



CARE CONNECT MONTHLY

Applied Behavioral Analysis News & Updates

January 2023

A note from Brooke

I welcome you to the start of a New Year! For many, this brings a reset: a moment to pause post the holiday and/or a time to reflect. For all, I encourage you to embrace Nanea Hoffman's "Gentle Goals for a New Year:"

Watch more sunsets. Share smiles with strangers. Discover a new favorite song. Say yes to adventures whenever possible. Try a new recipe. Read good books. Say what you mean. Treat yourself with respect and affection. Hydrate. Listen with interest and compassion. Allow gratitude to change you, spend time in nature. Create. Love hard. Dream wildly. Wring every drop of goodness from each day. Love deeply, courageously, and honestly. Be open to wonder and delight.

As I read (and reread) through this list, I processed how each and every gentle goal brings to each and every individual a slightly different definition. Nonetheless, for those of us in the field of Applied Behavior Analysis (ABA) - whether as a provider, caregiver, or learner - these goals can be the "first step towards feeling better." To learn more about that "first step," I encourage you to visit www.burrellcenter.com, connect with your BCBA for resources, learn about the Burrell Foundation's "The Art of Being ME" movement, and, most importantly, recognize and celebrate the steps you and your loved ones take each and every day! I look forward to our year of sharing Acceptance and Commitment Therapy (ACT) with you, as it will highlight across the next twelve months the importance of gentle goal setting.

Sincerely,

C. Brooke Allen, Director of Applied Behavior Analysis



The Starfish Story

Adapted from "The Star Thrower" by Loren Eiseley



A man walked along the beach. Ahead, he saw a boy dashing back and forth in the sand. He smiled, thinking the boy was enjoying a game on a fine morning.

As he got closer, he saw the boy picking something out of the sand and gently tossing it into the sea. Curious, the man said, "Hello, what are you doing?"

The boy paused mid-throw and replied, "Throwing starfish back into the ocean. The sun is up, and the tide is going out. If I don't throw them back, they will die."

"Don't you realize there are miles and miles of beach and starfish along it? You can't possibly make a difference."

After listening, the boy reached down, picked up another starfish, gently tossed it into the sea, and said, "It made a difference to that one."

www.behaviorflip.com

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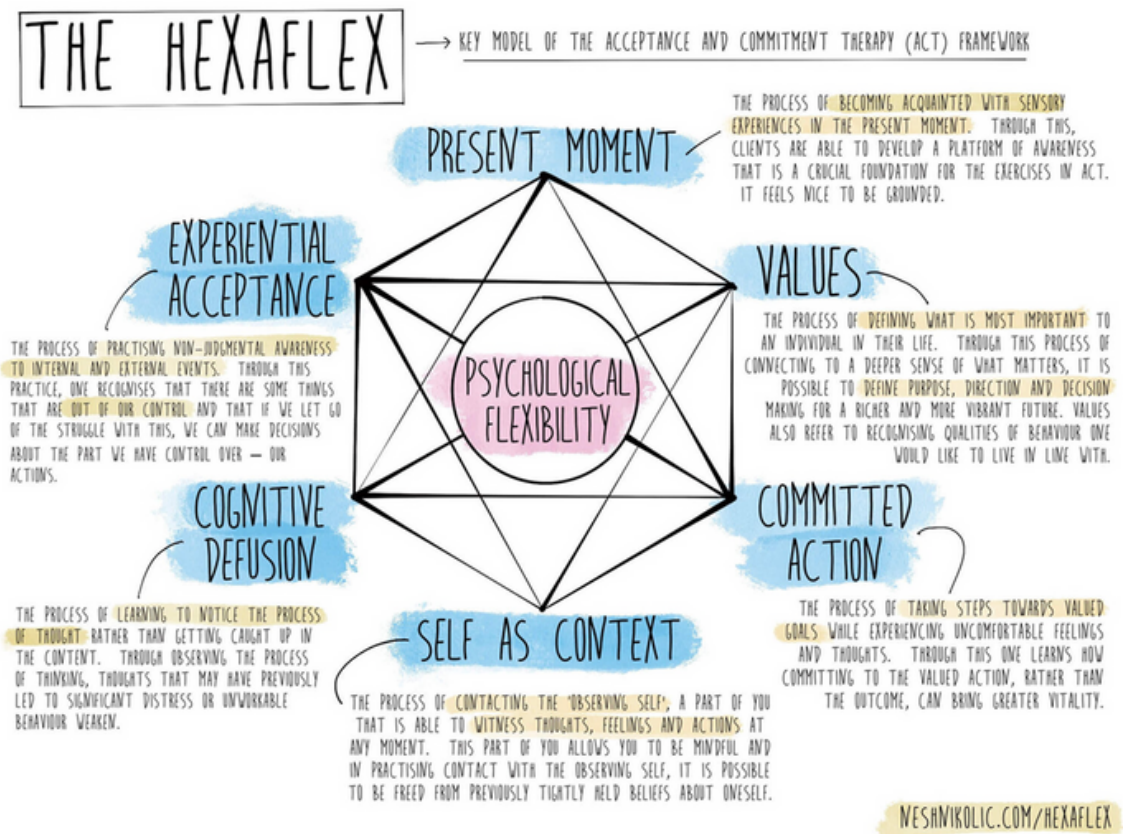
Acceptance and Commitment Therapy

Local Sensory Friendly News

Intro to Acceptance and Commitment Therapy

This year we are going to be diving into learning about Acceptance and Commitment Therapy (ACT). This practice of flexibility is something that we at the Autism Center practice across our whole department. We are excited about the positive impact we see both in our clients and in our own lives as we begin to implement these practices.

Acceptance and Commitment Therapy (ACT) is a branch of clinical behavior analysis that encourages you to show psychological flexibility through an action or process-based approach by accepting thoughts, feelings, and situations rather than avoiding them. For example, instead of throwing things or yelling when we are upset, or even feeling guilty that we don't feel happy all of the time, ACT teaches you to take the pause and say "I am noticing I am feeling frustrated." Understanding and accepting our emotions can be a challenging process but it is also incredibly important for our growth and development. Through this approach, you can learn to accept your thoughts, feelings, and situations without judgment and allow yourself to be present in the moment. You will also learn how to identify your core values and use them to set meaningful goals that you can work towards. With this approach, you will find yourself more in tune with your emotions and better equipped to make decisions that are in line with your values and goals.



Do you have a sensory friendly activity/event you would like to share? If so, reach out to your learner's supervising BCBA!

Upcoming Events, Reminders & Noteworthy

Upcoming Holidays

Burrell offices will be closed Monday, May 29. As a reminder, our ABA and ASD programs do not follow a school schedule. We are open regardless of weather or school closures.

Local Sensory Friendly News

February 10, 7 p.m. - 10 p.m.

Night to Shine

High Street Church is hosting this year's Night to Shine Springfield event, where individuals with disabilities ages 14+ are invited to a spectacular prom event sponsored by the Tim Tebow Foundation. The event is free to participants and includes a meal. Visit nighttoshinesgf.com to register.

