

Class Three Learning Plan- 1

<i>Group Process</i>		<i>Resources</i>
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 Class 3-Res.2 – Handout Textbook pages 111 – 112 Power Point–Class 3- Res.1 - 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	Handout

Session Follow-up and Preparation:

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

Class Three Learning Plan - 2

<i>Group Process</i>		<i>Resources</i>
1.	Session Overview	
2.	A Clarifying CCS Process	Textbook pages 382–386
3.	Stress Inducers and Reducers (reference 1 – 15).	Textbook pages 169–170
4.	Brain Development, Coherence Balancing and Inflammation Regulation	Power Point – Class 3-Res.3 Handout Textbook pages 123–139
5.	Complete the Well-being Facilitation Plan – Needs #4	Textbook page 44
6.	B-FIT Mindfulness Exercise #4 – Stress Rehearsal	Textbook pages 271–272
7.	15 Support Strategies for Advocating with Professionals	Textbook page 51
8.	Session Preparation and Learning Log	Handout

Session Follow-up and Preparation:

- Read CCS Text Book Pages (reference above)
- Mindfulness Practice – 15 minutes x 5 sessions