

Summary

The Five Stage CCS Process



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**The Four Personal
Qualities of
Mindful
Emotional
Self-Regulation**



SELF-EXPRESSION

SELF-MANAGEMENT

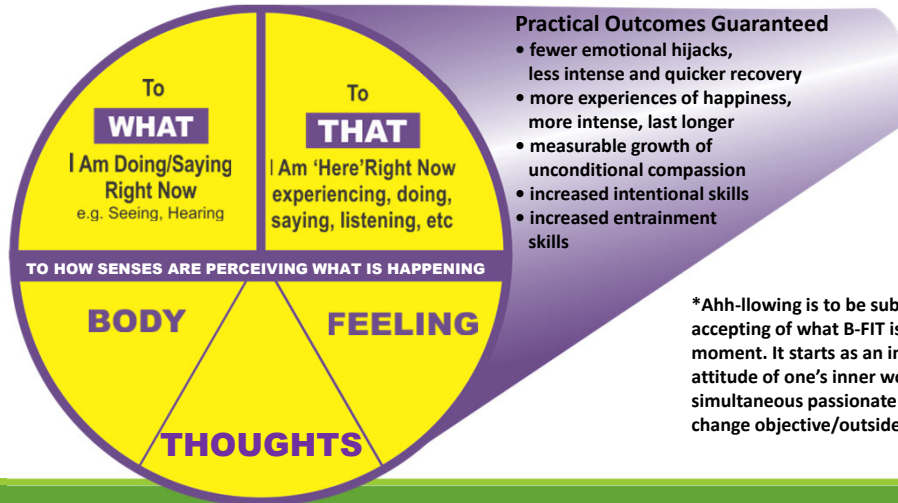
SELF-UNDERSTANDING

SELF-AWARENESS

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B-FIT MINDFULNESS IS...

Being Ahh-llowing* of and Paying Attention:

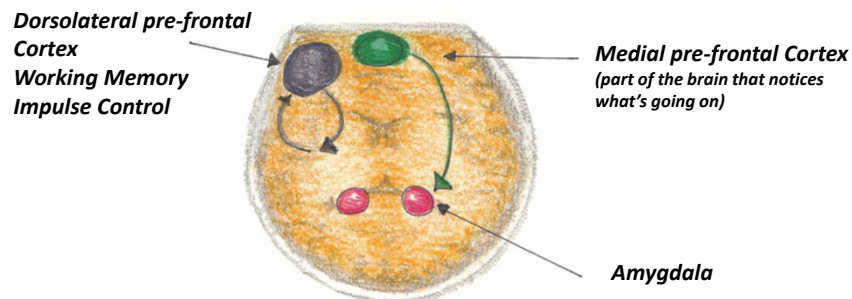


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Mindful Emotional Self Regulation

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.



(*Research reference: J. LeDoux, "Emotion Circuits in the Brain", Journal of Neuroscience 33, no. 9 (2013) 3815-23)

