



CARE CONNECT MONTHLY

Applied Behavioral Analysis News & Updates

August 2021

DIMENSIONS OF ABA

HOW DO YOU KNOW IF CARE IS EFFECTIVE?

“GET A CAB” IS AN ACRONYM TO HELP US REMEMBER THE SEVEN DIMENSIONS OF ABA. IN THIS EDITION, WE LOOK AT THE “E,” WHICH STANDS FOR “EFFECTIVE.”

When seeking care, it is important to be able to track effective results. But first, it is important to set goals. Goals should reflect and be relevant to the client and the culture of their community. These goals can help answer questions such as, “Is the intervention working?” and “Am I seeing the data going in the desired direction?”

With ABA, when caregivers express concern with unexpected or aberrant behaviors (e.g., physical or verbal aggression, non-compliance, etc.), we work on replacement behaviors by teaching new skills until the behaviors are reduced to a level that is meaningful to the learner’s life. This is how we help clients experience effective results.

In replacement behavior, functional communication training (FCT) might be used. FCT is a differential reinforcement procedure in which a client is taught an alternative response that results in the same class of reinforcement identified as the maintaining problem behavior. For example, a learner might be taught to request a break by proactively being shown a break card every three to five minutes to avoid learner’s frustration escalating into problem behaviors.

Tip for Caregivers: Be sure to ask your learner’s supervising BCBA to provide you with examples of your learner’s visual supports so you can use these same tools for effective community outings.



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Meet Our Team



AMBER GROOMS

Years at Burrell: 1.5 years

Role at Burrell: Board Certified Behavior Analyst

Favorite Quote: "Don't carry your mistakes around with you. Instead, place them under your feet and use them as stepping stones to rise above them."

Best Part of Your Job: The kids. Creating that bond and watching them grow and learn.

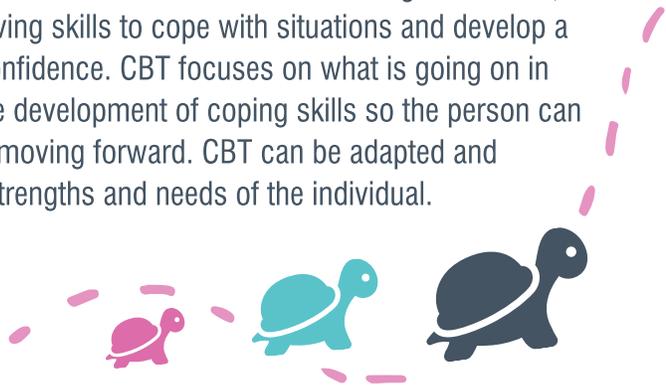
Noteworthy

THE CONNECTIONS BETWEEN THOUGHTS, FEELINGS AND BEHAVIORS

Cognitive Behavioral Therapy (CBT) focuses on the connections between thoughts, feelings and behaviors. It is a type of mental health treatment that has been proven to help in areas related to depression, bullying, aggression, social skills and anxiety. CBT typically involves using strategies to change a thinking pattern. It utilizes learning to recognize one's thinking errors that create problems, gaining a better understanding of some behaviors and what the motivating factors are, along with problem-solving skills to cope with situations and develop a greater sense of self-confidence. CBT focuses on what is going on in the person's life and the development of coping skills so the person can effectively navigate life moving forward. CBT can be adapted and adjusted to meet the strengths and needs of the individual.

Monthly Try It

THE TURTLE TECHNIQUE



You can use the "Turtle Technique" to model how to manage feelings and remain calm. These steps can teach us how to think like a turtle when we need to manage feelings when we are overwhelmed, angry or overstimulated.

Step 1: Recognize your feelings

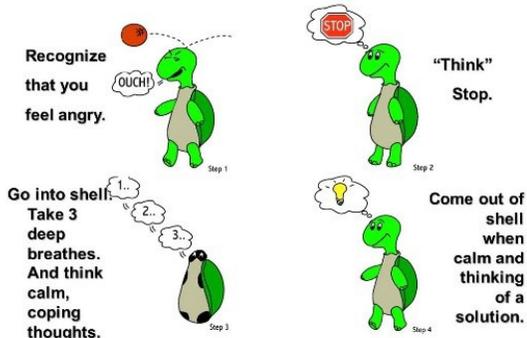
Step 2: Stop your body

Step 3: Tuck inside your "shell" and take three deep breaths

Step 4: Come out of your "shell" when you are calm and have thought of a solution

Put this into practice at home by practicing these steps frequently; preparing for and helping children handle possible disappointment or change by reminding them to tuck and think like a turtle when they feel angry or mad; recognizing and commenting positively when the child stays calm; and involving families by giving them ideas for teaching the "Turtle Technique" at home.

Turtle Technique



Source: usf.edu

Upcoming Events & Reminders

Labor Day

Burrell offices will be closed on Monday September 6, in observation of Labor Day.

Be Well Community

Self-care, mindfulness, and more. Tune in to Facebook Live on Mondays and Fridays from 12:45-1:15, and Wednesdays from 12-1 at facebook.com/burrellcenter.

Special Thanks

Thank you B&H Bakery of Branson, MO for creating beautiful LAMP AAC device cookies for our staff! The importance of using visual supports within ABA programming cannot be overemphasized. As shared in last month's newsletter, visual supports not only decrease unexpected behavior, but also serve as "anchors" for the generalization of concepts.

