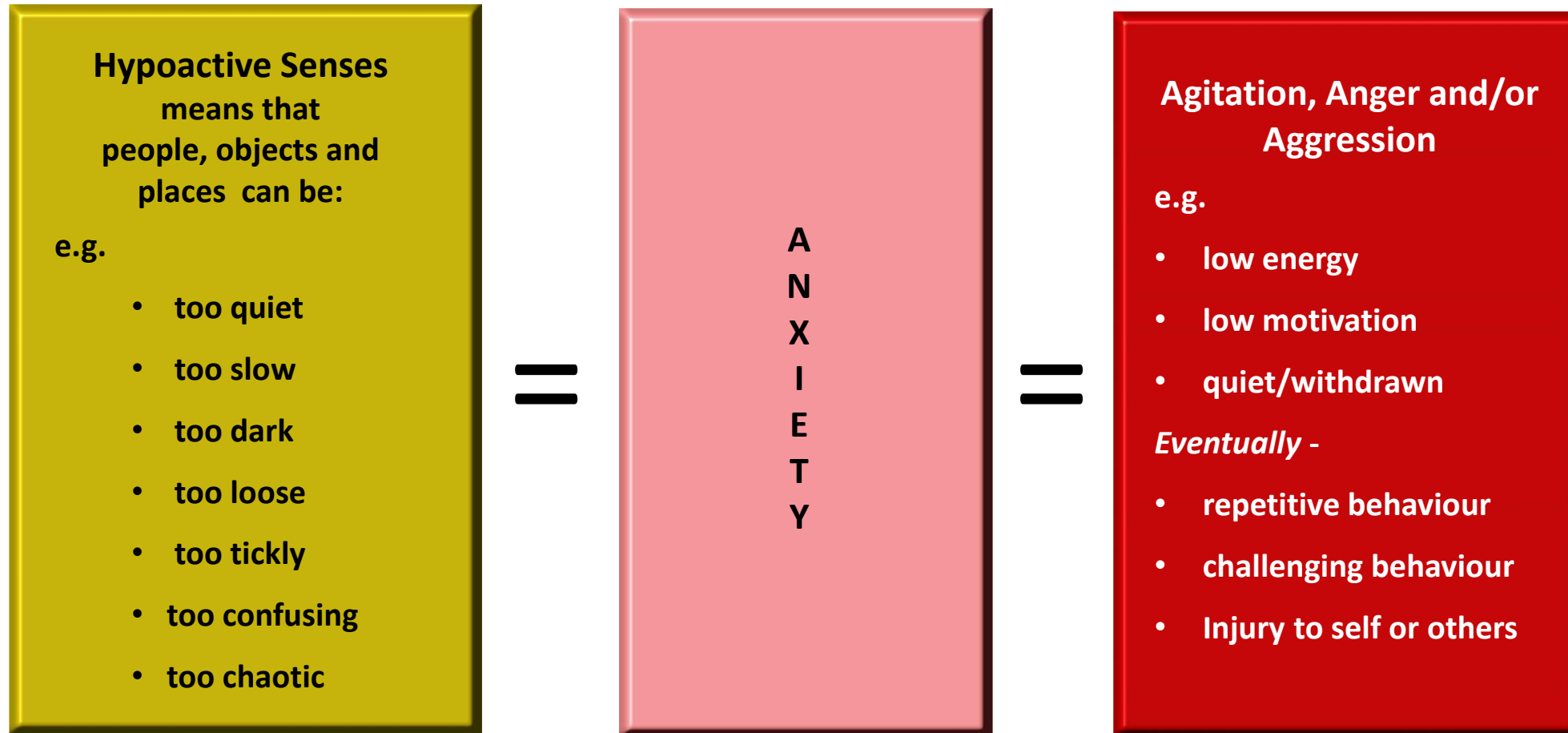
Because research indicates that there is an 80% likelihood that individuals with ASD/DD will have sensory processing and integration challenges that cause and/or greatly influence anxiety and for some aggression, CCS advocates for screening, assessments and treatments by qualified Occupational Therapists.

This treatment does not generally appear to be the case for many people supported throughout Ontario.

Hyperactive Senses Lead to Challenging Behaviours



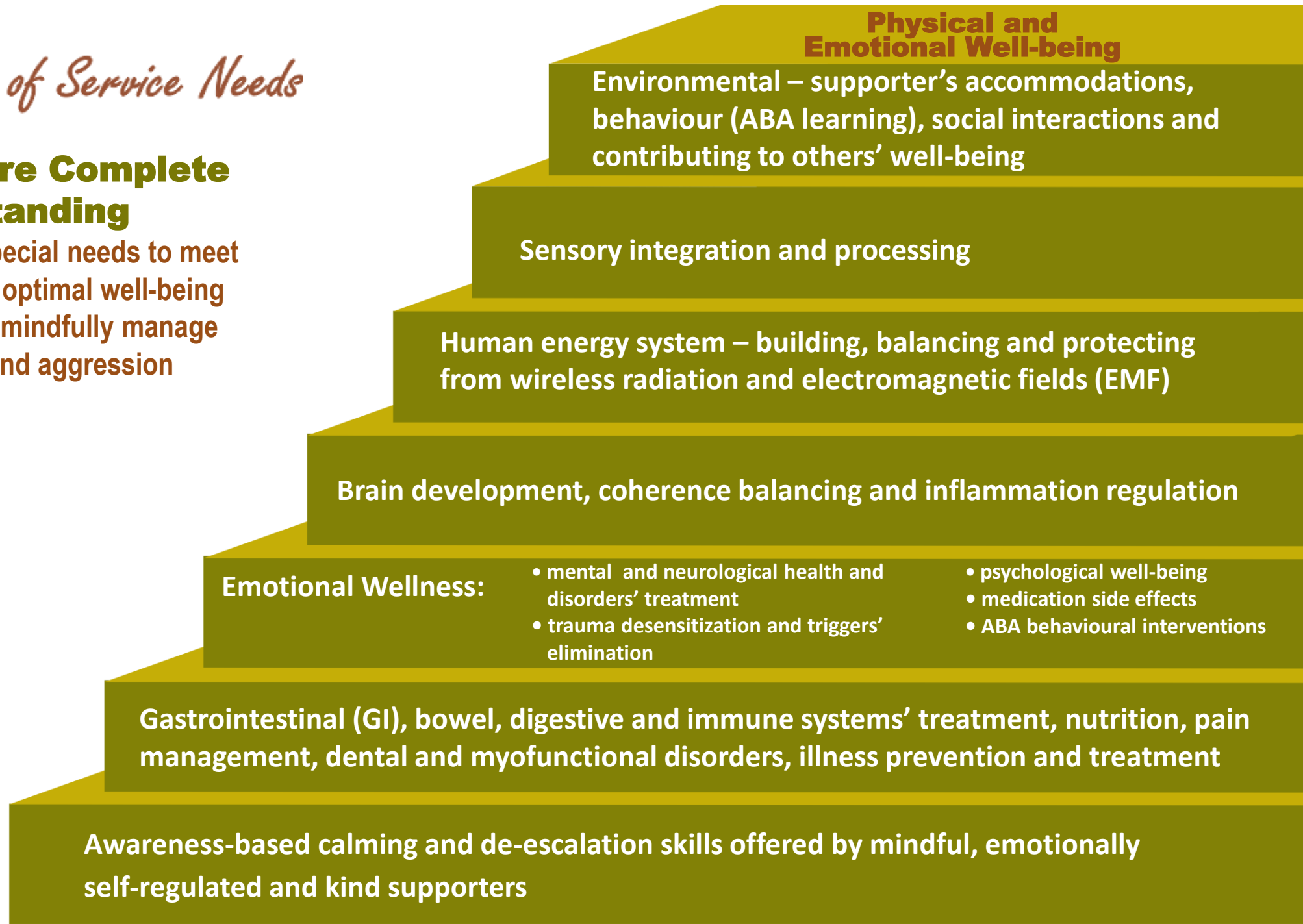
Hypoactive Senses Lead to Challenging Behaviours