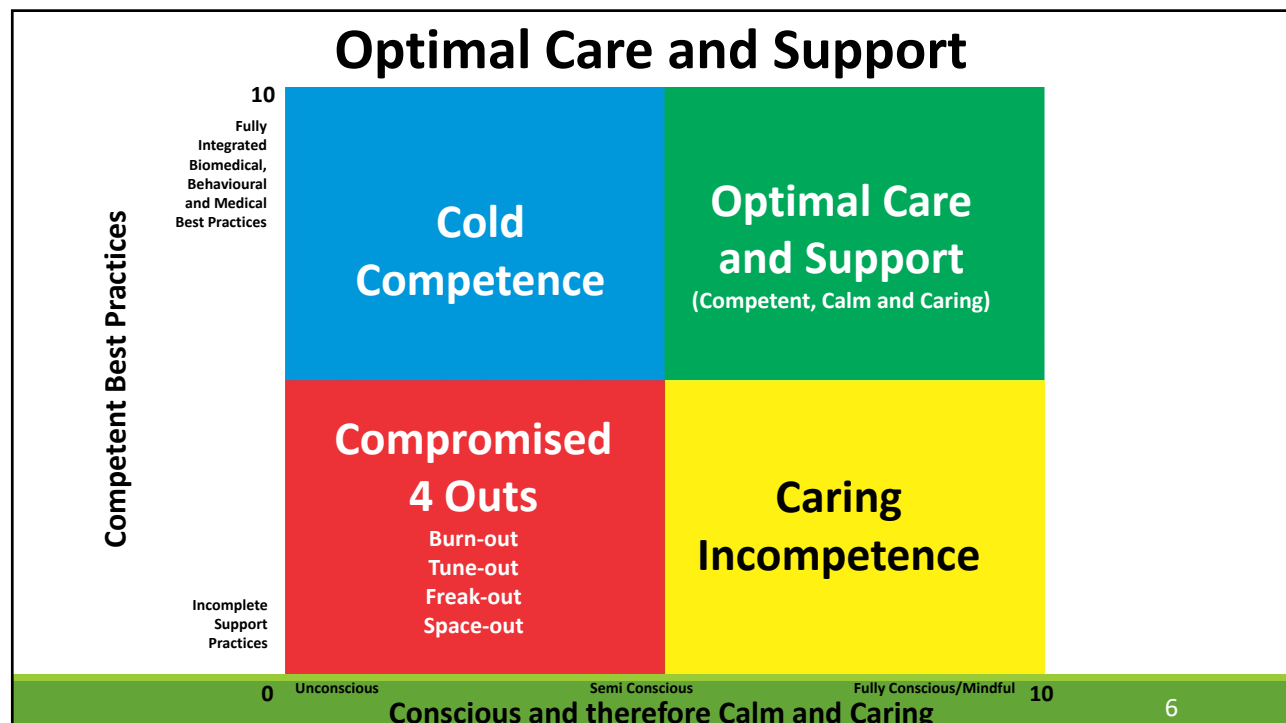
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<i>STAGES of DEVELOPMENT of MINDFUL EMOTIONAL SELF-REGULATION</i>	
1. No awareness at the time or after the situation of being emotionally hijacked and therefore no at the time emotional self-regulation.	
2. Late awareness (after the situation) of having been in an emotional hijack with some understanding of what went wrong and better intentions for the next time.	
3. At the time, there is some awareness of being emotionally hijacked but with no ability to be emotionally self-regulated. There is, however, some in the moment regrets for not being emotionally self-regulated and a desire to be more skillful.	
4. At the time of the situation, there is some awareness of being emotionally hijacked (i.e., Catch) with some in the moment mindful, emotional self-regulation skills and kindness (i.e., Calm) and therefore lessening of the emotional hijack.	
5. At the time of the situation, there is ongoing awareness and mindful, emotional self-regulation of B-FIT, including insights, awareness and skillful communications that are useful, truthful, timely and kind . Therefore, there is no emotional hijack and there is catch, calm, clarify, conscious connecting and compassionate care.	

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A More Complete Understanding of Optimal Care and Support

Optimal Care and Support = Competence x Mindful/Conscious Compassion

“We don’t have to feel it to be it”

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We Don’t Have to Feel It to Be It

*“I have supported a man for several years. He is a very unlikeable, demeaning and unappreciative person. Honestly, I could not stand him. I tried to like him, but he was so mean and self centred. I talked to myself every day, reminding myself that it is his disabilities that are causing his negative behaviour, but still, I couldn’t stand him. **Then during my CCS training I learnt that liking is not a necessary part of being a compassionate supporter.***

Liking is not the same as being competent and conscious. Liking is a feeling that may or may not happen in support relationships. Compassionate care is the ‘by product’ of being competent with best practices and being more conscious/mindful and skillfully allowing of internal/subjective B-FIT resistance.

