



ONLINE INTRODUCTION/OVERVIEW CONSCIOUS CARE AND SUPPORT

Tuesday March 12th
10:00 AM - 12:00 PM

CONSCIOUS CARE & SUPPORT



Conscious Care and Support

Developing

Emotionally Self-Regulated & Kind Supporters

Facilitating

Comprehensive Biomedical Support & Treatment



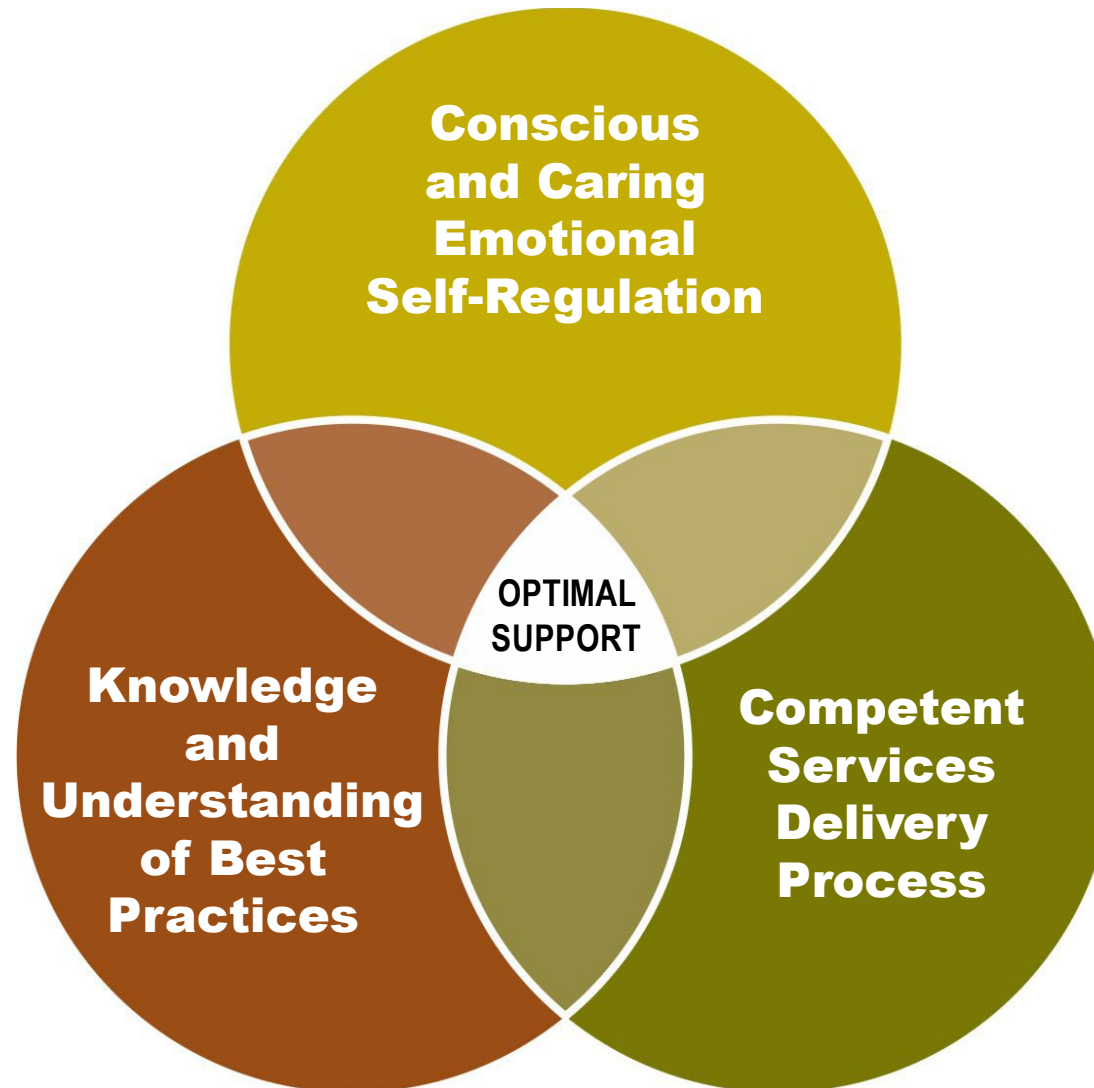
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Contributors to Conscious Care and Support

***Conscious Care and Support* has been developed while supporting, training or in direct consultation with:**

- Approximately 3,000 Moms, Dads, and Support Professionals.
- Dr. John Ratey, Associate Clinical Professor of Psychiatry at Harvard Medical School (reference 8 books on mental health and autism and other developmental disabilities including 'Spark' and 'Shadow Syndromes').
- Dr. Theresa Hamlin, Associate Executive Director of The Center for Discovery and her staff. Dr. Hamlin is the author of 'Autism and the Stress Effect'.
- Dr. Martha Herbert, Assistant Professor of Neurology at Harvard Medical School and a Pediatric Neurologist at Massachusetts General Hospital, where she is Director of the Transcend Research Program. She sits on the Scientific Advisory Committee for Autism Speaks (reference 'The Autism Revolution').
- Dr. Shinzen Young, Mindfulness Research Consultant, Harvard Medical School.
- Universities of Toronto and Western Ontario/London Health Sciences Centre and Centre for Addiction and Mental Health (CAMH)

To Consistently Deliver Optimal Support – The Supporter Needs Three Key Professional and Intrapersonal Qualities



Conscious Care and Support First Principles

1

Co-Occurring Conditions not the Diagnosis



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Facts About Autism and Other Developmental Disabilities

*The American Academy of Pediatrics
dedicated to the health of all children.*



“Autism behaviours have been adopted as unofficial criteria in the assessment of Autism, but there is no evidence supporting the attribution of behaviours such as head banging, aggression and night waking to the pathophysiology of Autism. Parents and supporters should be aware that these maybe the primary or sole symptom of underlying (bio)medical conditions.” (Buie et al., 2010)

Buie, T., Campbell, D. B., Fuchs, G. J., 3rd, Furuta, G. T., Levy, J., Vandewater, J., Whitaker, A. H., Atkins, D., Bauman, M. L., Beaudet, A. L., Carr, E. G., Gershon, M. D., Hyman, S. L., Jirapinyo, P., Jyonouchi, H., Kooros, K., Kushak, R., Levitt, P., Levy, S. E., Lewis, J. D., ... Winter, H. (2010). Evaluation, diagnosis, and treatment of gastrointestinal disorders in individuals with ASDs: a consensus report. *Pediatrics*, 125 Suppl 1, S1–S18. [URL](#)

Examples of Prevalence (30% - 88%) of Co-occurring Conditions

- **Gastrointestinal**
 - infections
 - intolerances
 - imbalances (e.g. vit/min)
 - physical pain
- **Mental & Neurological**
 - e.g. seizures and mood disorders
- **Brain Imbalances**
 - inflammations
 - coherence (lack of)
 - under development
 - motor planning problems
- **Sensory Integration and Processing**
 - hyper/hypo activation
- **Human Energy**
 - sensitivities (e.g. EMF/ RWF)
 - intolerances
- **Cellular**
 - mitochondria dysfunction
- **Emotional**
 - fears and phobias
- **Adrenal Glands**
 - over production of cortisol

2 Anxiety ➡ Aggression ➡ Calm

3 Anxiety is Counterproductive



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Anxiety is Counterproductive

Support interventions that increase anxiety and stress are counterproductive and often increase challenging behaviours and the eventual compromise of the sympathetic nervous system's regulation.

“For us to live our life to the fullest, we must prevent and better manage our fears.”

Temple Grandin

4

From 0 – 60 mph in seconds?

