

Session 5 Learning Plan

Group Process		Resources
1.	Overview – Session 5 Session 4 – Q & A Review, Group Process Shared Teaching	
2.	Hierarchy Needs #3 – Emotional Wellness ▪ Emotional Wellness Symptoms Tracking Tool ▪ Emotional Well-being – PTSD Desensitization & Triggers’ Prevention ▪ Psychological Well-being and Mistaken Beliefs / Filters / Workshop ▪ Medication Side Effects/Half Life	Textbook pages 109 – 110 Ses.5-Res.1 – Handout Textbook pages 111 – 112 Power Point–Ses.5-Res.2 - Handout Textbook pages 113 – 118 Textbook pages 118 – 120 Textbook pages 120 – 122
3.	Complete the Well-being Facilitation Plan Needs #3	Textbook page 43
4.	Behavioural Prevention and Interventions	Textbook pages 68 – 73
5.	B-FIT Mindfulness ▪ Skills Development Feedback – Q & A ▪ The Four Tools of B-FIT Mindfulness ▪ B-FIT Mindfulness Practice – Exercise #2	Textbook pages 239 – 250 Textbook pages 266 – 268
6.	Filters Summary & Early Recollections’ Applications	Textbook pages 362 – 382
7.	CCS Process Step 2 – ‘Calm’	Textbook pages 400 – 402
8.	Session Preparation and Learning Log	SurveyMonkey

Session Follow-up and Preparation:

- Review all resources
- B-FIT Mindfulness Practice 12-15 minutes x 5 sessions