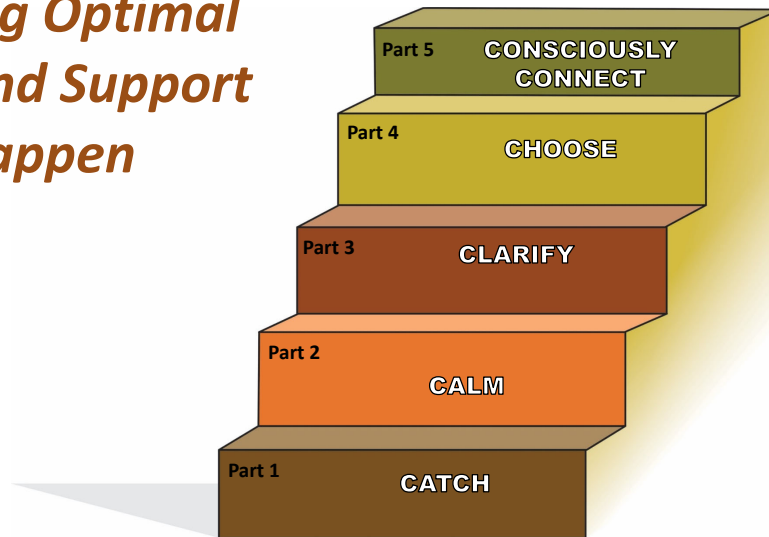
When I learnt this and just started to apply my B-FIT Mindfulness skill while supporting this man, everything started to change. I lost my negativity toward him. He is even it seems, becoming a bit more likeable.”

A Supporter

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8

Making Optimal Care and Support Happen

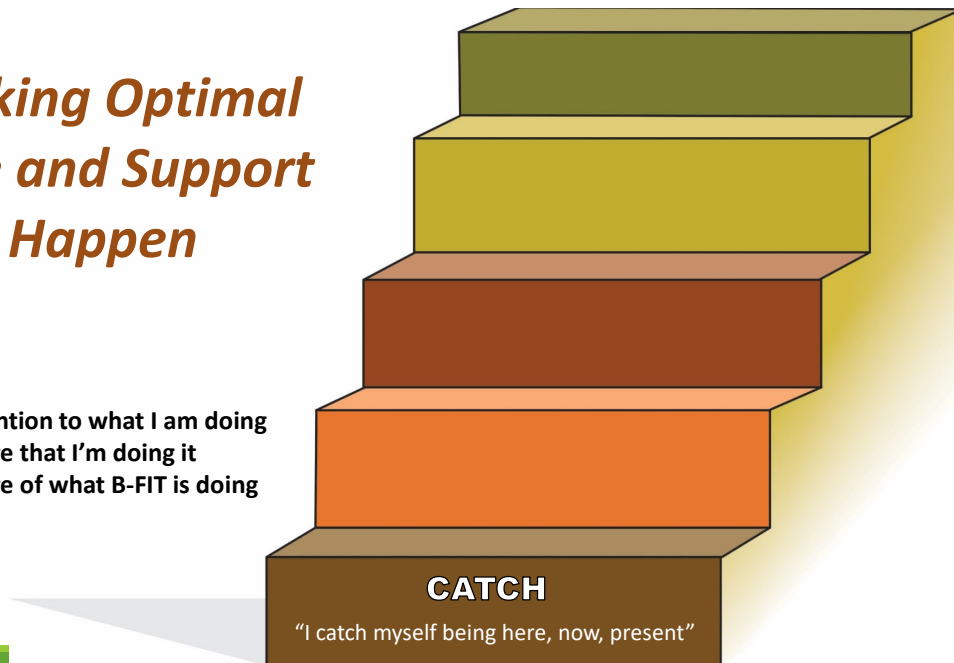


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Making Optimal Care and Support Happen

- I pay attention to what I am doing
- I am aware that I'm doing it
- I am aware of what B-FIT is doing



