

Session 8 Learning Plan

Group Process		Resources
1.	- Session Overview - University of Toronto Certification	Handout
2.	- Making Sense of the Senses - Screening for Sensory Irregularities Tool	Power Point – Ses.8-Res.1 Handout Resource – Ses.8-Res.2 Handout Textbook pages 156–164
3.	Complete the Well-being Facilitation Plan – Needs #6	Textbook page 45
4.	Stress Inducers and Reducers (reference 34 – 45)	Textbook pages 174–175
5.	Need #7 – Environmental Supporters’ Accommodations, Behaviour (ABA Learning), Social Interactions and Contributing to Others’ Well-being	Textbook pages 165–168
6.	Preventing and Managing Physical and Emotional Suffering	Textbook pages 272–275
7.	B-FIT Mindfulness Exercise # 5 – Preventing and Managing Pain to Reduce or Relieve Suffering	Textbook pages 276–277
8.	How Mindfulness Accomplishes Radical Change to PFP	Textbook page 358
9.	The Path to Awakening – Bret Story	Textbook pages 351–352
10.	- Summary – The Five Stage CCS Process - Ben’s Story	Power Point – Ses.8-Res.3 Handout Textbook pages 39–396 Textbook pages 392–393
11.	Living What You Learn	Textbook pages 354–357
12.	Walk the Dual Path – Do Our Part	Textbook pages 427–428
13.	Session Preparation and Learning Log	Handout

Session Follow-up and Preparation:

- Review all Resources
- Read CCS Text Book pages referenced above
- Mindfulness Practice – 20 minutes x 5 sessions weekly