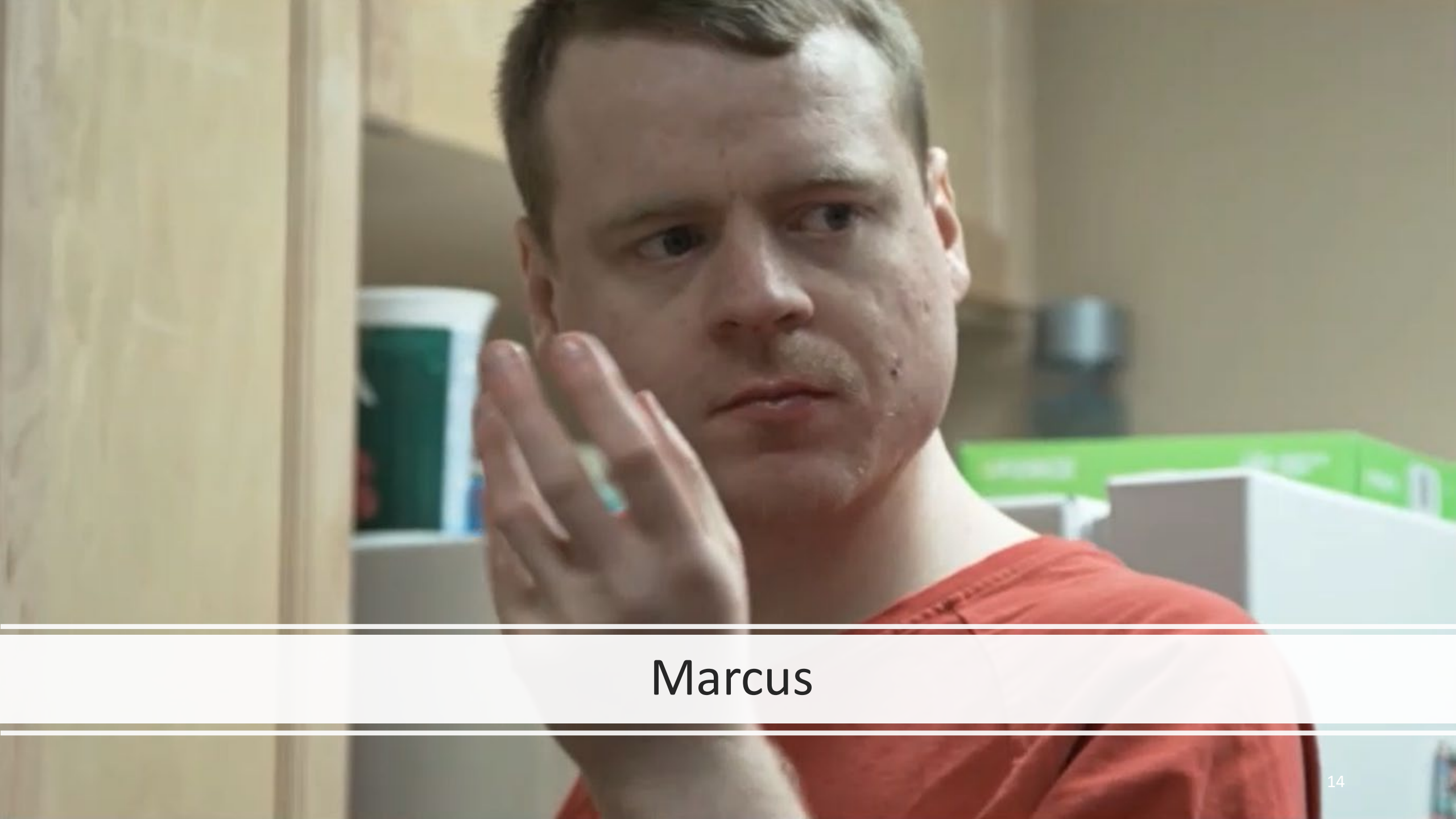
From 0-60 mph in Seconds?

*“Individuals with Autism live in a challenging state of hyperarousal. Many live in pre-panic states day in and day out.”**

*“Anger can be a strangely soothing emotion – Rage is organizing: When we have worked ourselves up into a fury, we are completely focused, involved and unified.....”**

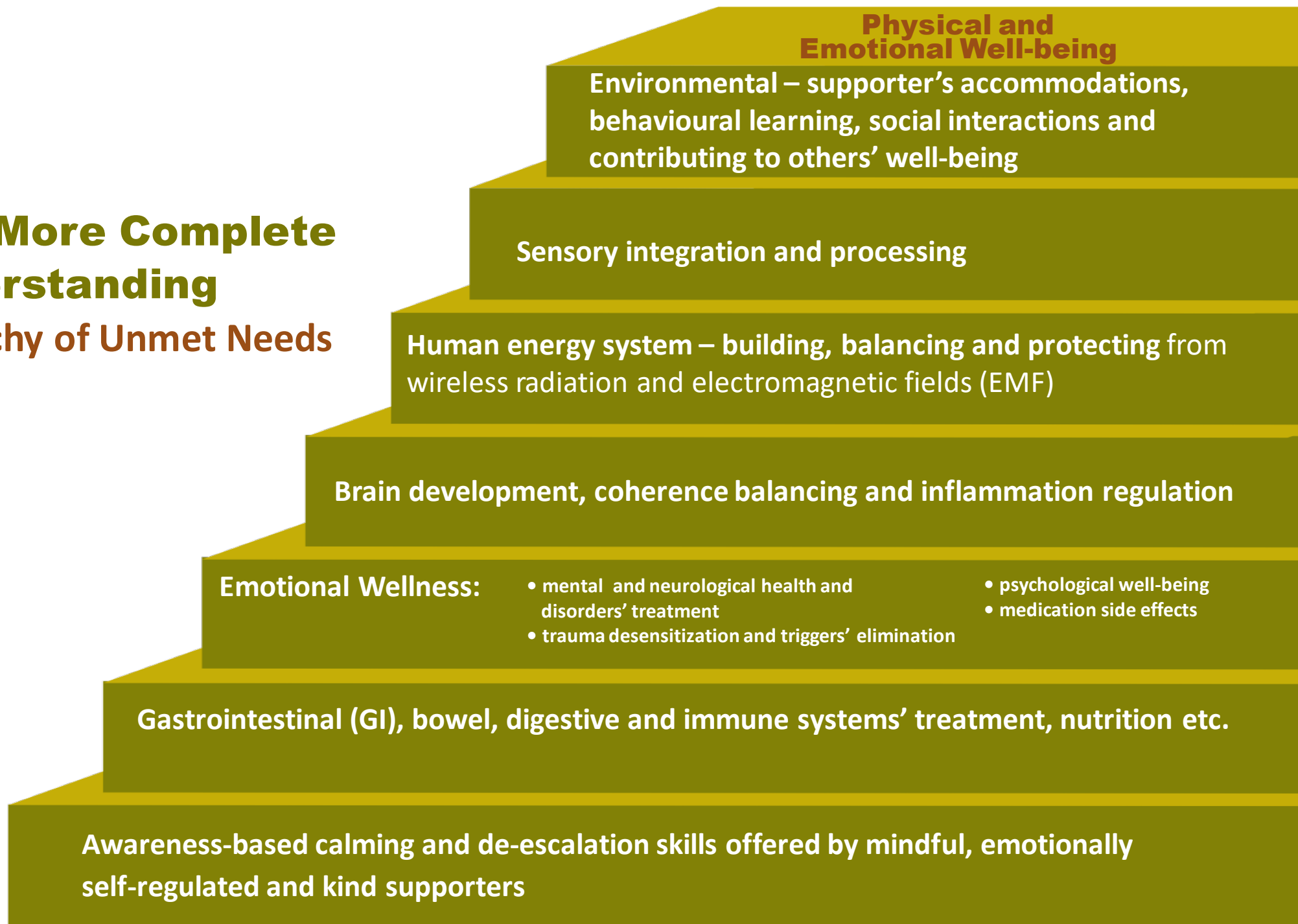
(Our fear is replaced by anger – a much more ‘user friendly’ emotion).