CCS Hierarchy of Service Needs

Toward A More Complete Understanding

of the hierarchy of special needs to meet in order to facilitate optimal well-being and to prevent and mindfully manage anxiety, anger and aggression



Environmental Well-being

Communications and Accommodations

- Validate not Vet
- Having Options (at times, limited)
- Avoid 'No'

Behavioural Learning

- ABA, IBI, Best Practices

Social Interactions

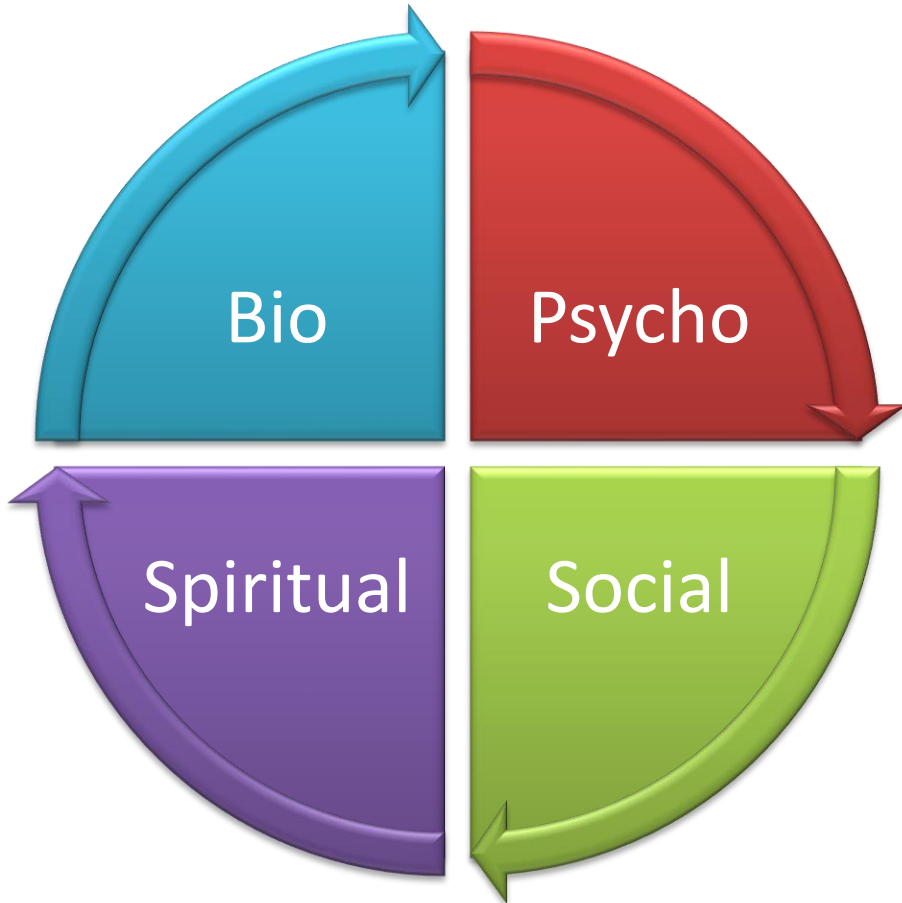
- “Go slow in ways I know”

Contributing to Others' Well-being

- Socially Valued Roles
- Finding Meaning and Purpose
- Exploring Gifts and Strengths



Let's Revisit Kyla...



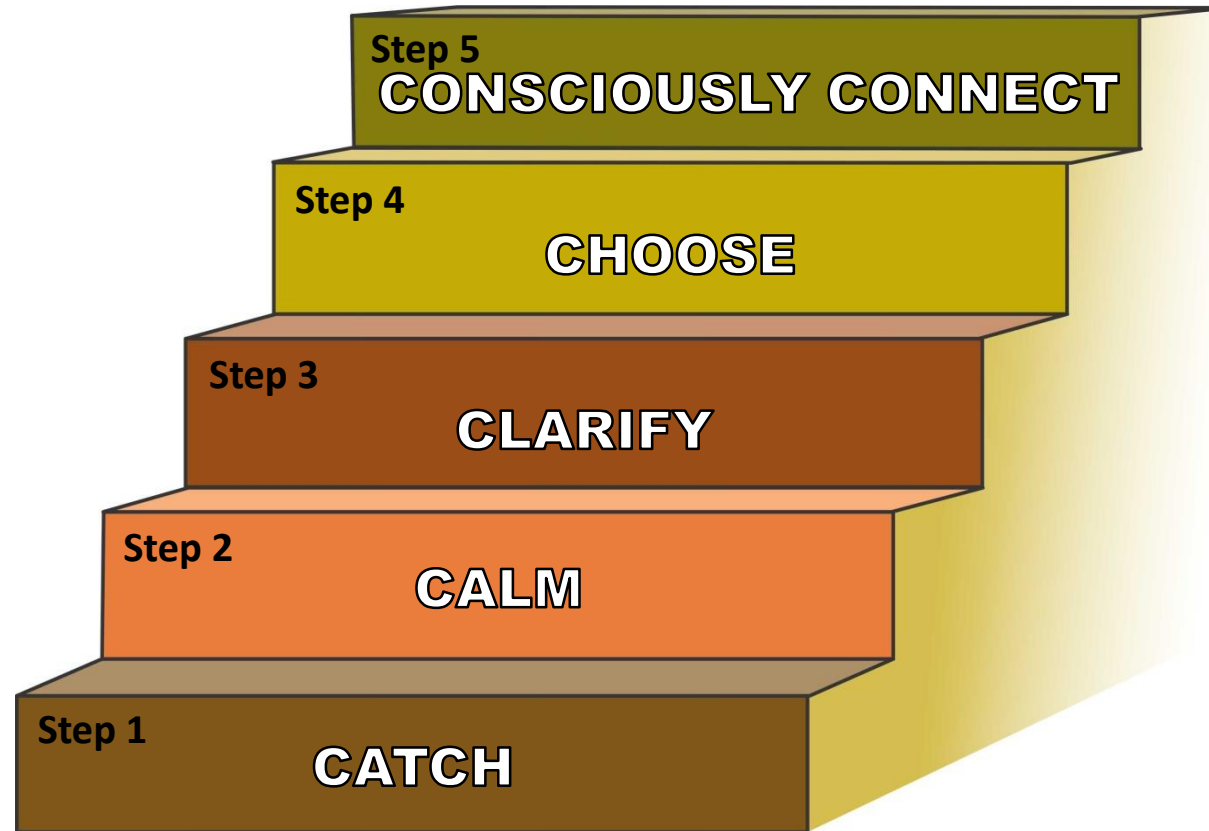
Scenario #1

At 21 years old, Kyla has recently left high school and moved into her own apartment after years of living with her family. She has 2 new DSPs who support her for about 10 hours a week with odd chores around the house and other things like helping her with her banking. Although Kyla is quite capable, she struggles with preparing meals as her mom used to do that for her. She is unemployed and recently decided that she no longer wants to volunteer at the humane society of which she has done for years. Kyla continues to struggle with anxiety and depression and although she regularly sees the nurse from the local dual diagnosis program, her anxiety and depression are getting worse.

Stress Inducers and Reducers

Handout

The 5 Step Conscious Care and Support Process



“My mindful words and actions are useful, truthful, timely and kind”

What My Symptoms Are Saying:

“Even though I don’t control them, most of my behavioural symptoms are messages to you. My nervous system is asking you for certain kinds of support to have its specific needs met. Please listen to what it is doing. If you don’t, I can’t stop it from becoming anxious and frightened. And the main way that it has learned to calm its fears is to get irritated, angry and even aggressive. I hate when it does that but the calm that follows my aggression makes me feel normal again. Please help me to find a better way.”

