



CARE CONNECT MONTHLY

Applied Behavioral Analysis News & Updates

September 2023

Acceptance and Commitment Therapy (ACT)

A C C E P T A N C E

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.

Acceptance might be the hardest component of all, but it is the final piece of the hexaflex puzzle! We have already established that unpleasant thoughts, feelings and situations are going to occur throughout our whole life, and that's the foundation for living a life of acceptance. Avoidance is the opposite of acceptance and can leave us feeling worn down as we desperately try to make all of the hard situations better.

Practicing acceptance is a cognitive choice we have to make as we allow all of the difficult or unpleasant thoughts, feelings and situations to simply exist. This does not mean we live a life full of negativity, but rather the opposite. We no longer have to spend so much energy avoiding our emotions and can now embrace our lived experiences and respond to negative situations in a way that still moves us towards the life that we value.

As school is back in session, you might notice more opportunities to help your child practice acceptance. Maybe they fight going to school and you hear them say "I hate school" every morning. Don't jump to: "No you don't, you love school! You get to go see your teacher and friends and have fun!" Instead, try: "I hear that you are not wanting to go to school. That's OK; we can do hard things." You can use a similar response if your child is becoming angry about how much they dislike a certain school subject or school outfit they have to wear. We all have things we don't like to do, and someone telling us all of the positives doesn't always make us feel better. We just want them to understand where we are coming from. Acceptance allows us to become unstuck from our current situation, acknowledge that it is not ideal and then continue moving forward.



IN THIS ISSUE

Acceptance and Commitment Therapy: Acceptance

Lego Towers & Dinosaurs

Meet Our Team: Billie Rudminat

Local Sensory Friendly News

Meet Our Team



BILLIE RUDMINAT

Time at Burrell: 12 years

Role at Burrell: Occupational Therapist. I work with kiddos in independent sessions to promote fine motor, sensorimotor and self-help skills. Also, I am a member of the diagnostic team and help with the screening and evaluation process.

Favorite Quote: "You are braver than you believe, stronger than you seem and smarter than you think." - Winnie the Pooh

Best Part of Your Job: I get to play, while kiddos learn how to play and successfully participate in their everyday activities! Also, our team is pretty spectacular and I feel blessed to be a part of it!

C O N T I N U E D

Our feelings and emotions are a normal part of being human and they serve to let us know what our bodies might be needing in that moment. As you work on practicing and modeling acceptance in your home, think about the phrases shown to the right and how you can continue to support yourself or your child through the difficult times by simply acknowledging that it is in fact difficult.

WHAT ARE WE UP TO? LEGO TOWERS

We love creating opportunities that foster learning, communication, and social engagement. One learner worked through problem solving to create this wonderful tower surrounded by his dinosaurs :)



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
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.

Local Sensory Friendly News

Jungle Gym - Indoor Playground

located in Springfield, is an indoor playground for children up to 8 years old that "creates a fun, gross motor skill experience!" The Jungle Gym has swings, slides, a trampoline, a large sandbox, and other activities for your child to enjoy. Their sensory light room includes a floor projector with interactive games and a light table with manipulatives! They also offer a music class on the first and third Thursday of every month that is included in the price of admission. Their contact info is 417-319-5595.