*John Ratey M.D., Associate Clinical Professor, Harvard Medical School
Author and Co-author of 8 Books, Over 60 Peer Reviewed Papers*



Marcus

Toward A More Complete Understanding of the Hierarchy of Unmet Needs



CCS Hierarchy of Service Needs

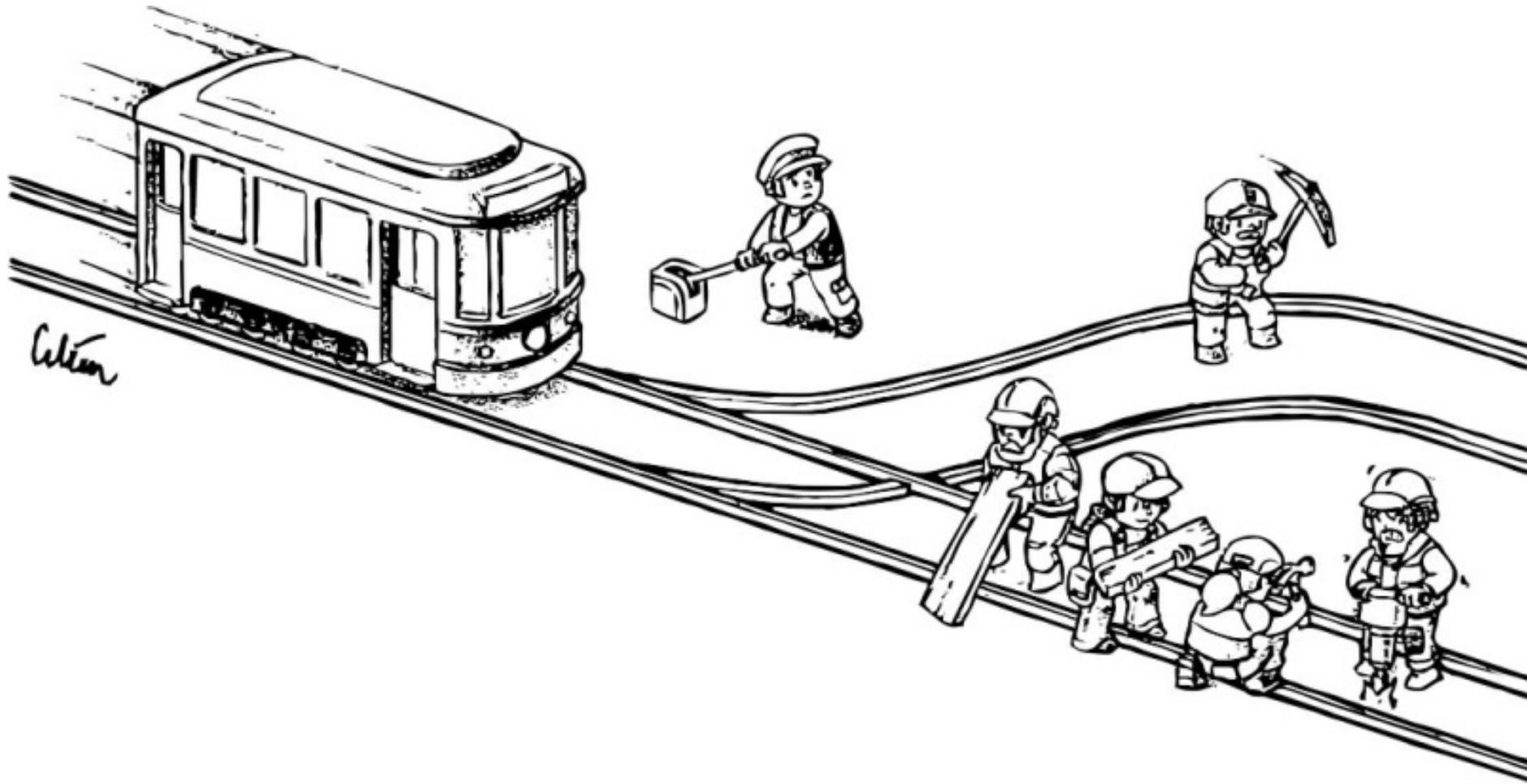
Toward A More Complete Understanding

of the hierarchy of special needs to meet
in order to facilitate optimal well-being
and to prevent and mindfully manage
anxiety, anger and aggression

**Physical and
Emotional Well-being**

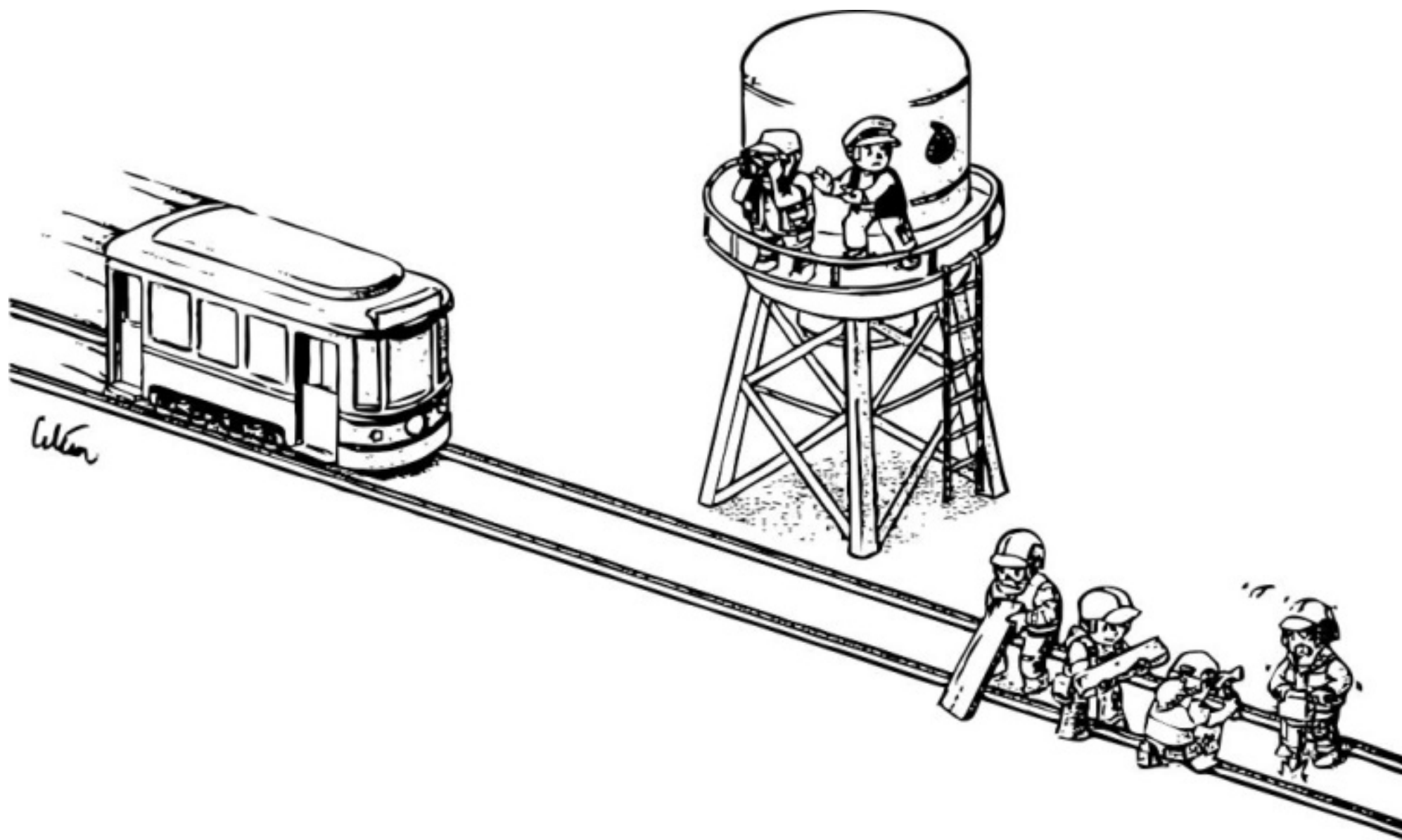
**Awareness-based calming and de-escalation skills offered by mindful, emotionally
self-regulated and kind supporters**





