

## Session 5 Learning Plan

| <i>Group Process</i> |                                                                                                                                                                                                                                                                                                                                                    | <i>Resources</i>                                                                                                                                                                                                       |
|----------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1.                   | Overview – Session 5<br>Session 4 – Q & A Review, Group Process Shared Teaching                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                        |
| 2.                   | Hierarchy Needs #3 – Emotional Wellness <ul style="list-style-type: none"> <li>▪ Emotional Wellness Symptoms Tracking Tool</li> <li>▪ Emotional Well-being – PTSD Desensitization &amp; Triggers’ Prevention</li> <li>▪ Psychological Well-being and Mistaken Beliefs / Filters / Workshop</li> <li>▪ Medication Side Effects/Half Life</li> </ul> | Textbook pages 109 – 110<br><br>Ses.5-Res.1 – Handout<br>Textbook pages 111 – 112<br><br>Power Point–Ses.5-Res.2 - Handout<br>Textbook pages 113 – 118<br><br>Textbook pages 118 – 120<br><br>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 <ul style="list-style-type: none"> <li>▪ Skills Development Feedback – Q &amp; A</li> <li>▪ The Four Tools of B-FIT Mindfulness</li> <li>▪ B-FIT Mindfulness Practice – Exercise #2</li> </ul>                                                                                                                                   | Textbook pages 239 – 250<br>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