

# Person Centered Thinking, Deepening our Practice

## Speaker

Sheldon Schwitek has been supporting individuals with complex behavioral needs in the United States and in Canada for almost 3 decades. His initial interest in person-centered practices grew out of supporting a young man with autism. Recently, Sheldon has been working with teams who support individuals with complex needs. Sheldon brings expertise to provide guidance in the development and implementation of an individualized plan; supporting staff training and development, and as on-site direct support and mentoring of those who provide services to the individual.

## About this training

There are numerous ways to support people to think about how they might plan with individuals; in both the long and short term. Person Centered Planning processes like PATH, MAPS and Essential Life Styles Planning are exemplary process for planning and they require specific times and participants to produce them.

Our learning has been that good planning takes into account individual situations and that a specific process may not be the right one for the situation at hand. This workshop will focus on introducing the philosophy and history of Person Centered Planning. It will also introduce some shorter processes and ideas to support ongoing planning with individuals and their friends and families.

The goal is to provide people with a solid grounding in Person Centered thinking. A foundation of this curriculum will be 5 Valued Experiences; a philosophy developed by John and Connie O'Brien with assistance from Beth Mount. The ideas of Belonging, Being Respected, Sharing Ordinary Spaces, Contributing, and Choosing are foundational when trying to support people to have a life worth living. We will utilize the 5 Valued Experiences and The 5 Accomplishments as the groundwork for the training.

We will utilize the principles of the Central Purpose and The Six Elements from A Culture of Gentleness to provide concrete tools for relationship building. This will offer a framework which will assist participants in exploring and reflecting on how they can deepen relationships with those that they support.

We introduce specific tools that assist in developing and deepening Person Centered Practices, such as One-Page Profiles, Solution Circles, Important To VS Important For, ABDC Asset Mapping, and Solution Circles. This workshop will provide a variety of activities and resources including one-on-one conversations, group work and the participation in some of the processes we will be teaching.

## After the presentation attendees will be able to:

- list the 5 Valued Experiences and explain how they relate to the 5 Accomplishments of a Good Life
- describe how The Central Purpose supports the deepening of relationships.
- utilize The Six Elements as an assessment tool for relationship.
- practice two of the Person Centered Tools they learned
- develop a reflective practice to continue deepening their Person Centered skills



Wednesday

August, 21st 2019

9:00 a.m. - 4:00 p.m.

(8:30 a.m. Registration)

### TARGET AUDIENCE

SUPPORTS COORDINATORS,  
AND CASE MANAGERS

NO COST

FOR SWMBH AFFILIATES

EMAIL REGISTRATIONS TO  
TRAININGINFO@SWMBH.ORG

6 SWCEU

6 RELATED MCBAP

CREDITS OFFERED

LUNCH AND REFRESHMENTS

WILL BE PROVIDED



**Groves Center**  
Kalamazoo Valley  
7107 Elm Valley Drive,  
Kalamazoo, MI 49009

<http://thegroves.kvcc.edu/>

Classroom B1100