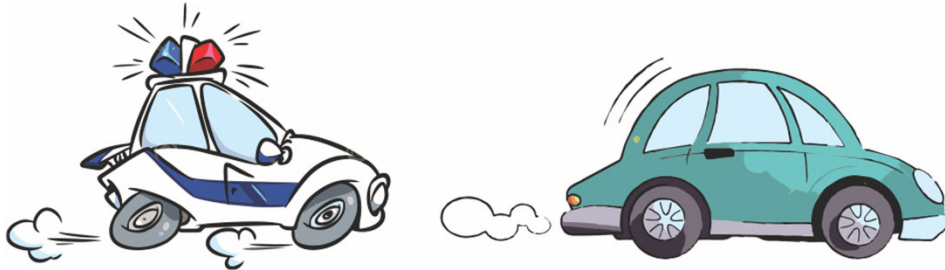
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Catching Is...

e.g.

How aware you are when you are driving with a police car behind you?



Right Now – become Aware that you are reading this i.e. Catch

11

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The wisdom of **here**—knowing that I’m **here**, in this moment—offers the following benefits:

- **Here** can be an effective trigger to activate insights, and skills learned in other leadership or support and intervention trainings (e.g., active listening or crisis intervention)
- **Here** can be a vital, timely prompt to intentionally activate insights, wisdom and skills learned through other personal growth experiences (e.g., empathy).
- **Here** can give us an early warning signal that an emotional hijack has started to occur in ourself or another (e.g., to become aware of a feeling of irritation or impatience).

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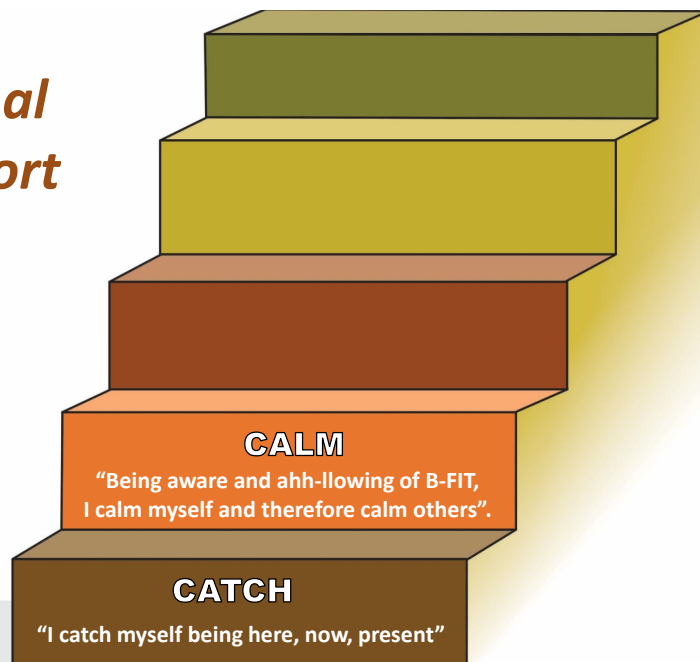
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- **Here** opens the door to bring immediate perspective to this moment. “Ahh! relative to other possibilities, this situation is pretty good”.
- **Here** enables us to more fully experience the wonderful moments of laughter, fun and humour with individuals we support.
- **Here** reminds us to slow it down, which in turn promotes non-driven doing instead of doing something just to get it done.

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Making Optimal Care and Support Happen



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To be calm is to subjectively (internally) experience body sensations, feelings and thoughts with no/low resistance, as you work mindfully and passionately to solve problems or threats happening in your external world.

Calm Is...



