

## You are invited to Conscious Care & Support (CCS) - Training Brunch & Learn - Positive Holistic Behaviour Support

### A Centre for Conscious Care's Guiding Principles



To optimally meet the holistic support needs of individuals with autism and other developmental disabilities, and / or a mood / mental health disorder, core competencies, traditional support practices, behavioural management strategies and accountability systems are **ESSENTIAL, BUT**

**ARE JUST NOT ENOUGH -  
EQUALLY ESSENTIAL IS THAT  
SUPPORTERS AND LEADERS  
MUST HAVE:**

- Mindful presence
- Personal & professional emotional maturity e.g. emotional self-regulation skills
- An uncompromising commitment to wanting to help others
- Authentic compassion for all others even when we don't feel like it
- The most current evidence-based prevention and management interventions\* necessary to compliment valuable however incomplete strategies

\*CCS applies simple and practical research discoveries from the disciplines of mindfulness, neuroplasticity, social neurobiology, emotional freedom therapy, nutrition, GI health and biofeedback and integrates these sciences with what is relevant of conventional behavioural treatment and management.

### WHAT IS THE FOCUS:

Each session will unpack a section of the Conscious Care and Support best practices framework providing education along with practical examples and ideas for implementation.

#### Session 1 - 20.04.2021

*Awareness Based Calming and De-escalation Skills offered by a Mindful Supporter*

What is Anxiety? – Traditional Approaches to De-Escalation – Building Mindful Emotional Self-Regulation- CCS Approaches

#### Session 2 - 27.04.2021

*Gastrointestinal (GI) and Bowel Health*

GI, Bowel & Digestive Health is the Foundation for a Healthy Mind – Allergens, Intolerances, Infections – Effects of Sugar – CCS Approaches

#### Session 3 - 04.05.2021

*Emotional and Mental Health*

High percentage of traumatization of people we support, Medications – Psychotropics and Mood Stabilizers – Our Roles as an Advocate – Gut/Brain Connection – CCS Approach

#### Session 4 - 11.05.2021

*Brain Development and Coherence – Sensory Integration and Processing*

Neurogenesis, Neuroplasticity, Neurostimulation and Neurochemical Production – Brain Coherence – Gut / Brain Connection and Inflammation, Hyper and Hypo Active Sense Stores – CCS Approach

#### Session 5 - 18.05.2021

*The "5-C's" of Support: Catch, Calm, Clarify, Choose, Connect*  
Exploring "the human predicament" in which we all live that drives us to our less than optimal selves when providing support – unplugging the power struggles - building skills of self-awareness as a supporter – building emotional self-regulation - CCS Approach

**When:** 5 Sessions (online)- 90min each  
20<sup>th</sup> April – 18<sup>th</sup> May 2021 – 9.30am-11am  
**Where:** Zoom – link will be sent on registration  
**Cost:** \$50 per session - NDIS Claims available  
Downloads and all materials included

## WHO IS THIS FOR?

Families and carers, support professionals, leaders, therapists, and anyone with an interest in making a difference within the lives of others.

## COMMENTS

“The work with our agency as Coordinator of Clinical Services and Leadership Development using his unique Conscious Care & Support process is definitely facilitating positive and sustainable change in our workers, family members, team leaders and managers. His values and principles truly reinforce our beliefs regarding everyone’s potential to live a full and meaningful life.”

**Donna Maraccio – Executive Director – Rygiel Supports for Community Living**

“It (CCS Process) has been instrumental in helping us to refocus on why we are here and what really matters in what we do.”

**Elizabeth Sloan – Director of Human Resources – Community Living Cambridge**

“The professional and personal insights gained from Conscious Care & Support help to develop authentic caring and meaningful relationships. This is a course that moves people from theory to practical applications in all areas of their lives.”

**Chris Gefucia – Director of Residential Services – KW Habilitation**

## A CENTRE FOR CONSCIOUS CARE

[www.centreconsciouscare.ca](http://www.centreconsciouscare.ca)

A Centre for Conscious Care has evolved from an Ontario-based ‘not for profit’ organization in Canada founded by Peter and Joanne Marks in 1986.

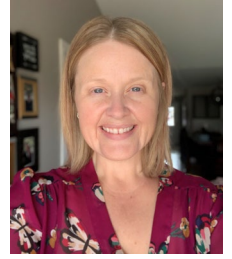
The primary goal of the organization is to enhance the lived experience of not only people who have an intellectual disability, development disability or autism, but also the lives of those who may provide support.

Since its beginning, A Centre for Conscious Care remains committed to:

- Helping People and Families
- Understanding New Research
- Evaluating International Best Practices
- Personal and Professional Growth
- Greater Change for the Greater Good

## Senior Consultant: Adriana McVicker (Canada)

- 25 years of experience working with children, adults and their families.
- For the last 13 years, has worked with a service provider in developmental services in various roles including direct support and in positions of management including support services, staff development and project management.
- With her education in counselling, developmental psychology, sociology and health sciences, Adriana deeply values using a comprehensive approach while providing quality supports for people and families.
- She is a true believer that all of us are interdependent and that we each carry a responsibility to help one another be the best we can.



## Australian Facilitators:

Jason Emmins – Director Jeder Institute  
<https://www.jeder.com.au/members/jason-emmins/>

Michaela Kennedy – Director Jeder Institute  
<https://www.jeder.com.au/members/michaela-kennedy/>

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**Register at:** [Conscious Care & Support – Training Brunch & Learn](#)