CONSCIOUS CARE & SUPPORT



Developing Emotionally Self-Regulated and Kind Supporters

Claim Your Brain, Start Your Heart

How often do power struggles compromise the quality of the supported person's well-being?

It appears that a minimum of 40% of behavioural incidents result from or are significantly influenced by generally good and caring supporters' unintended and unaware loss of mindful emotional self-regulation. This often results in power struggles and other supporter induced behavioural antecedents.

Why might the average good and caring supporter become emotionally hijacked into power struggles that can cause challenging behaviours in the person being supported?

The 4 Outs

Tune-out is typically how the

Spaced-out Supporter

Protects our self from

Burn-out and Freak-out

Loss of Emotional Self-Regulation of Good and Caring Supporters Can Result in Some of the Following:

- being impatient and becoming emotionally hijacked into power struggles (i.e. silent temper tantrums or anger);
- being self righteous, judgmental, critical and unforgiving;
- being generally indifferent to some supported persons' suffering;
- being overtaken by 1 of the 4 outs – (Burn-out, Freak-out, Tune-out, Space-out);

Loss of Emotional Self-Regulation of Good and Caring Supporters Can Result in Some of the Following: (cont'd)

- the physical redirect/restraint that is executed mindlessly, mechanically and without compassion;
- the closed, “whatever,” attitude that shows on the face of the supporter as they hear the same story over and over again;
- the change and clean-up that is now hours overdue;
- the powerful enforcing of ‘unnecessary rules’.

Could it be that these Supporters' 4 Outs too often drive Emotionally and Biologically Vulnerable People into:

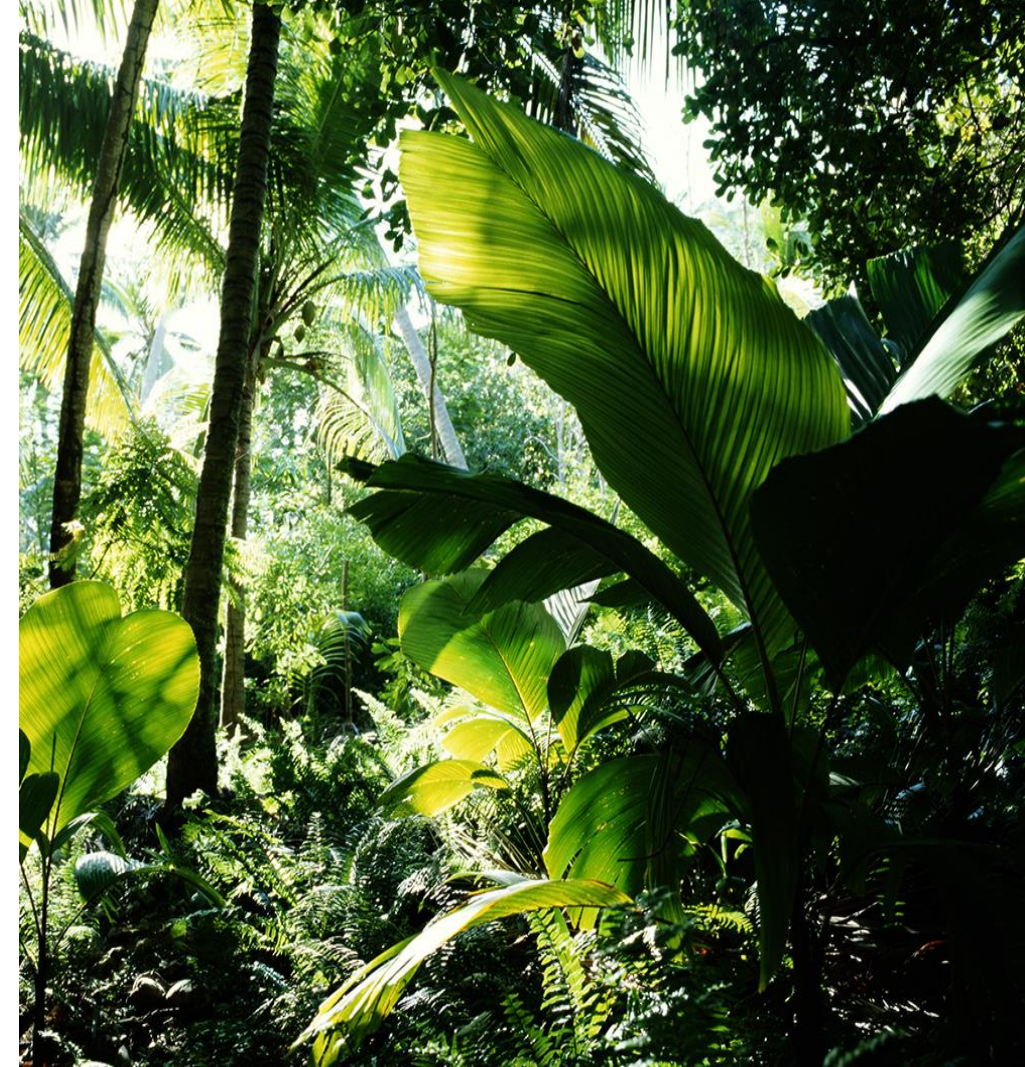
- elevated levels of anxiety;
- anxious repetitive behaviour;
- self injurious behaviour;
- aggression towards peers and supporters;
- property destruction.

Life's Set-up

Understanding The Main Sources of
Our Loss of Emotional Self-Regulation

➤ **To survive in the early, dangerous Paleo jungles, we needed Quick and Simple Reactions to solve life threatening problems.**

“Our Brain hasn’t changed much over the last 50,000 years.”



Dr. John Ratey
Associate Professor of Psychiatry
Harvard Medical School



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- **The Brain therefore inherited and develops 'Files'/a data bank** from which to semiconsciously speed-dial reactions to manage our world and keep us (mainly our ego) safe.



Speed Dialing Often Means.....

Being Semiconsciously Driven by the Ego's
Primitive and Programmed Needs to:

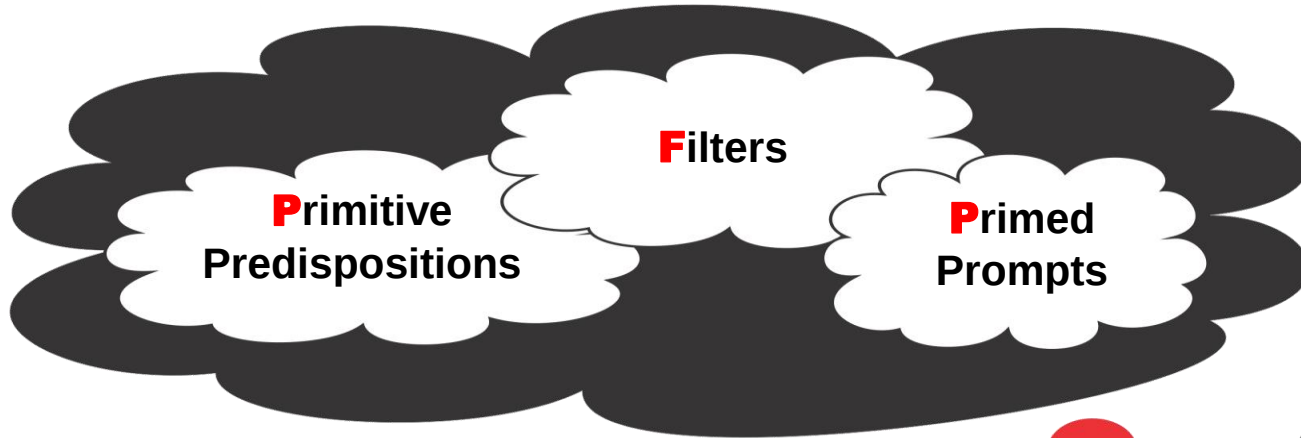
- look good and impress
- be in control
- be right
- be treated fairly
- not be criticized
- be judgmental
- be accepted by the 'herd'



Life's Set-up – Being Mostly Semiconscious

- Means that we have insufficient consciousness **to consistently offer our 'A' Game**
- Especially in crisis, we speed dial our 'C' survival game as our ancestors have done for thousands of years.