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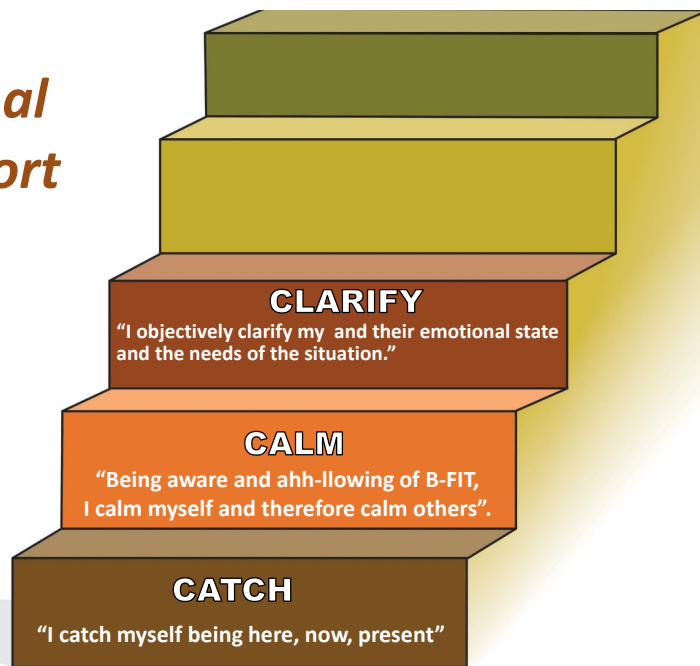
Self Calming Strategies

- Basic B-FIT Stress Rehearsal
- Full Field Focus
- B-FIT Compassion Practice
- Self Bilateral, Biomeridian Awareness Based Calming, e.g. hands, butterfly hug, mindful movement/walks

16

16

Making Optimal Care and Support Happen

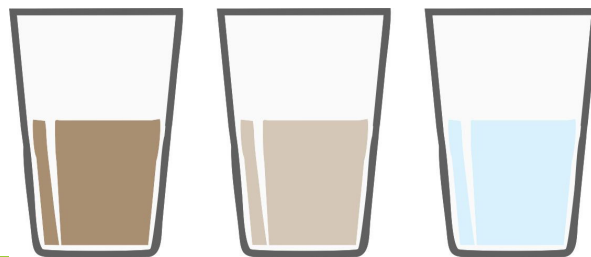


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To clarify and choose is...

together with catch and calm, remain aware of mine and others' Feelings and Filters that are influencing the situation and then to objectively make informed choices.



18

18

Clarifying Rule #1:

Never assume that challenging behaviours or moods are primarily situational and functionally motivated, e.g., just for attention or task avoidance.

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Clarifying Rule #2:

Respond in ways that have been helpful in the past, staying aware of the criteria for optimal interactions and interventions.

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Optimal comprehensive care and support has all of the following components:

1. Is respectful yet effective? Is patient yet efficient? Is kind yet practical?
2. Is as safe as possible for all persons involved?
3. Ensures the person's best possible experience for:
 - a. De-escalating difficult behaviours
 - b. Healthily expressing emotions
 - c. Feeling secure and connected (not alone)

21

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Optimal comprehensive care and support has all of the following components:

- d) Communicating needs
- e) Learning, maturing and healing
- f) Feeling self-respect
- g) Experiencing spiritual fulfillment
4. Is it a conscious manifestation of the vision and values of the family or agency?
5. Is it delivered by a support, healthcare, or human services professional who is emotionally mature?

22

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Clarifying Rule #3:

When responding to a special need or challenging behaviour, follow the individual's personal "Difficult Feelings and Challenging Behaviour Response Plan".

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Clarifying Rule #4:

Use "logical consequences" for crisis intervention rarely and only to the extent that they have been helpful to stabilize the individual in a similar situation.

