

Session VI Learning Plan

<i>Group Process</i>		<i>Resources</i>
1.	Overview – Session VI Review – Session V – Q & A ▪ Supporter’s Optimal Solutions ▪ Mistaken Filters of People Supported	Textbook page 118 Textbook pages 119 – 120
2.	How PFP Filters Influence the Quality of Leadership and Support Services (Workshop and Discussion)	Text book pages 387 – 389
3.	Mindful Emotional Self-Regulation – So, What To Do	Textbook pages 321 – 331
4.	Awakening	Textbook pages 334 – 335
5.	Session Preparation and Learning Log	SurveyMonkey

Session Follow-up and Preparation:

- Review all resources
- B-FIT Mindfulness Practice 12-15 minutes x 5 sessions
- Complete Difficult Feelings Self Assessment – page 326