

Session X Learning Plan

<i>Group Process</i>		<i>Resources</i>
1.	- Session Overview - University of Toronto Certification	Handout
2.	Need #7 – Environmental Supporters’ Accommodations, Behaviour (ABA Learning), Social Interactions and Contributing to Others’ Well-being	Pages 165 – 168
3.	Complete the Well-being Facilitation Plan for Needs #7	Page 45
4.	Consciously Connect CCS Process Step 4	Pages 409 – 424
5.	Stress Inducers and Reducers (reference 34 – 45)	Textbook pages 174 – 175
6.	Summary – The Five Stage CCS Process Ben’s Story	Power Point – Session X – Resource 1 Pages 391 – 396 Pages 392 – 393
7.	B-FIT Mindfulness Exercise #6 – Healing Compassion Practice	Pages 277 – 278
8.	Summing It Up – Basics	Page 3
9.	Walk the Dual Path – Do Our Part	Pages 427 – 428
10.	Emergence	Pages 280 – 285
11.	Session Preparation and Learning Log	SurveyMonkey

Session Follow-up and Preparation:

- Review all Resources
- Mindfulness Practice – 20 minutes x 5 sessions weekly for the rest of your life