

Session VII Learning Plan

<i>Group Process</i>		<i>Resources</i>
1.	Session Overview	
2.	Session V and VI – Review (Interval Training)	
3.	Stress Inducers and Reducers (reference 1 – 15).	Pages 169 – 170
4.	Brain Development, Coherence Balancing and Inflammation Regulation	Power Point – Ses.VII-R1 Handout Pages 123 – 139
5.	Complete the Well-being Facilitation Plan – Needs #4	Page 44
6.	B-FIT Mindfulness Exercise #2 – Awareness and Ahh-llowing of The Four B-FIT Senses	Pages 266 – 268
7.	15 Support Strategies for Advocating with Professionals	Page 51
8.	Session Preparation and Learning Log	SurveyMonkey

Session Follow-up and Preparation:

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