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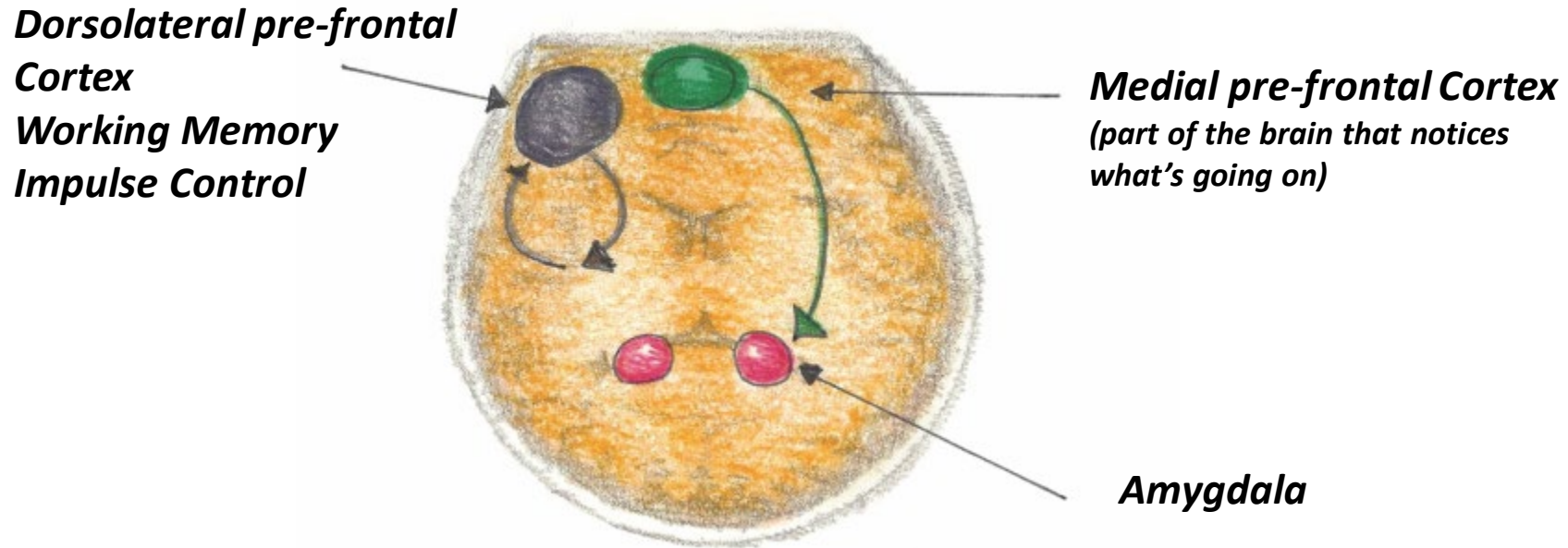
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Mindful Emotional Self-Regulation

The main way we can consciously access the emotional brain is through self-awareness* (i.e. becoming mindful).

Mindfulness increases connections in the medial pre-frontal cortex.

This reduces anxiety for the Supporter and the Person Supported.



*LeDoux, J. (2013). Emotion Circuits in the Brain. *Journal of Neuroscience* 33(9), p. 3815-23.

According to many published Neuroscientists, including Dr. Daniel Siegel (UCLA) in his book called ***The Mindful Brain*** (page 42 and 43) the following brain, body and being functions correlate with the activity of medial areas of the prefrontal cortex:

1. **Body regulation** – the emotional brakes and accelerator functions.
2. **Attuned communication** involves the coordination of the input from another person with the activity of one's own (as with mirror neurons).
3. **Emotional balance** to have enough activation so that life has meaning and vitality but not so much that life becomes chaotic.
4. **Response flexibility** is the capacity to pause before action.
5. **Empathy** – knowing what might be going on inside someone else.
6. **Insight or self-knowing** awareness to be able to link the past, present and future.
7. **Fear modulation** that may be carried out by the release of the inhibitory neurotransmitter GABA.
8. **Intuition** – a neural mechanism by which we process deep ways of knowing via our body i.e. 'somatic intelligence'.
9. **Morality** – taking into consideration the larger picture, to image what is best for the whole not just one's self, even when alone.

CCS Hierarchy of Service Needs

Toward A More Complete Understanding

of the hierarchy of special needs to meet in order to facilitate optimal well-being and to prevent and mindfully manage anxiety, anger and aggression

Physical and Emotional Well-being

Gastrointestinal (GI), bowel, digestive and immune systems' treatment, nutrition, pain management, dental and myofunctional disorders, illness prevention and treatment

Awareness-based calming and de-escalation skills offered by mindful, emotionally self-regulated and kind supporters



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Needs for GI and Bowel Management and Holistic Treatment

- Distressed Gut Microbes – produce Mind/Body Agitation, Pain and Anxiety which often leads to aggression.*



1% Human
99 % Bacterial and Fungal

- Some Microbes found in the gut of individuals with Autism, when introduced into healthy rodents, create numerous Autistic like symptoms.*
e.g.
 - Repetitive behaviours
 - Social aversion
 - Easy to startle

*Yong, E. (2018). *I Contain Multitudes: the microbes within us and a grander view of life*. P. 69-70. Ecco.

**MacFabe, D.F., Cain, N.E., Boon, F., Ossenkopp, K.P., & Cain, D.P. (2010). Effects of the enteric bacterial metabolic product propionic acid on object-directed behavior, social behavior, cognition, and neuroinflammation in adolescent rats: Relevance to autism spectrum disorder. *Behav Brain Res*.

<https://www.ncbi.nlm.nih.gov/pubmed/23990817>

Microbes, Anxiety and Aggression

Chronic anxiety means excessive toxic cortisol in the body. To neutralize this toxin, the body uses up basic building blocks like amino acids that are needed to:

- digest food
- build the immune system
- produce calming neurotransmitters

This depletion causes anxiety leading to challenging behaviour.

CCS GI and Bowel Management and Holistic Treatments

Engage a qualified holistic GI specialist, e.g. qualified and available MD, ND or nutritionist who will for example:

1. Complete a comprehensive biomedical assessment e.g. Organic Acid Test
2. Remove food toxins/allergens and metals
3. Balance minerals, vitamins and neurotransmitters
4. Implement holistic bowel management
5. Optimize nutrition
6. Optimize sleep

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Physical and Emotional Well-being

Emotional Wellness:

- mental and neurological health and disorders' treatment
- psychological well-being
- trauma desensitization and triggers' elimination
- medication side effects
- ABA behavioural interventions

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Mental and Neurological Health

- Ensure accurate tracking of symptoms and report to the Primary Care Physician.
- Behaviour check lists must be an accurate reflection of the supported person's behaviour – not contaminated with the supporter's inadvertent 'Challenging Behaviour'

Mental and Neurological Health

- **Benefits and Risks of Psychotropic Medications:**
 - Anti-psychotics
 - Anti-anxiety
 - Anti-depressants
- **Have you heard of a Half-Life?**
- **Have you heard of Dystonia (movement disorder) (i.e. Akathisia)?**

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Physical and Emotional Well-being

Brain development, coherence balancing and inflammation regulation

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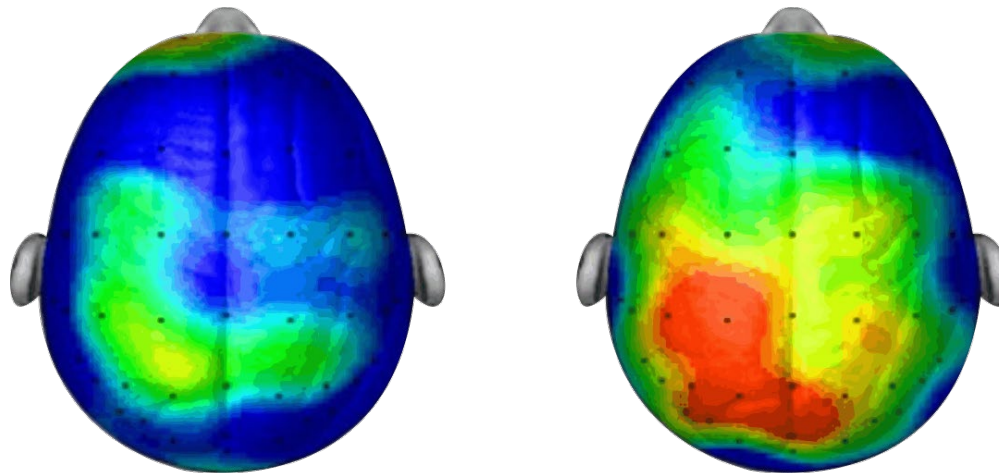
Brain Coherence

i.e. Many Parts of the Brain ‘Talking’ to Each Other

“Like you, I need to be able to understand and process information”.

