

Session III Learning Plan

Group Process		Resources
1.	Welcome and Session Overview	
2.	Supporters' Hierarchy of Needs - Exercise	Page 40
3.	A More Complete Understanding of Optimal Support	Page 31
4.	Breaking The Recurring Cycle of Behaviour	Page 26
5.	Well-being Facilitation Plan – Overview	Pages 41 – 47
6.	GI, Bowel, Digestive and Immune Systems' Holistic Treatment and Pain Management	Power Point – Ses.III-R1 Pages 88 – 108
7.	Well-being Planning Process – Gastrointestinal, Bowel and Digestion (Needs #2)	Page 43
8.	Supporters' Human Competencies, Mindful Emotional Self Regulation Skills, Self-Assessment	Page 183
9.	Mindful Emotional Self Regulation – Self and Others and Personal Qualities	Pages 184 – 185
10.	B-FIT Mindfulness – What is it and Reasons to do it	Pages 189 – 203
11.	A Mindfulness Self Assessment	Page 212
12.	B-FIT Mindfulness Instruction (Labelling)	Page 263
13.	B-FIT Mindfulness Practice Session Exercise #1	Pages 264 – 266
14.	The CCS 5 Stage Support Process – Step # 1 Catch	Pages 397 – 399
15.	Session Preparation and Learning Log	SurveyMonkey

Follow-up and Preparation:

- Read all Text Book References
- Mindfulness Practice - www.centreforconsciouscare.ca – Disc 9 – Track 1
- Mindfulness Practice – 10 minutes x 5 sessions
- Video #1 - Dr. Mark Hyman (*Glutathione – The Mother of all Antioxidants*)

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