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Clarifying Rule #5:

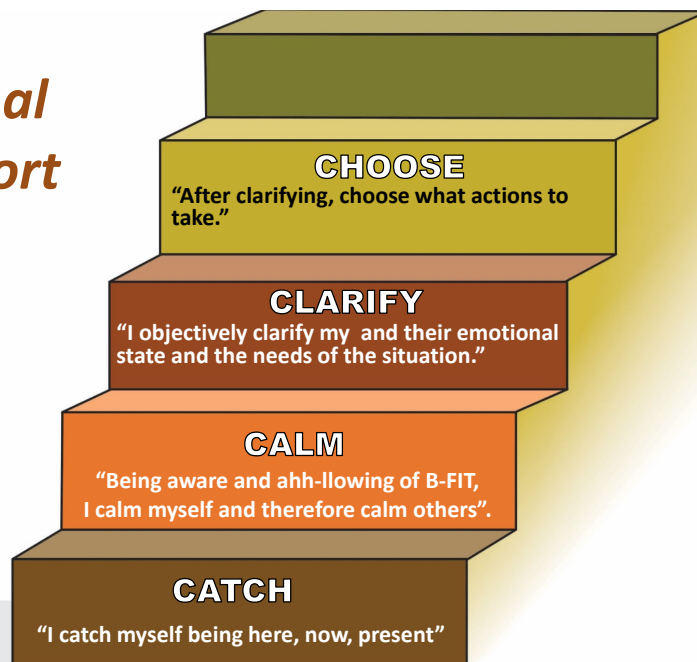
Use appropriate and compassionate speech and actions.

- Useful
- Truthful
- Timely
- Kind

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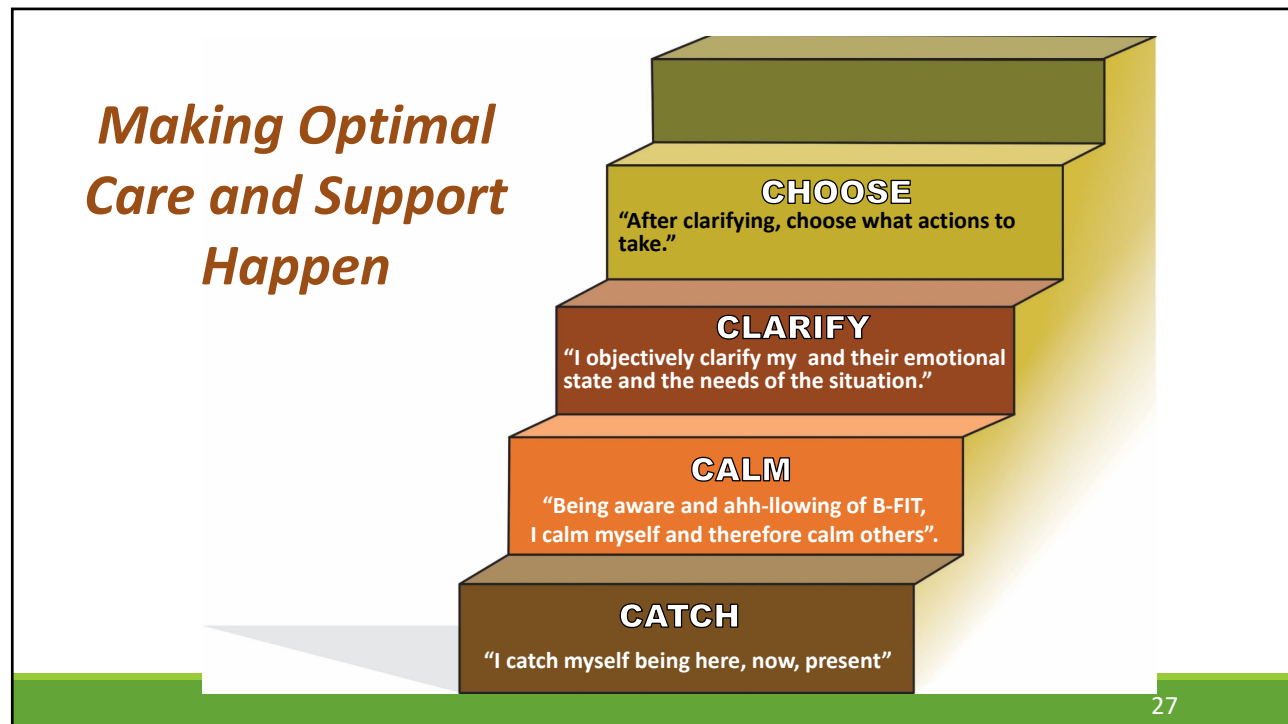
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***Making Optimal
Care and Support
Happen***