This requires optimal Brain Functioning including:

- neurogenesis (new neurons)
- neuroplasticity (more complete neuro networks)
- neuro electrical stimulation (brain firing)
- neurochemicals production (endorphins, dopamine, serotonin, oxytocin)
- Hertz e.g. Beta, Alpha, Theta, Delta

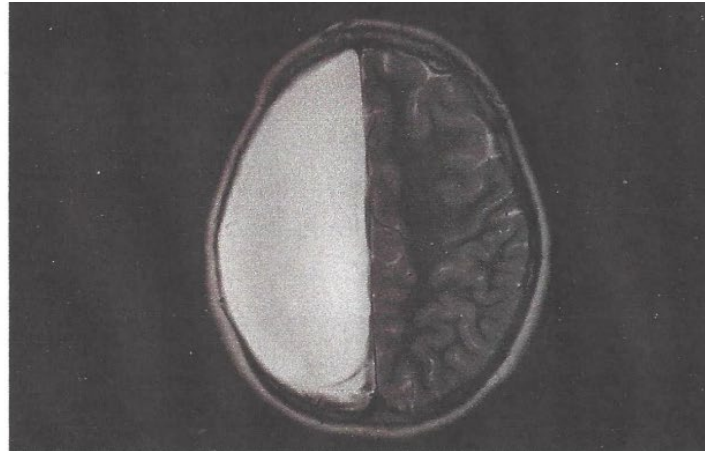


**(Brain MRIs before & after
20 minutes of exercise)**

Could This Indicate Potential for Well-being for People Supported?

In 2007, Neurosurgeons removed half of Cameron Mott's Brain

In this scan of Cameron's brain, the blank space is where half of her brain has been removed.



The Results:

Aside from some weakening on one side of her body, she is indistinguishable from her classmates. She is a good student and participates in sports.

Eagleman, D. (2017). *The Brain: the story of you*. Vintage.

CCS Brain Coherence, Balancing & Inflammation Regulating Interventions

- 1. Enhance essential brain calming elements**
(e.g. GABA and Serotonin)
- 2. Prevent excess of excitatory elements**
(e.g. Cortisol, Glutamate, PPA)
- 3. Balance anxiety producing vitamins and minerals**
(e.g. Magnesium, Vitamin B6, Vitamin B12)
- 4. Cerebellum activation**
(e.g. 20 minutes of bouncing and balancing)
- 5. Maintain adequate glutathione levels to prevent brain inflammation**
(e.g. NAC)

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Physical and Emotional Well-being

Human energy system – building, balancing and protecting from wireless radiation and electromagnetic fields (EMF)

Brain development, coherence balancing and inflammation regulation

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Human Energy – Building, Balancing and Protection

Protection from Environmental Toxins

- e.g. - reduce electromagnetic energy fields (EMF)
(a.k.a. dirty electricity)
- reduce Wi-Fi and cell phone radiation



The Bioinitiative Report 2012 links EMF Exposure to Autism concluding: Based on strong evidence for vulnerable biology, in Autism, EMF/ Radio Frequency Radiation (RFR) can plausibly increase Autism risk and symptoms. "While we aggressively investigate the links between Autism disorders and wireless technologies, we should minimize wireless and EMF exposures for people with Autism disorders, children of all ages, people planning a baby, and during pregnancy," says Martha Herbert, MD, PhD, Pediatric Neurologist Harvard Medical School.

Bioinitiative Report 2012: a rationale for biologically-based public exposure standards for electromagnetic fields. [URL](#)

