

Session II Learning Plan

<i>Group Process</i>		<i>Resources</i>
1.	Developing Emotionally Self-Regulated and Kind Supporters – Claim Your Brain, Start Your Heart	Power Point – Ses.II-R1 Handout Textbook pages 213 – 216
2.	Developing Emotionally Self-Regulated and Kind Supporters – Breaking Out of PFP Prison	Power Point – Ses.II-R2 Handout Textbook page 216 - 220
3.	Session Preparation and Learning Log	SurveyMonkey

Follow-up and Preparation:

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