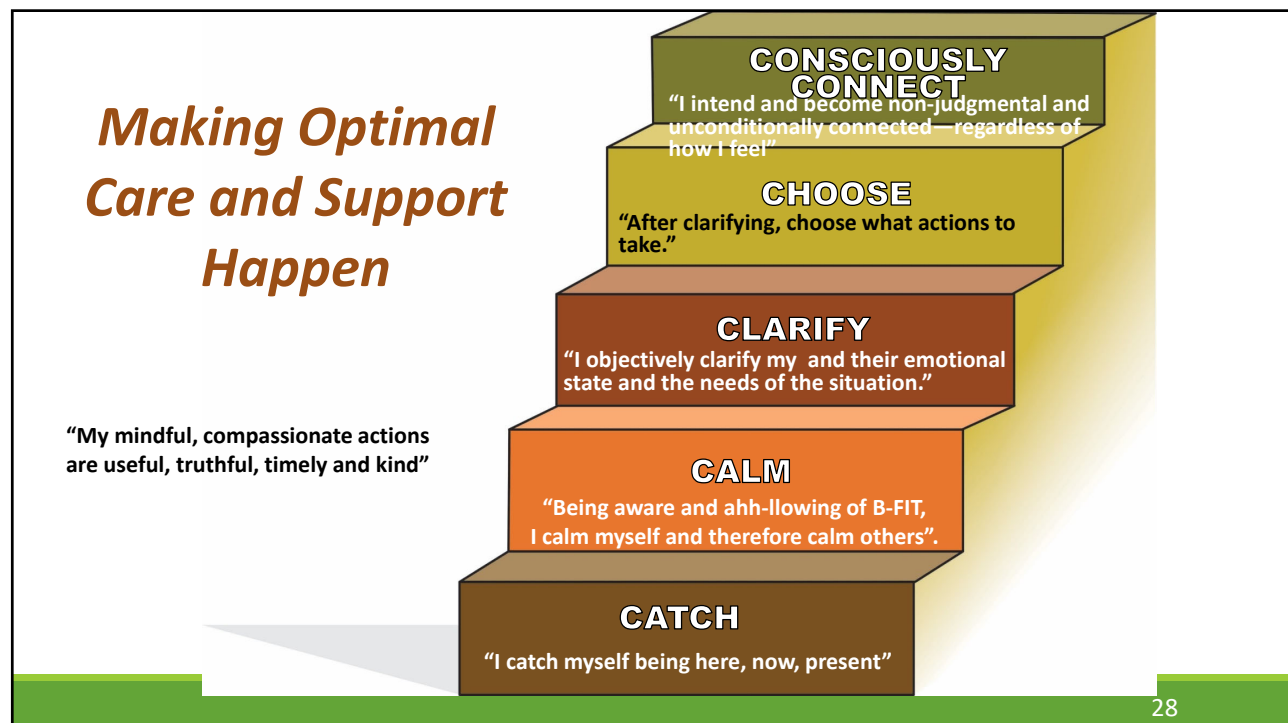


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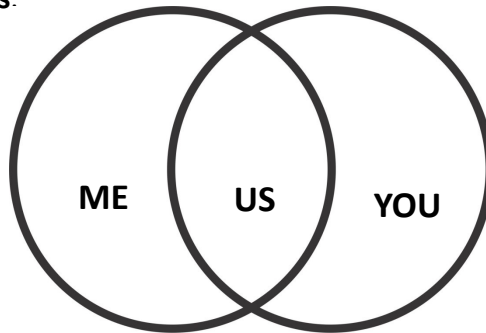