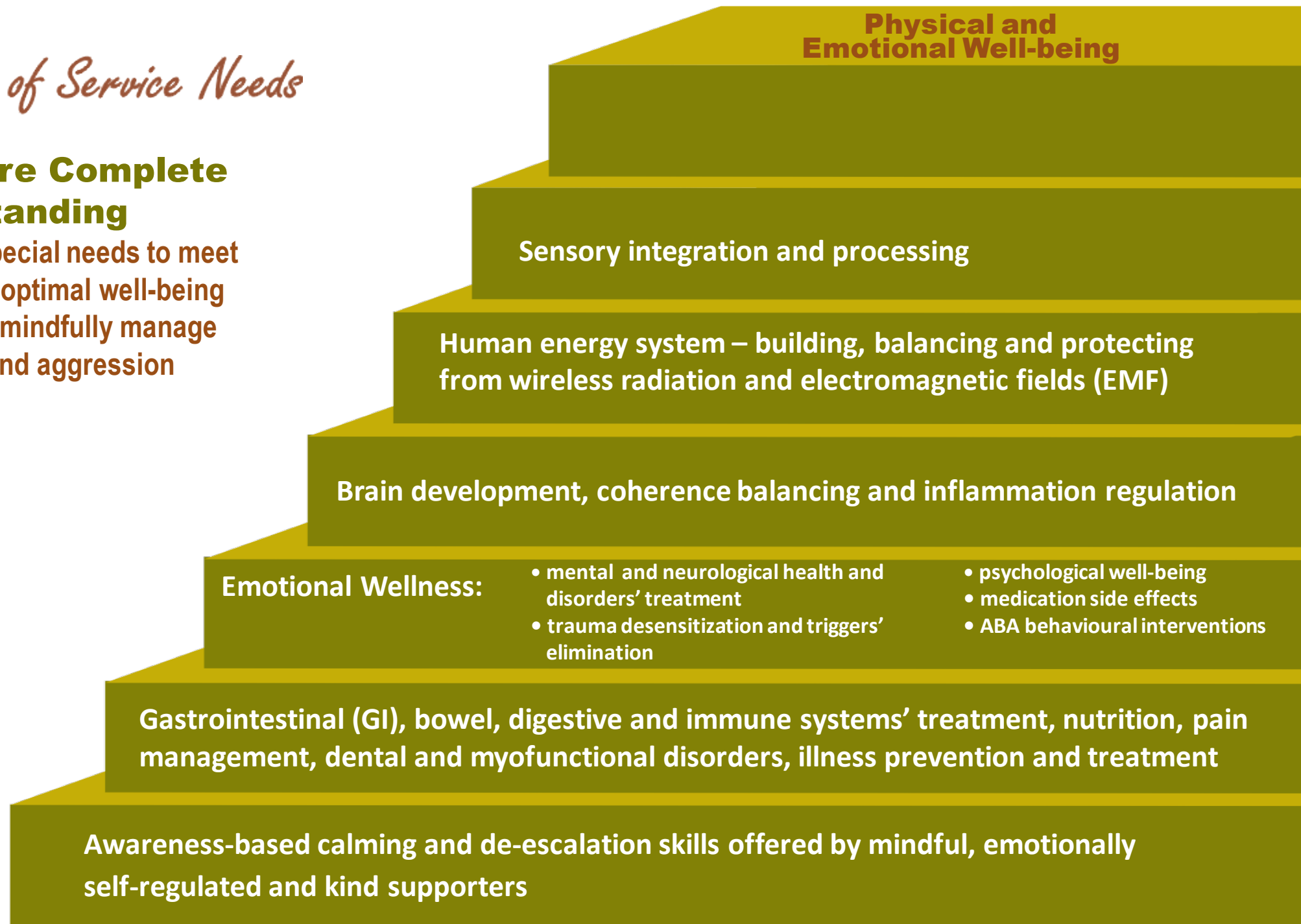


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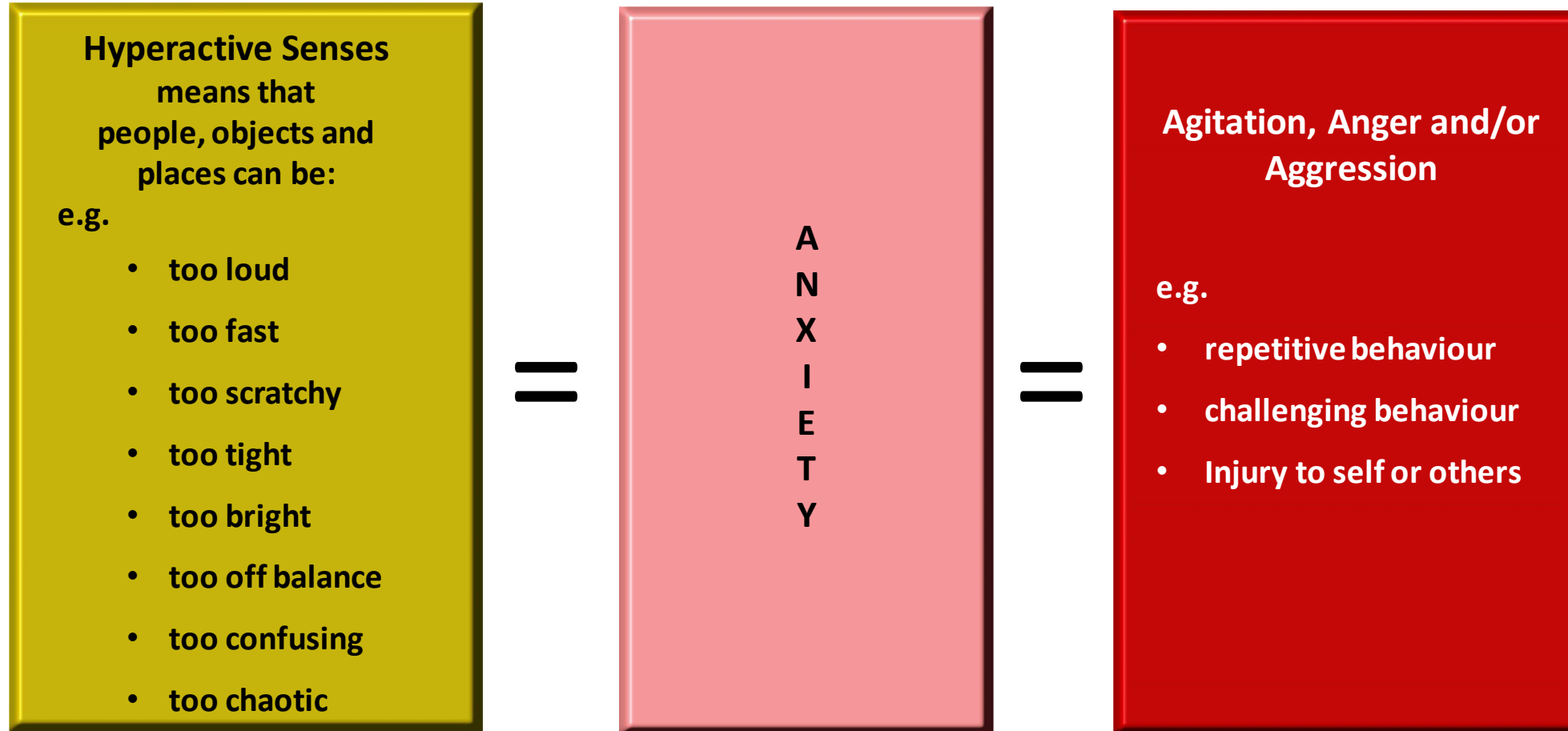
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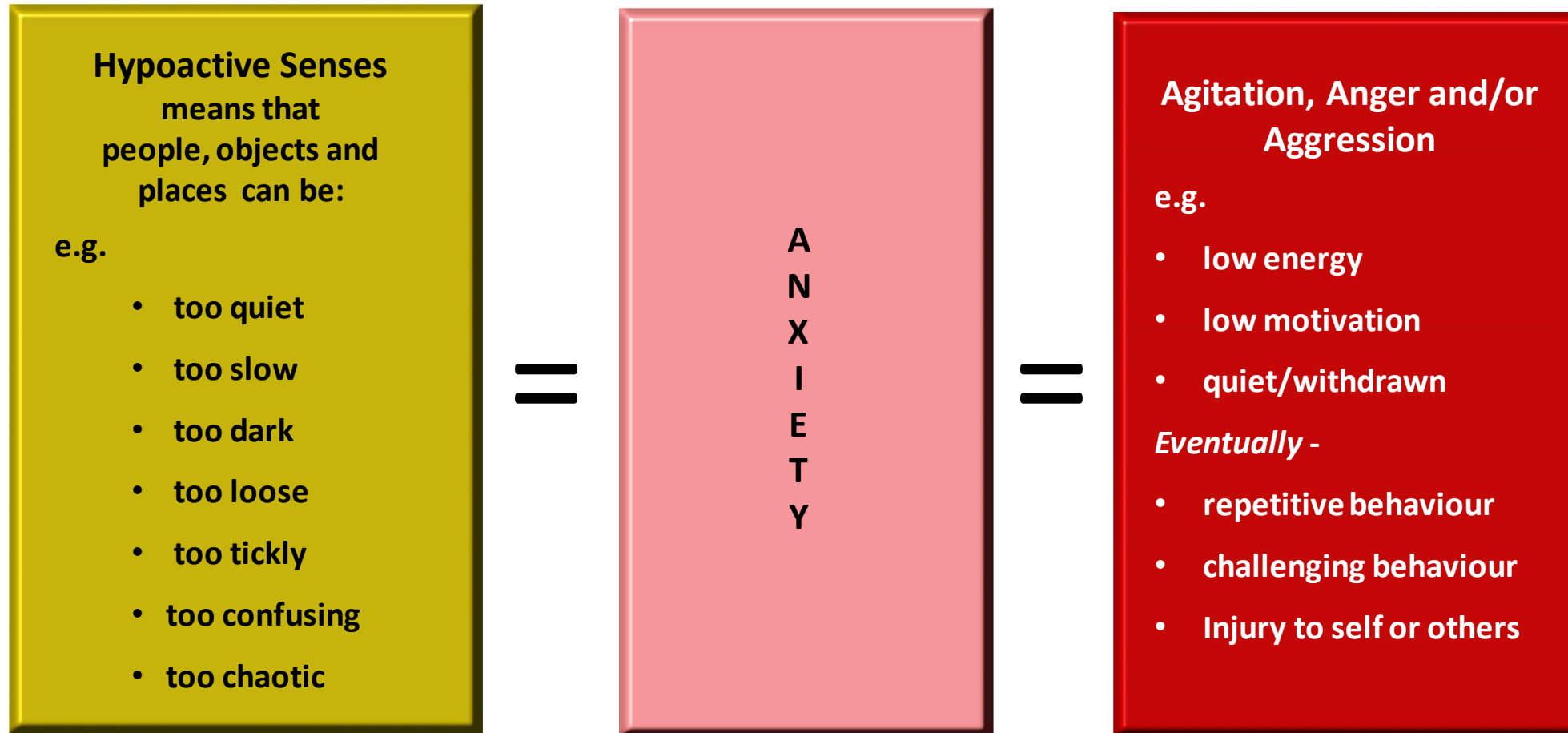
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Hyperactive Senses Lead to Challenging Behaviours