What Do We Speed Dial?



Primitive Predispositions

- Inherited genetic makeup re: survival and reproduction drives (i.e. '**Nature**' You)

Filters

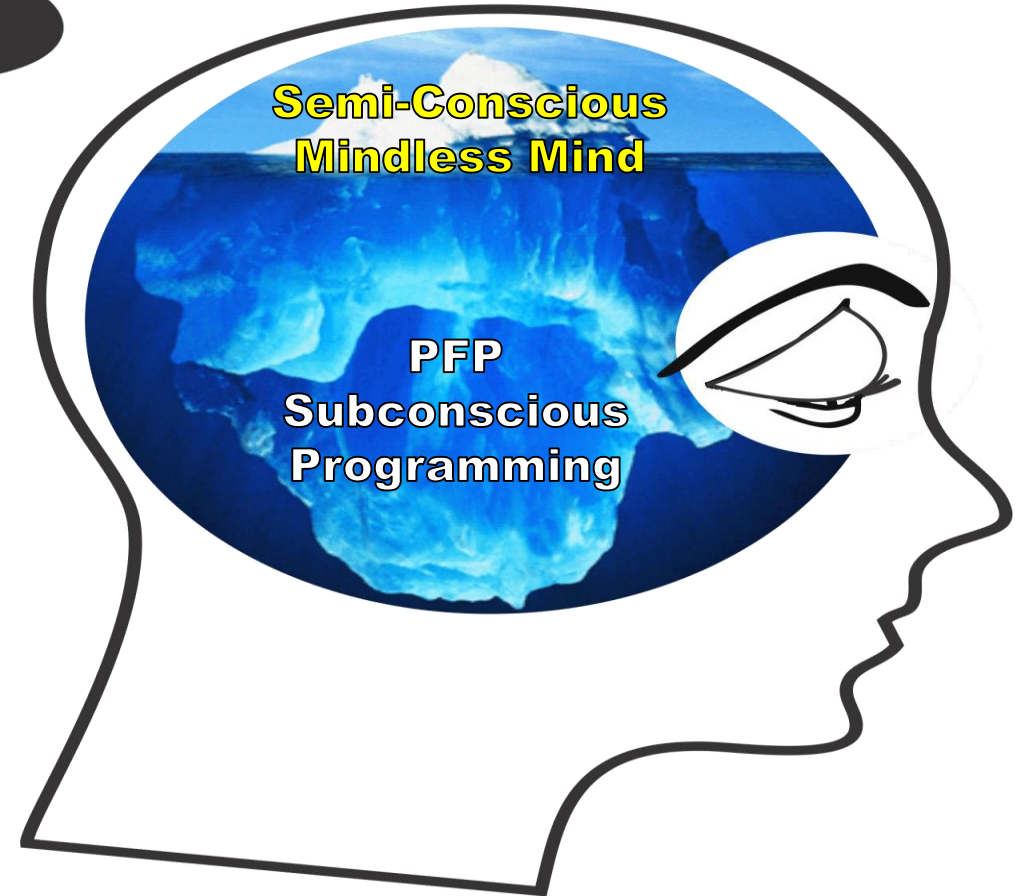
- Illogical beliefs/faulty filters from childhood conditioning e.g. "I need", "I am", "Others are" (i.e. '**Nurture**' You)

Primed Prompts

- Societal and cultural brain washing/ stereotyping/branding/bigotry (i.e. '**Numbed**' You)

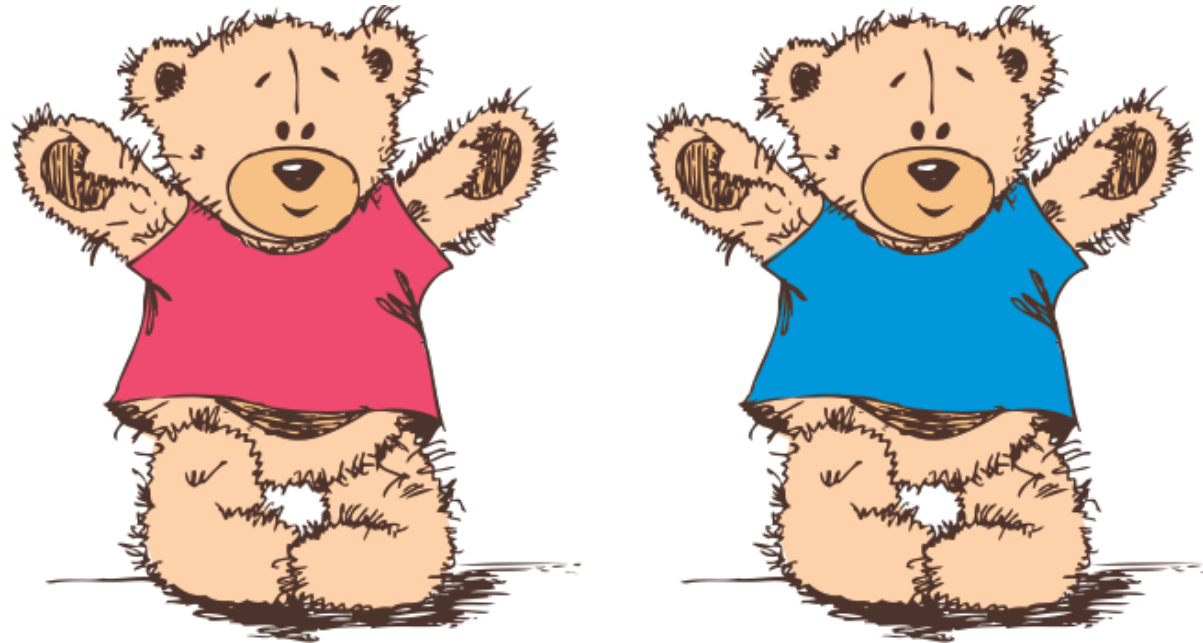
Semi-Conscious Mindless Mind

- The "You" who is reading this but doesn't know it (i.e. '**Normal**' You)



Because PFP So Controls Our Life – We Call It PFP Prison!

What do we mean by an 'Inherited DATA BANK'?



Understanding Our Filters' Part of PFP

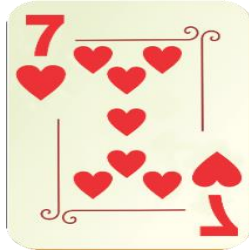
Installing Our Subjective Software

Understanding the Filters' Set-up:

We start our life perceiving that **“I am weak and vulnerable,”** both emotionally and physically. We therefore groped for ways to feel secure through inclusion in our family (the herd). This gives a sense of counting for something and connection which our brain registers as being safe and secure.

To figure out how to meet these needs, we became **a good mind reader.**





How you learned to read minds to get included and protected and in so doing, became you i.e. got programmed with rules about:

- *I must be*
- *Men are*
- *Women are*
- *The world is*

and

Who my 'In-Group' is

Examples of Filters

- I think that I **need to be in control** or not out of control of most situations and people in order to feel okay.
- I think that I **need to be right** and above criticism in order to feel okay.
- I think that I **need approval** from important people in my life in order for me to feel worthwhile and okay.
- I think that **others and life must treat me fairly** otherwise, I have a God-given right to feel awful.
- I think that I **must be included** or not be excluded from social situations that I feel are important in order for me to have adequate self-worth.
- I think that I **need to be superior** to others in order to feel okay and worthwhile.
- I think that I **need to achieve and be busy** in order to feel okay and that boredom is very emotionally painful and anxiety producing.

