

Session IV Learning Plan

Group Process		Resources
1.	Hierarchy of Service Needs	Page 35
2.	15 Awareness Based Calming and De-escalation (BB ABC) Tools	Pages 57– 65
3.	Needs #1 – Planning Process	Page 42
4.	Integrating CCS with Behavioural and Mental Health Interventions	Pages 65 – 72
5.	Facilitating Optimal Living, Learning & Well-being Through Discovering and Disengaging from PFP Programming	Power Point – Ses.IV-R1 Handout Page 287 – 299
6.	Fruitful and Faulty Filters Discovery – Part I Birth Order Exercise	Page 300 – 305
7.	Filters Self Assessment (PART TWO – Appendix I)	Pages 362 – 381
8.	B-FIT Mindfulness Practice Session #2 – Awareness and Ahh-llowing of the 4 B-FIT Senses	Pages 266 – 268
9.	Session Preparation and Learning Log	SurveyMonkey

Session Follow-up and Preparation:

- Read all Text Book References
- B-FIT Mindfulness Practice – 10 – 12 minutes x 5