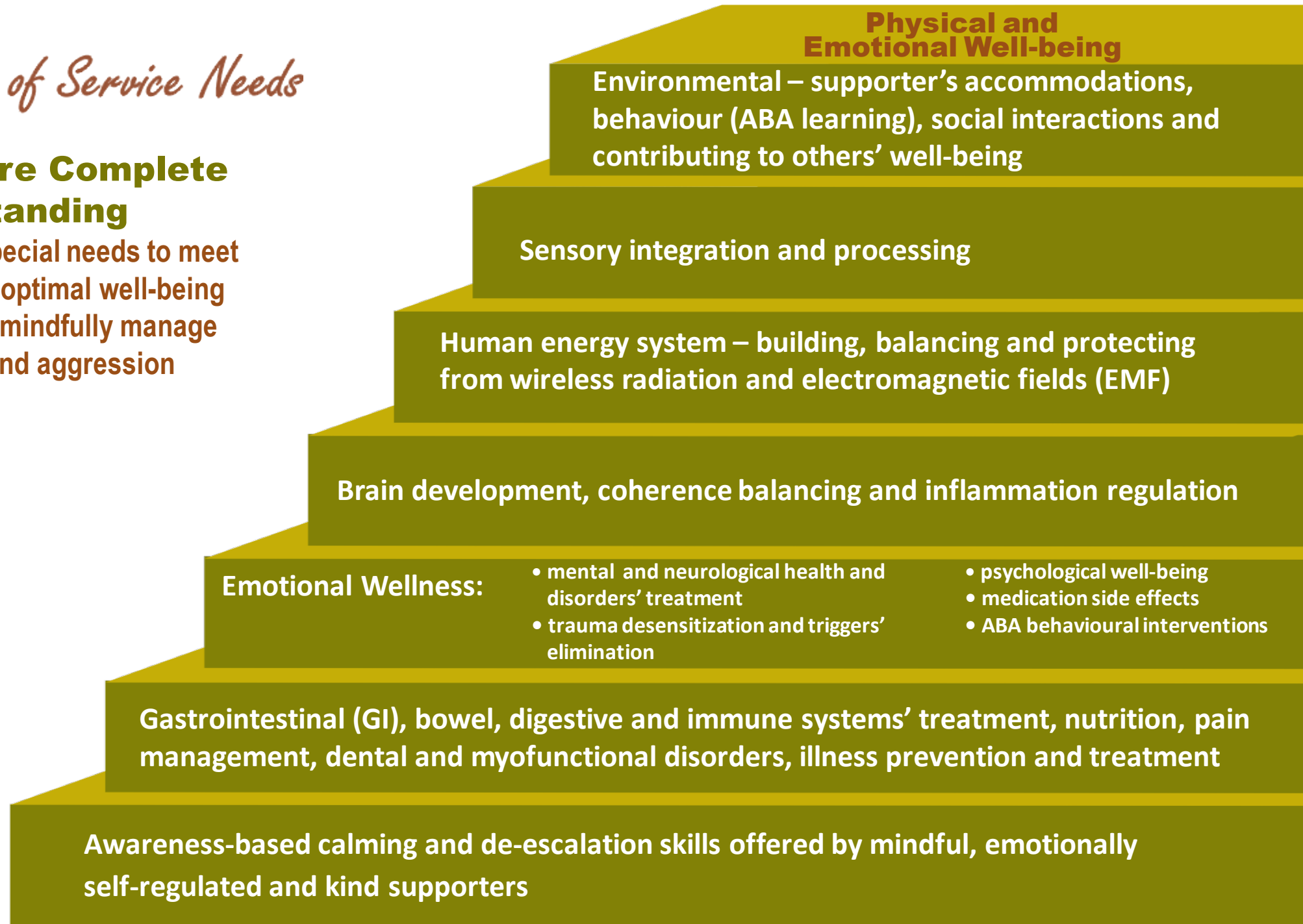
Hypoactive Senses Lead to Challenging Behaviours



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What My Symptoms Are Saying:

“Even though I don’t control them, most of my behavioural symptoms are messages to you. My nervous system is asking you for certain kinds of support to have its specific needs met. Please listen to what it is doing. If you don’t, I can’t stop it from becoming anxious and frightened. And the main way that it has learned to calm its fears is to get irritated, angry and even aggressive. I hate when it does that but the calm that follows my aggression makes me feel normal again. Please help me to find a better way.”

CONSCIOUS CARE & SUPPORT



Developing Emotionally Self-Regulated and Kind Supporters

**Claim Your Brain, Start Your Heart:
Building Self-Awareness**

Why might the average good and caring supporter become emotionally hijacked into power struggles that can cause challenging expressions of behaviours in the person they are supporting?

Life's Set-up

Understanding The Main Sources of
Our Loss of Emotional Self-Regulation

Definitions to Better Understand the ‘Set-up’

Over each 24 hour period, we can be experiencing consciousness on a 1-10 continuum.

Unconscious: (1)

- like when we are asleep in our bed.

Semiconscious: (autopilot) (5)

- like how we typically drive our car, relate to people and do most ‘doings’.

Fully Conscious: (self aware) (10)

- like when we are paying attention – noticing **what** we are doing e.g. how we drive when a police car is following us;
- knowing **that** we are doing it and
- knowing **how** our **body’s sensations, feelings and thoughts** are reacting to what is happening.

Subconscious:

- our data bank of ‘files’ that we inherit and develop.

➤ **To survive in the early, dangerous Paleo jungles, we needed Quick and Simple Reactions to solve life threatening problems.**

“Our Brain hasn’t changed much over the last 50,000 years.”



Dr. John Ratey
Associate Professor of Psychiatry
Harvard Medical School

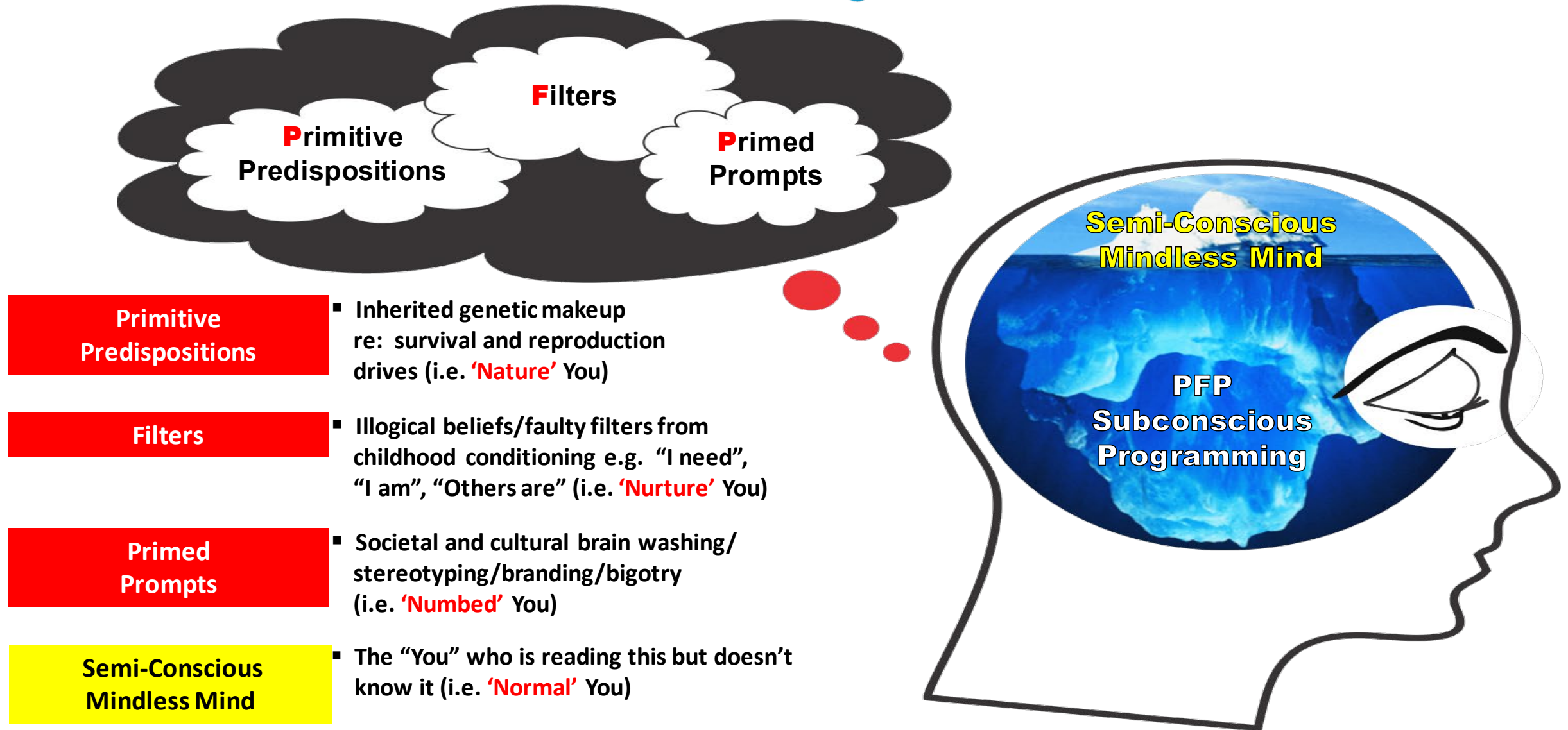
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- **The Brain therefore inherited and develops ‘Files’/a data bank from which to semiconsciously speed-dial reactions to manage our world and keep us (mainly our ego) safe.**



What Do We Speed Dial?