An Example of a Program/Filter

***I can win an argument on any topic against any opponent.
People know this and steer clear of me at parties.
Often as a sign of great respect,
they don't even invite me anymore.***

Lily Tomlin

***When a pick pocket meets a saint –
All they see are the saint's pockets.***

Ram Dass



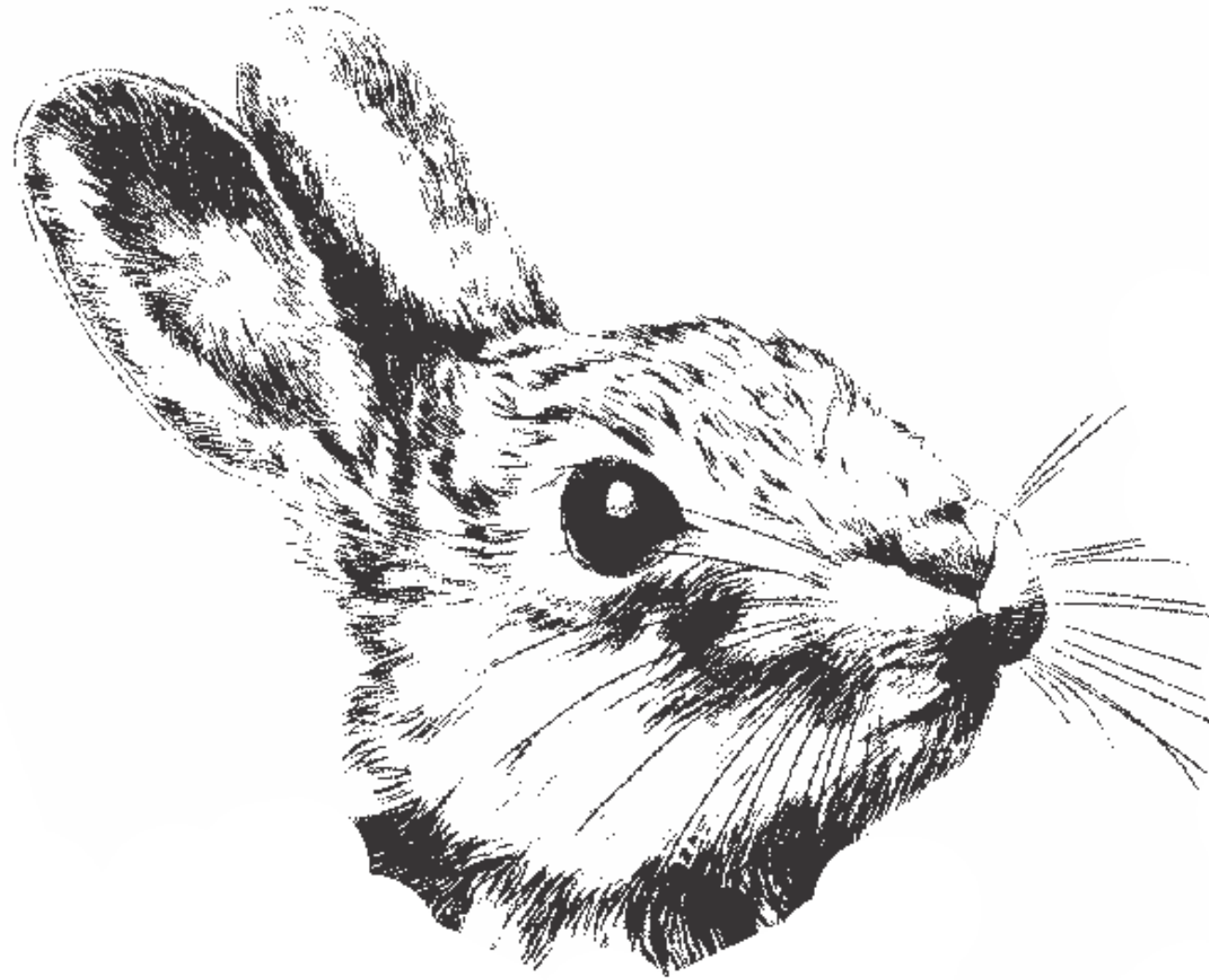
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The Birth Order Experiment

