

ON FABIC.TV – STUDY AND REVIEW

MENTAL WELLNESS

EPISODE	TITLE	TIME (HH:MM)	DATE: VIEWED	DATE: WRITTEN REVIEW COMPLETED	DATE: 10 MULTI CHOICE QUESTIONS COMPLETED	DATE: GROUP SUPERVISION ATTENDED	DATE : ASSESSMENT COMPLETED	NAME OF SUPERVISOR
E01	Mental Wellnes vs Mental Illness Building Foundations to Support Mental Wellness for Ourselves and Others	1:10						
E02	Embracing the Classroom of Life vs Withdrawal from Life Lessons	1:15						
E03	Blockages that Hinder Our Mental Wellness	1:14						
E04	Hurt People Hurt People – Understanding People, Relationships and Family	0:55						
E05	Changing the Blame and Victom Mentality to Bring Lasting Change	0:34						
E06	The Way I Treat Me = The Quality of how I Allow Others to Treat Me	0:45						
E07	Emotions and how They Impact the Body	0:41						
E08	Addictions – Do They Need to Be Part of My Life?	0:35						
E09	Depression, Sadness, Grief and Loss – I Don't Need to Live with This!	0:33						
E10	Bullying and Controlling Patterns – How Do I Not Allow Myself to Be Impacted by This?	0:59						
E11	Eating Disorders or Disordered Eating – How Do Either Impact on My Mental Wellness?	0:39						
E12	Anger and Frustration – Finding a More Supportive Way to Express	0:54						
E13	Commitment to Life, Purpose and Our Mental Wellness	0:39						
TOTAL VIEWING TIME			10:53	DATE ALL ASSESSMENTS COMPLETED				
TOTAL GROUP SUPERVISION			13h	SIGNED BY FEL SUPERVISOR				
				SIGNED BY FABIC DIRECTOR				

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FABIC FOUNDATIONS 101

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The Harming Cycle of Seeking Feedback	0:40						
Building Relationships that Will Support and not Harm	1:00						
TOTAL VIEWING TIME	1:40	DATE ALL ASSESSMENTS COMPLETED					
TOTAL GROUP SUPERVISION	2h	SIGNED BY FEL SUPERVISOR					
		SIGNED BY FABIC DIRECTOR					