Because PFP So Controls Our Life – We Call It PFP Prison!

Understanding Our Filters' Part of PFP

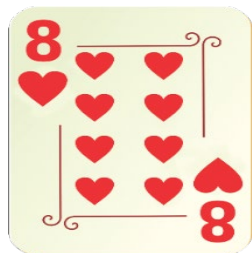
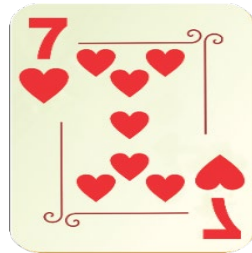
Installing Our Subjective Software

Understanding the Filters' Set-up:

We start our life perceiving that “**I am weak and vulnerable,**” both emotionally and physically. We therefore groped for ways to feel secure through inclusion in our family (the herd). This gives a sense of counting for something and connection which our brain registers as being safe and secure.

To figure out how to meet these needs, we became **a good mind reader.**





How you learned to read minds to get included and protected and in so doing, became you i.e. got programmed with rules about:

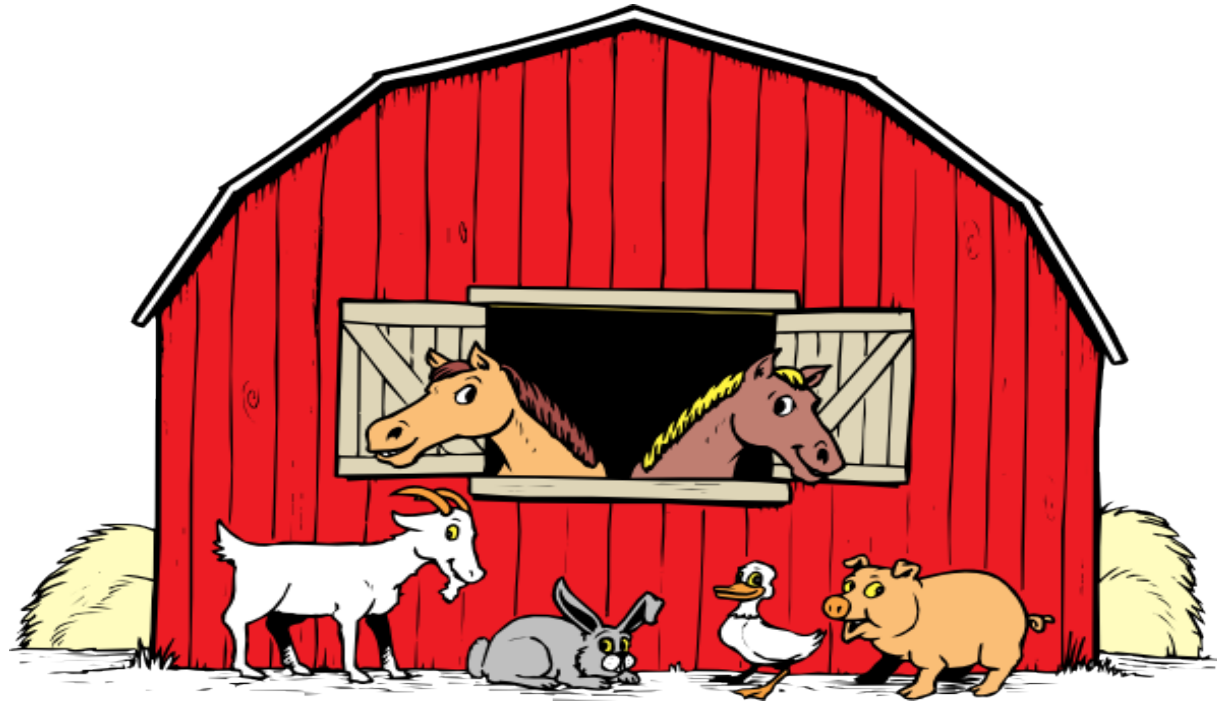
- *I must be*
- *Men are*
- *Women are*
- *The world is*

and

Who my 'In-Group' is

Examples of Filters

- I think that I **need to be in control** or not out of control of most situations and people in order to feel okay.
- I think that I **need to be right** and above criticism in order to feel okay.
- I think that I **need approval** from important people in my life in order for me to feel worthwhile and okay.
- I think that **others and life must treat me fairly** otherwise, I have a God-given right to feel awful.
- I think that I **must be included** or not be excluded from social situations that I feel are important in order for me to have adequate self-worth.
- I think that I **need to be superior** to others in order to feel okay and worthwhile.
- I think that I **need to achieve and be busy** in order to feel okay and that boredom is very emotionally painful and anxiety producing.



How many farm animals do you see in this picture?



*Now tell me what you **first see** in this picture.*

Priming Problems

Possibly one of the most serious brain primes that negatively impacts current services is most **supporters' limited beliefs regarding the potential** of people who we are supporting.

As we observe the highest level of a person supported experiencing life, know that this is probably representative of the lowest level of their potential.

Raising Our Self-Awareness:

Other Considerations that Compromise
Our Quality of Support

Using Your Free Will, Make the Following Choices:

- Think of someone you know.
- Now think of someone else you know.

So then, let's explore our capacity for free will – Optimal Choices

- Why did you think of the first person?
- Why didn't you think of the second person first?

Really – did the you who is listening to me actually plan and decide what city or person 'you' would think about

or

did it just pop into your mind as directed by your PFP subconscious?

Do You Have A Thinking Problem?

More Of The Human Predicament of Being Semiconscious Indicating Limitations Of Free Will To Think and Feel

- Do you know what your next thought will be before you have it?
- Do you have incessant talking thoughts with yourself all day long?
- Can you stop these thoughts at will for even 15 seconds?
- When you are emotionally hijacked, how long does it take you to realize it and stop it?
- Would you share all the thoughts you had yesterday with anyone?

**Might this Limited*
Free Will Prison be Compromising Some of the
Quality of Our Support?**

**** That is if we are only semiconscious i.e. mindless***

Raising Our Self-Awareness: Other Considerations that Compromise Our Quality of Support

- **Inherited Perceptions of “In Group” vs. “Out Groups”**
 - If someone looks/acts/sounds different from me, they are dangerous
- **Feelings vs. Logic**
 - Make decisions more often than not based on how we feel
- **Inattentional Blindness and Cognitive Bias**
 - We pay attention to things that are meaningful to us and often miss other important information
- **Inability to Focus and Concentrate**
 - Do to screen and devices that train our brain to lose focus

CONSCIOUS CARE & SUPPORT



Developing Emotionally Self-Regulated and Kind Supporters

**Breaking Out of PFP Prison:
Building Emotional Self-Regulation**

**“From a mindful centre we can respond instead of react.
Unconscious reactions create problems.
Mindful responses bring peace.
Whatever happens can be met with wisdom and
compassion.”**

Jack Kornfield



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Interested in Connecting?

We provide education, coaching, and consulting for:

- Families
- Direct Supporters and Teams
- Leaders

Feel free to reach out to us at:

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