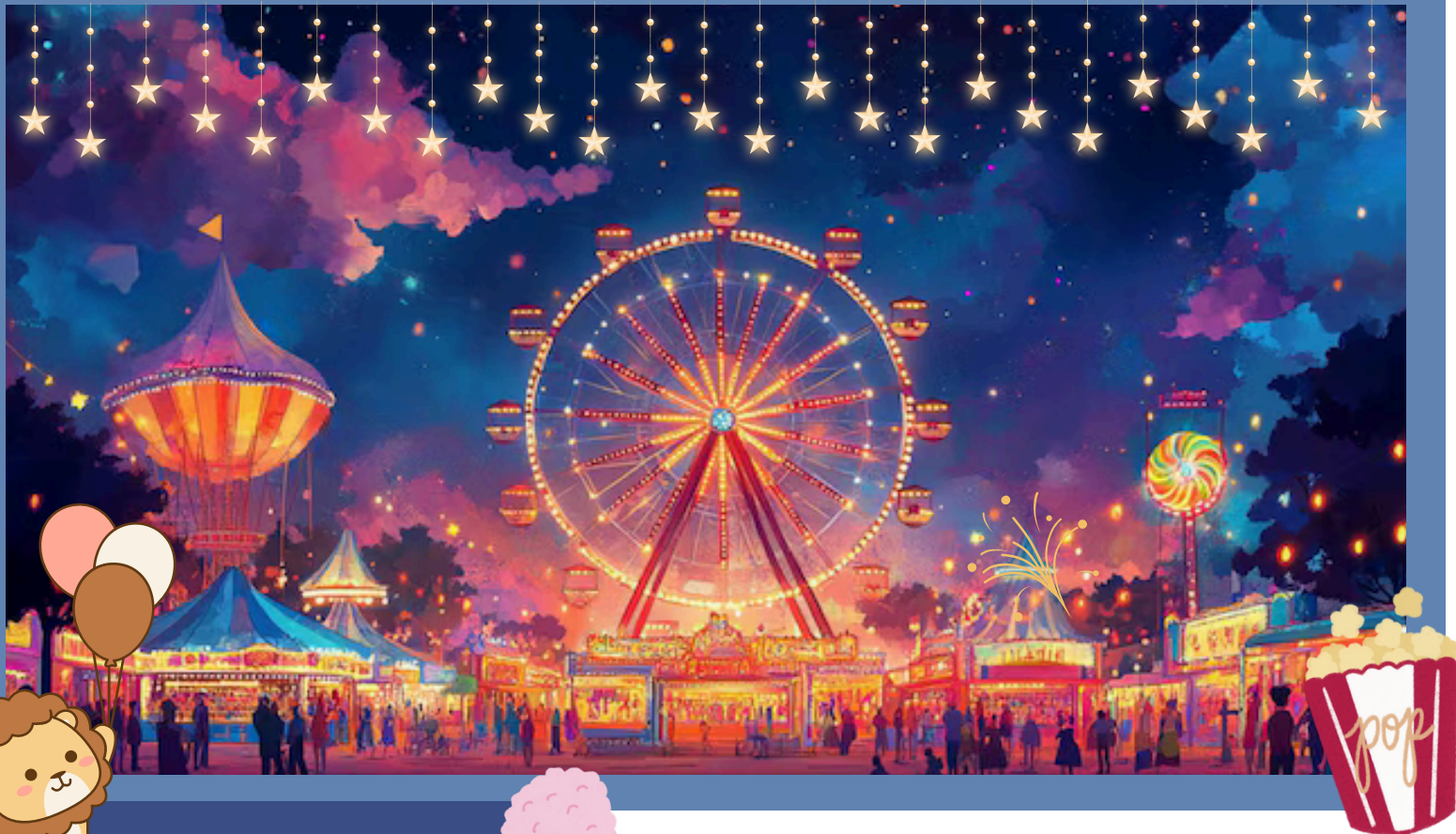


CBC Behavioral Times



Announcements!

Timesheets are due Friday,
August 1st by 10:00 AM.

There are no Federal
Holidays/scheduled office closures
this month, so services will
continue as usual. If you or your
families are planning time off
before the school year begins,
please coordinate with your
supervisor and the scheduling
department as early as possible.

Thank you so much! ❤️

Supervisor Shoutout Amelia!

Amelia has been doing an incredible job getting familiar with her new cases and building strong rapport with both the BIs and families. She consistently shows motivation to keep growing - whether it's writing reports, completing FBAs, providing supervision, or submitting all documentation on time.

Amelia, your commitment and care truly shine through in everything you do.

We're so thankful to have you on the team! ❤️

ABA Definition of the Month:

Chaining

Chaining is a teaching technique used to help individuals learn complex tasks by breaking them down into smaller, teachable units. It simplifies routines and is especially useful for teaching independent living skills. By breaking routines into manageable steps, we create what are called **behavior chains**. There are three types of chaining procedures:

Forward Chaining:

- The first step in the behavior chain is taught until the client can perform it independently.
- All subsequent steps are prompted.
- As each step is mastered, the next step is taught, and previous steps are no longer prompted. This continues step-by-step until the client can do the entire routine independently from beginning to end.
- One limitation of forward chaining is that because the client is only doing part of the routine at first, we sometimes need to pause the task early to give them a reward or praise. This means they don't get to practice finishing the full routine right away, which can make it feel a bit less natural at first.

Backward Chaining:

- In backward chaining, you teach the **last step first**.
- At the beginning, the therapist prompts the client through every step except the last one. The client tries that last step on their own.
- Once the client can do the last step independently, the therapist now helps with all steps except the last two – and the client tries the last two steps by themselves.
- This pattern continues: the therapist helps with everything except the last three steps, then the last four, and so on...
- Eventually, the client learns to do the entire routine independently from start to finish.
- Because the client **always ends the task by doing something on their own**, they immediately get the reward or praise at the natural end of the task. This can be really motivating!

Total Task Chaining:

- In total task chaining, the client practices the whole routine every time.
- Prompting is provided as needed for any steps the client has not yet mastered.
- This approach is best used when the client can already perform some of the steps and benefits from practicing the full routine.

Examples of Skills That Use Behavior Chains:

- Tying shoes
- Brushing teeth
- Making a sandwich
- Getting dressed
- Washing hands
- Making the bed
- Crossing the street
- Saying an address
- Toileting
- Washing laundry



Wishing everyone
a wonderful, happy
birthday filled with
love and laughter -
and an amazing
year ahead!

August Birthdays!

- Leslie
- Kathie
- Natalie
- Edyn
- Ashley
- Ashley
- Katie
- Perla

HAPPY BIRTHDAY





Joke of the Month!

Reminders and ideas!

Back to School Feelings Book!

Help your client create a simple "feelings book" to explore how they might feel about going to school! Use drawings, printed faces, or emojis to represent emotions like excited, nervous, or happy. It's a great way to build emotional awareness, practice labeling feelings, and ease back-to-school transitions.

Please send your **fall availability** over to the Scheduling Department **ASAP** so that they can update your schedules accordingly!

schedule@cbc-autism.com

Thank you so much!

When a client says something hurtful and you smile through the pain



Monthly Tip!

If you have a rough session, remember – what would you say to a friend who had this day? Offer yourself that same compassion! You showed up with care, even when it was hard.

One tough moment doesn't undo all of the good that you do.



Thank you for all
of your hard work!