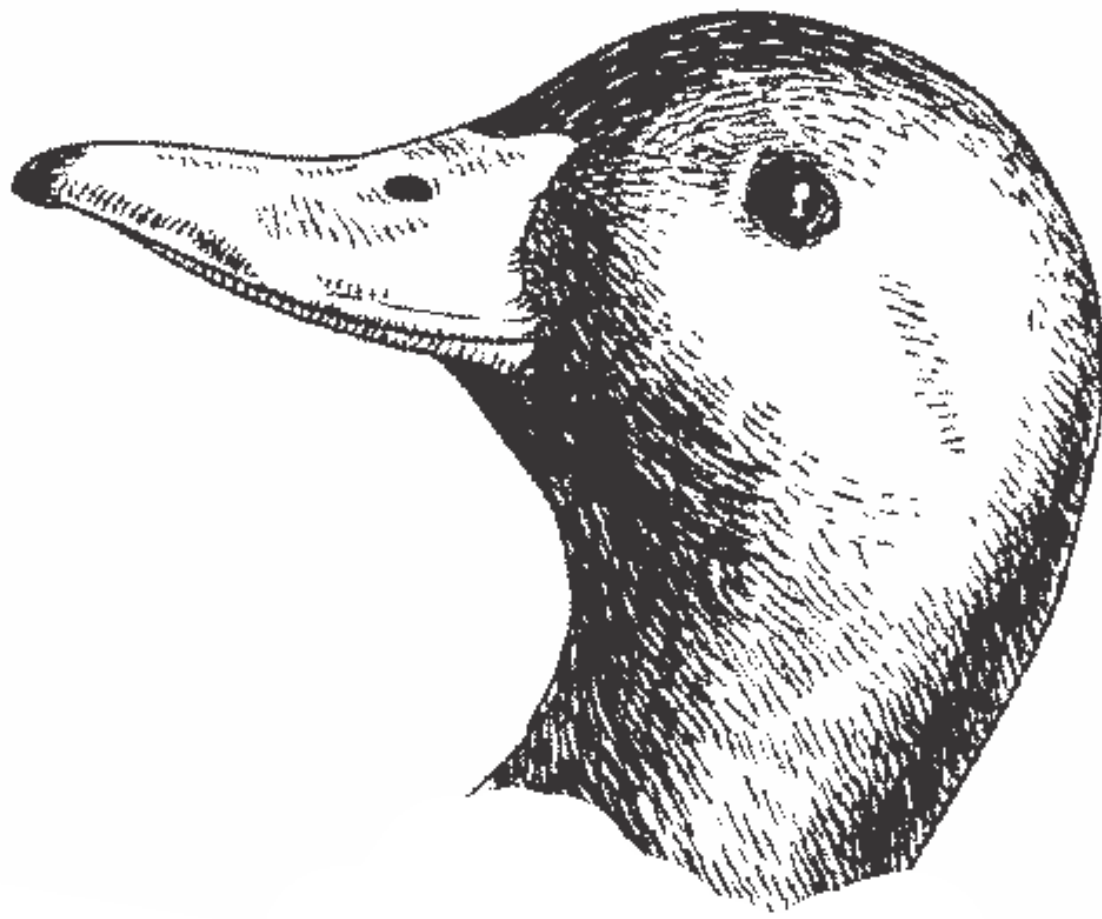


Experiment

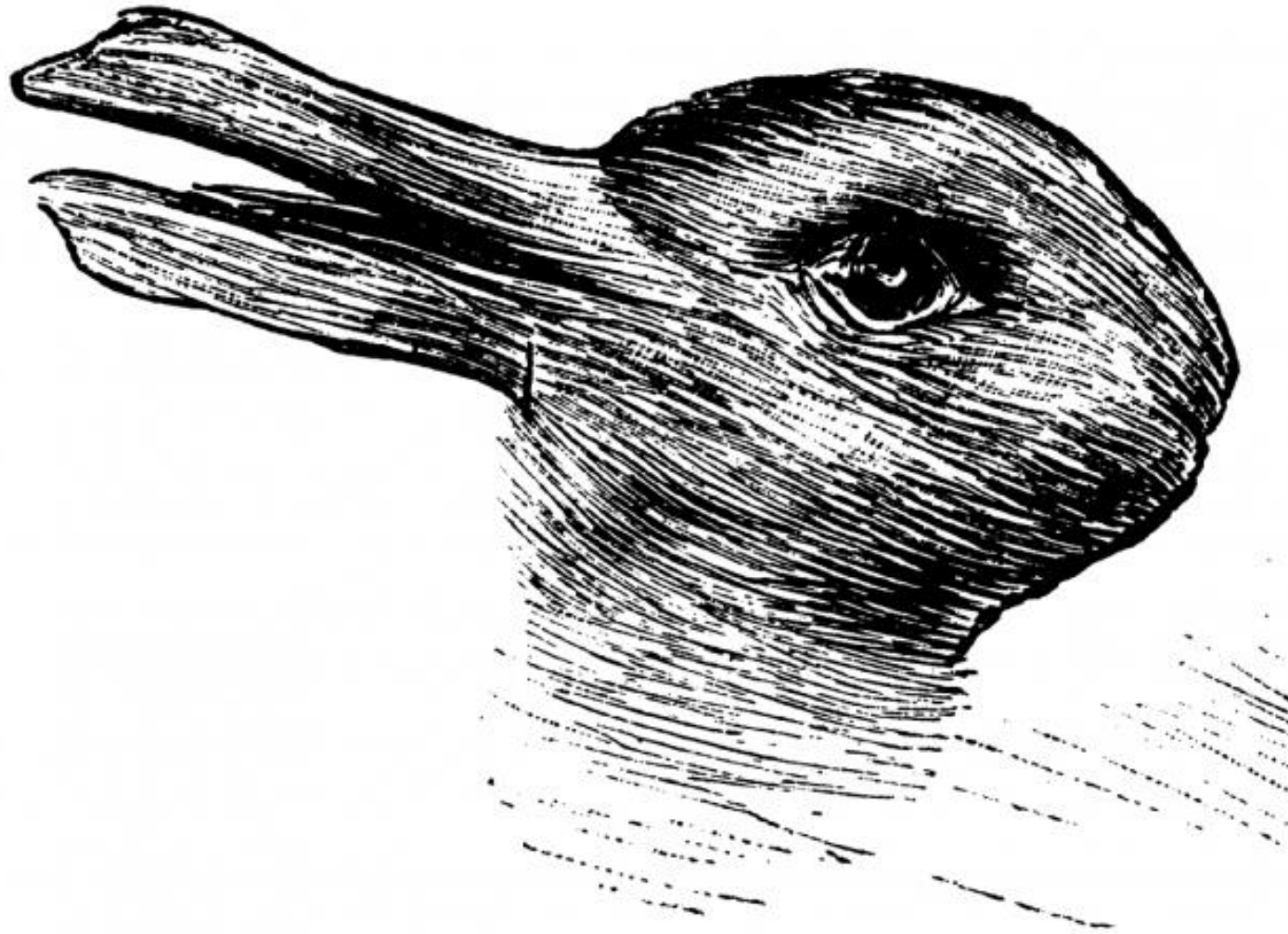
1. Divide into pairs and decide who is #1 and who is #2.
2. Everyone close your eyes.

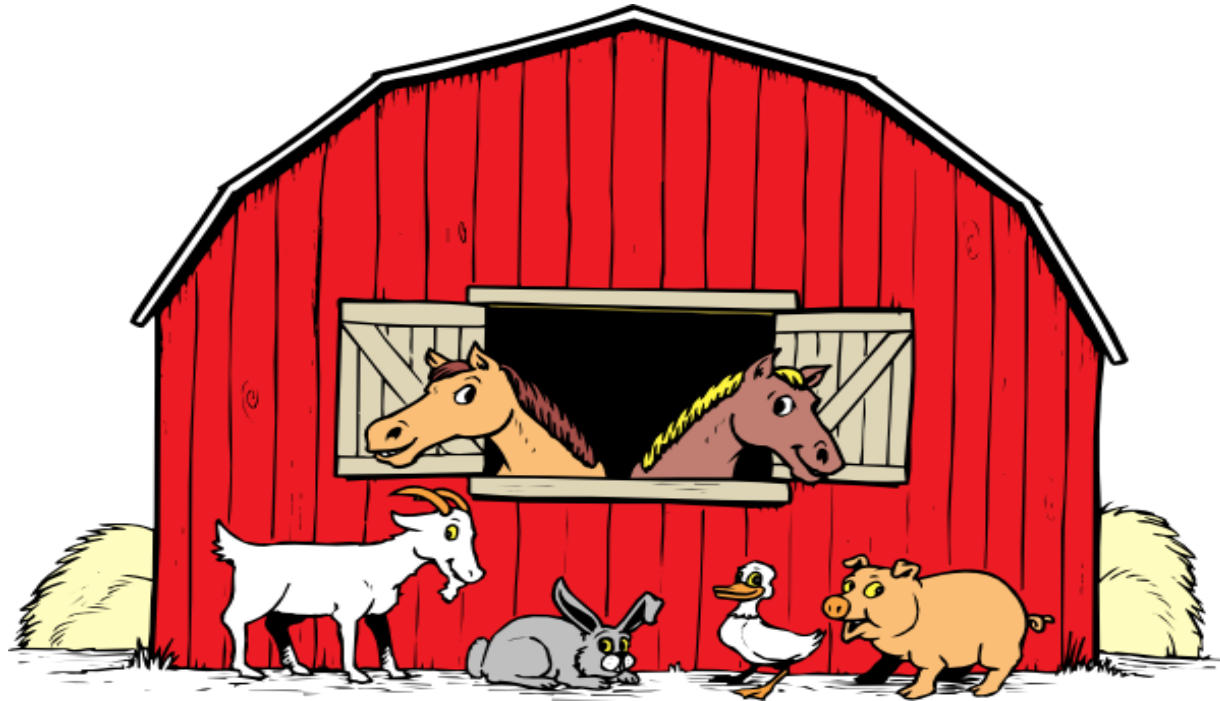


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How many farm animals do you see in this picture?



*Now tell me what you **first see** in this picture.*

Primed Prompts

*Our Brain Fabricates
Much of Our Reality
Based on
How our 7 Senses have been Primed*



Priming Problems

Possibly one of the most serious brain primes that negatively impacts current services is most **supporters' limited beliefs regarding the potential** of people who we are supporting.

As we observe the highest level of a person supported experiencing life, know that this is probably representative of the lowest level of their potential.

So then

Could it be that **Mindless** PFP Programming,
at times is causing or seriously contributing to
how we offer significantly less than optimal
support?

With a partner:

Name what you feel are 2 of the most concerning ways that PFP Programming is unknowingly compromising the quality of our support for others.

CONSCIOUS CARE & SUPPORT



Developing Emotionally Self-Regulated and Kind Supporters

Breaking Out of PFP Prison

Breaking Out of PFP Prison Is An Inside Job

Consciousness/Mindfulness



The VERY, VERY GOOD NEWS

- The Power/Influence of Negative PFP Programming can be significantly Reduced as a result of becoming more Mindful/Conscious.
- Mindfulness actually rewires the Brain's 'Live' Drive Modules like the Medial Prefrontal Cortex to give 5 ways to Prevent and Eliminate Emotional Hijacks and enhance our capacity to make better choices.