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28

When we **mindfully, consciously connect** to another person, we move **beyond our separate identity and roles** to a place of shared unity and stillness – us-ness. This guides our every action, not against anything but in harmony with it. From this place of balance and no subjective resistance, **we know and can therefore positively facilitate what must be done to keep others motivated, safe, respected, and still deeply connected with us.**



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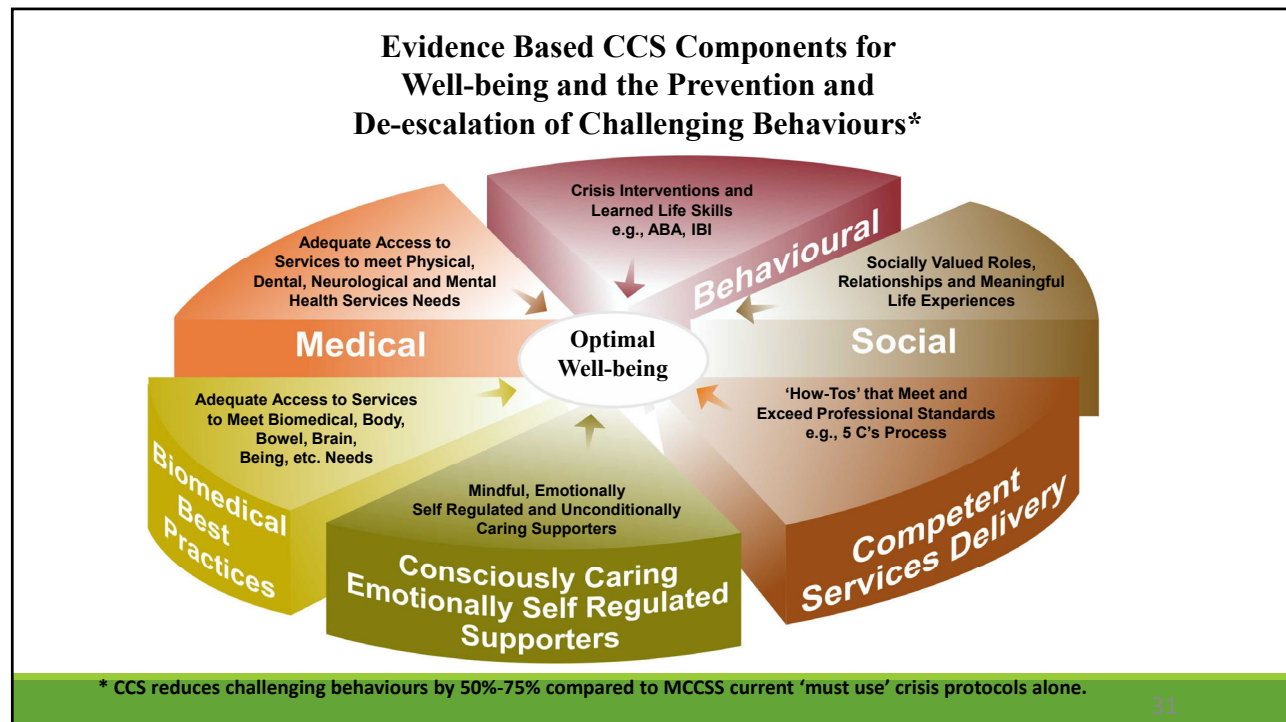
Compassion appears as selfless service, yet in mindful care and support we do not serve the other; we serve “us”. Compassion’s communion brings us together in a whole. It does not see the world’s pain and sorrow as other, it is shared, and it is ours. When we allow our shared vulnerability and humanness, our compassion is as natural as our breath and without hesitation we act to help.

Thich Nhat Hanh



30

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31

For Supporters and Leaders, Through Substantial and Sustainable:

- Training in Evidence Based Best Practices;
- Development in Conscious Self-Regulation;

-Resulting in Competence & Commitment-

People We Support

Will

Live to Their Fullest Mind, Body and Spiritual Potential

32