



# CARE CONNECT MONTHLY

Applied Behavioral Analysis News & Updates

October 2023

## Acceptance and Commitment Therapy (ACT) IN THE HOME

**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.**

You do not have to control, suppress or manage all of your child's emotions all of the time. We know that kids feel big and real feelings and just like we can never control other adults' emotions or reactions, we cannot put that pressure on ourselves for our kids. What we can do is be there with them, model language of how they might be feeling and teach appropriate responses. Kids need to know their big emotions are valid and heard by you; they just are still learning how to show that. That is why Defusion and Acceptance are two of the most powerful components in the ACT hexaflex. The two work seamlessly together, allowing us to take a deep breath (defusion) and state how we are feeling (acceptance). This can also look like taking the intentional time to apologize to our children when we mess up or act in a way we aren't proud of. Modeling this to our children shows deep humility and acceptance and models to your child that messing up is just a natural part of life. Another way we can naturally practice these principles is by choosing, even amidst the busyness of life, to take a deep breath and engage in an activity that is meaningful to us. Maybe this month that looks like choosing to visit a pumpkin patch with your child and accepting that it may not go perfectly, but taking a deep breath and showing up anyway. Defusion and acceptance is not something we master, but an area we have to consciously choose to practice throughout each new moment. Let this new season of fall be a beautiful reset if you need it and head into the end of the year with a refreshing sense of freedom.



## IN THIS ISSUE

Acceptance and Commitment Therapy: In the Home

What are we up to? Emotion Characters

Meet Our Team: Kelli Payne

Local Sensory Friendly News

### Meet Our Team



**KELLI PAYNE**

Time at Burrell: 2 years

Role at Burrell: Client Access Representative-Autism

Favorite Quote: "What lies behind us and what lies before us are tiny matters compared to what lies within us."

Ralph Waldo Emerson

Best Part of Your Job: The best part of my job is the kids and my amazing co-workers!

## WHAT ARE WE UP TO? EMOTION CHARACTERS

We love creating opportunities that foster learning, communication and social engagement. Jill, one of our wonderful counselors, was reading a book with an individual using the "Spot" emotion characters when the learner decided that the Anger and Anxiety "Spots" needed to do more of the listening! We love how engaged all of our staff are with our learners and the fun that is had even while working through hard things.



Scan  
here to  
order



**BURRELL**  
AUTISM CENTER

*Burrell's  
**Autism Center**  
is 15 years old!*

**Celebrate with us, purchase your t-shirt today to support!**

## Upcoming Events, Reminders & Noteworthy

### Upcoming Holidays

Burrell offices will be closed  
Thursday, November 23  
AND Friday, November 24.

### Reminder

Our ABA and ASD programs do not follow a school schedule. We are open regardless of weather or school closures.

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

### Local Sensory Friendly News

#### Rutledge Wilson Farm Park - Harvest Fest

Enjoy hayrides, a cow train, barnyard races, inflatables, pony rides and a corn maze every weekend in October. Admission is free, though some activities, as well as pumpkins from the pumpkin patch, do have fees. You can call the park at 837-59119 with any questions.