B-FIT MINDFULNESS

it's not what you think



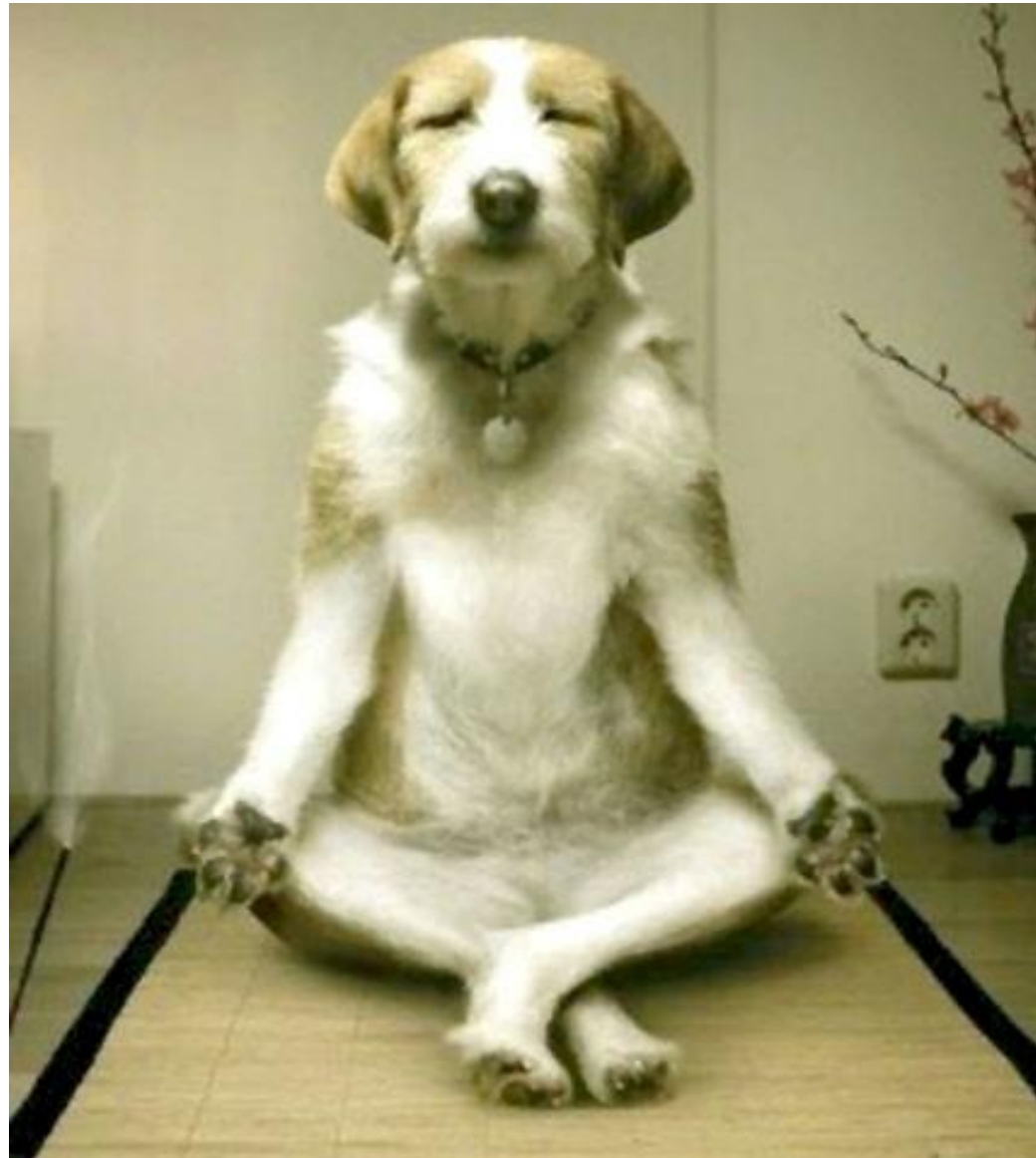
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How to Escape from the 'Dog Eat Dog' World

- 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

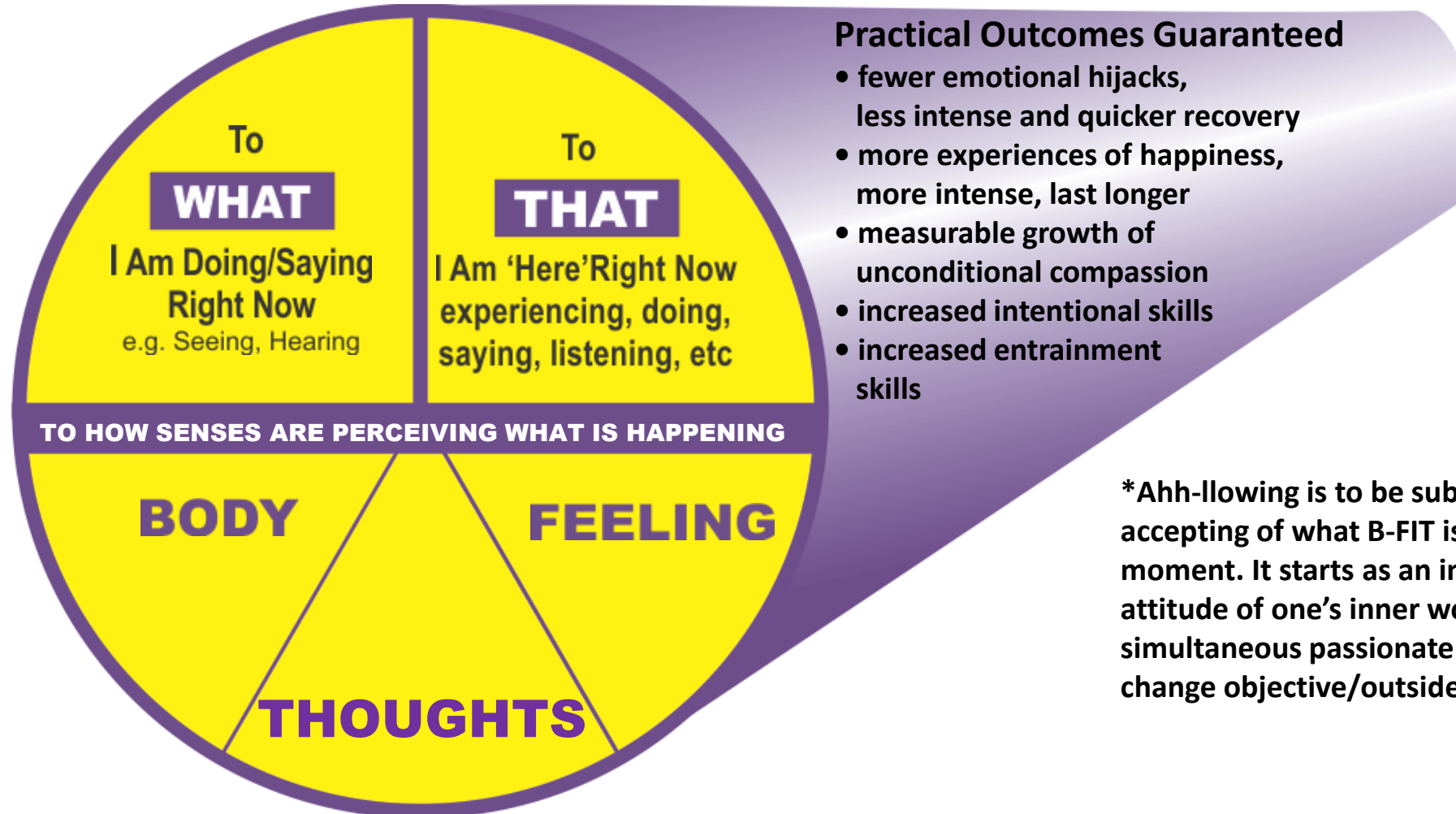
The Family Dog!



Write Your Signature

B-FIT MINDFULNESS IS...

Being Ahh-llowing* of and Paying Attention:



*Ahh-llowing is to be subjectively/internally accepting of what B-FIT is doing moment by moment. It starts as an intended 'let it be' attitude of one's inner world with a simultaneous passionate commitment to change objective/outside reality as useful.

