

Class One Learning Plan

<i>Group Process</i>		<i>Resources</i>
1.	Welcome and Introductions	
2.	Logistics, Course Overview and Objectives	
3.	Developing Emotionally Self-Regulated & Kind Supporters – Facilitating Comprehensive Biomedical Support & Treatment Well-being Facilitation Plan Part 1	Power Point – Class One-R1 Handout Resource – Class One-R2 Handout Textbook pages 41 – 52
3.	Supporters’ Hierarchy of Needs - Exercise	Page 40
4.	A More Complete Understanding of Optimal Support	Page 31
5.	Breaking The Recurring Cycle of Behaviour	Page 26
6.	Well-being Facilitation Plan – Overview	Pages 41 – 47
7.	GI, Bowel, Digestive and Immune Systems’ Holistic Treatment and Pain Management	Power Point – Class One-R3 Handout Pages 88 – 108
8.	Well-being Planning Process – Gastrointestinal, Bowel and Digestion (Needs #2)	Page 43
9.	Supporters’ Human Competencies, Mindful Emotional Self Regulation Skills, Self-Assessment	Page 183
10.	Mindful Emotional Self Regulation – Self and Others and Personal Qualities	Pages 184 – 185
11.	B-FIT Mindfulness – What is it and Reasons to do it	Pages 189 – 203
12.	A Mindfulness Self Assessment	Page 212
13.	B-FIT Mindfulness Instruction (Labelling)	Page 263
14.	B-FIT Mindfulness Practice Session Exercise #1	Pages 264 – 266
15.	The CCS 5 Stage Support Process – Step # 1 Catch	Pages 397 – 399
16.	Learning Log	SurveyMonkey

Follow-up and Preparation:

- Read all Textbook References
- Mindfulness Practice - <https://centreforconsciouscare.ca/guided-mindfulness>
- Mindfulness Practice – 10 minutes x 5 sessions
- Video- Dr. Mark Hyman ([*Glutathione – The Mother of all Antioxidants*](#))