Creating Care Instructions for Orchid Clients

Deborah Graham and Christine Kim

Agenda

9:00 – 9:15 Introductions

9:15 – 9:30 Mini-lecture on Orchid, Dandelion and Tulip theory and research

9:30-9:45 Group discussion on what behaviours is showing up in what ways and how they are impacting our clients, their spouses, their children, the team, the process and the income

9:45 – 10:00 Lecture on the underlying distortions and attribution biases

10:00 – 10:15 Case study group work on distortions and attribution biases

10:15 – 10:30 Lecture on the underlying needs and fears

10:30 – 10:45 Case study group work on needs and fears

10:45 – 11:00 Pair work and large group discussion to summarize learnings so far

11:00 – 11:30 Reflective / mindfulness exercise on self-awareness and self-regulation

11:30 – noon Lecture on trauma informed process

Noon – 1:00 Lunch break

1:00 – 1:30 Overview of emotional agility tools to calm the brain such as emotional granularity (name it to tame it) and pair work to practice

1:30 – 2:00 Introduction to CARS, BIFF and EAR and demos of all 3

2:00 – 2:45 Effective responses to cognitive distortions and attribution biases and group work to respond to case study

2:45 – 3:00 Journal opportunity to summarize learnings and fill out ‘Care Instructions’ handout

Wrap up and sharing of takeaways