Looking with greater clarity

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



Complete the B-FIT Mindful Exercise

Mindfulness Exercise Debrief

- What was your Predominant Experience of Thinking - Image or Talk?
Conclusion? You are not your thoughts or feelings.
- What happened when you just noticed a thought?
- Did you feel relatively calm? This means Set Point movement of the Parasympathetic Nervous System and Vagus Nerve activation = Unconditional Compassion-after 25 hours some of the PNS stays turned on.
- Feelings – ‘There is’ versus ‘I am’.

Mindfulness exercise reference www.centreforconsciouscare.ca Audio Resources, Disk 9, Track 1

“It is the mind and only the mind that determines the quality of one’s life.”

Siddhartha

The following 5 Ways are How We Accomplish Radical Changes
to Nature, Nurture and Normal's Nasty PFP Programming

B-FIT Mindfulness has been specifically designed to interrupt this authoritarian regime's power in the following 5 ways:

1. A reminder of being in prison:

Firstly, mindfulness reminds us that our Mind has a Mind of its own and that when we are only semiconscious (like how we drive our car), our **PFP** (not mindful us) is making many poor choices.

2. Awareness right now of More Optimal Responses:

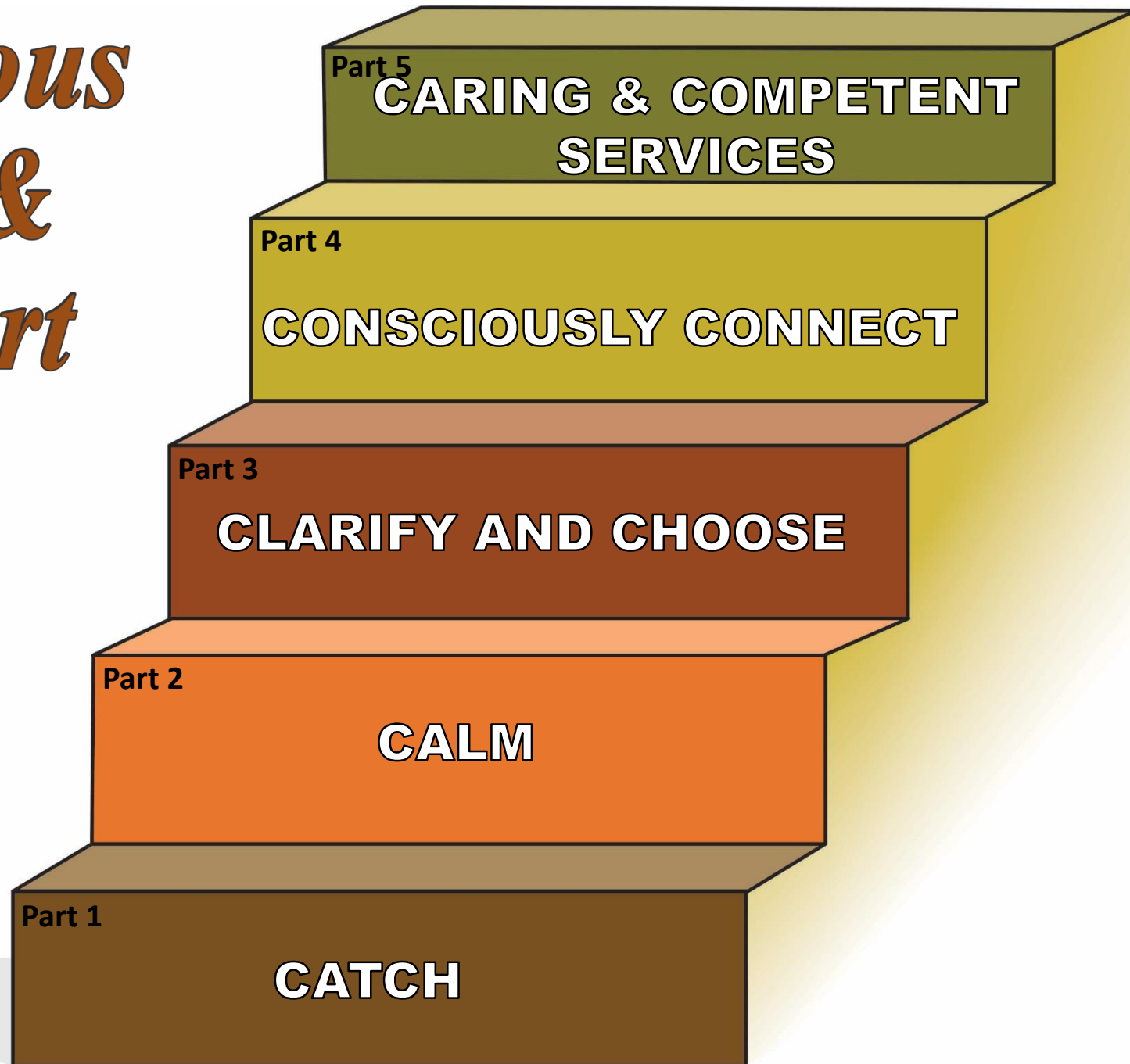
The 'mindful me' has a much greater likelihood of not being as semiconsciously driven to behave in accordance with PFP Programming initial thoughts' and feelings' directives.

The more conscious we become in the moment, we immediately 'rethink' more optimal responses than initially offered by PFP.

I call this the Catch, Calm and Clarifying process.

Conscious Care & Support

*5 B-FIT
Mindfulness
Based Essential
Human
Competencies
required to*



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3. Upgrade the Live-Drive:

As we mature to B-FIT wisdom and kindness and intrapersonal skills, the PFP live-drive seems to be upgraded to a more complete version (i.e. me version 2.0) so even the PFP autopilot thoughts, feelings and actions are now more aligned with the more conscious 'ideal self' me.

4. Those Thoughts and Feelings Are Not Me:

As we are 'just naturally' more and more mindful, the 'Mindful Me' (witness, noticer, observer), less and less identifies with 'the' thoughts and feelings as 'me'.

This results in consistently manifesting our highest level of Competence, Calm and Care for **all** others.

5. **Wisdom and Authentic Kindness:**

With sufficient:

- Time
- Focus
- Sensory clarity
- Ahh-llowingness

B-FIT starts to self-organize into flowing ‘emerging’ wisdom and ‘usness’ authentic kindness.

Consider the following...

**“From a mindful centre we can respond instead of react.
Unconscious reactions create problems.
Mindful responses bring peace.
Whatever happens can be met with wisdom and
compassion.”**

Jack Kornfield

The Mindfulness Alternative

Approximately 25 hours of Mindfulness Training and Practise significantly reduces these risks and enhances your Conscious and Unconditional Compassionate Thoughts, Feelings, Care and Support Skills.

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1. *basicmindfulness.org* – Shinzen Young
2. *University of Wisconsin*, R. Davidson
3. *Full Catastrophe Living*, J. Kabat-Zinn
4. *The Effect of Mindfulness on Anxiety and Depression – A Meta Analytic Review*, S.G. Hofmann
5. *Stress and Parasympathetic Control*, S.W. Pargue
6. *The Mindful Brain*, D.J. Siegel
7. *The Body Keeps the Score – Bessel van der Kolk* (pages 203-218)
8. *Waking Up – Sam Harris* (pages 119-123)

PFP Brain Research References

Blakeslee, M & S	<i>The Body Has A Mind of Its Own</i>
Doidge, N.	<i>The Brain's Way of Healing</i>
Eagleman, D.	<i>Incognito</i>
Eagleman, D.	<i>The Brain</i>
Fine, C.	<i>A Mind of Its Own</i>
Gazzaniga, M.S.	<i>Who's In Charge?</i>
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Marks, P. & G	<i>Conscious Care and Support</i>
Mlodinow, L.	<i>Subliminal</i>
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Young, S.	<i>The Science of Enlightenment</i>