CBC Behavioral Times

Happy New Year 2026!

Announcements and Reminders!

Timesheets are due Thursday, January 1st by 10:00 AM.

Wishing everyone a happy, warm, and successful 2026!

For sessions scheduled for 12/31/25, we kindly ask that staff confirm with families before heading to sessions. Please remember that any cancellations, including no-shows, are not eligible for payment.

There will be no sessions held on 1/1/26. 💙

Thank you so much!

Shoutout of the Month! Svada!

This month, we are excited to recognize Svada for all that he does for our team. Svada consistently goes above and beyond - working hard on the administrative side, supporting our ABA services, and showing up fully for all of our staff, our clients and their families. He is always there when help is needed, and his kindness and empathy shine through in everything he does.

We are truly grateful for his dedication and passion, and for the care he brings to our entire team! ✨

How To Receive Feedback Without Feeling Discouraged

Feedback = Growth, Not Criticism!

Let's be honest – receiving feedback can feel uncomfortable, even when we *know* it's meant to help. If you've ever felt nervous, embarrassed, or discouraged after being given feedback, you're not alone. That reaction is human. But here's something important to remember:
- **Feedback is not a reflection of your worth, effort, or intention.**
- **It's information, *not* a judgment.**

Why Is Feedback a Good Thing?
In ABA, feedback exists for one main reason: to support client progress and help you grow as a clinician. Even the most experienced BCBAs receive feedback *constantly* – learning never stops in this field.

Receiving feedback means:
- Someone is paying attention to your work
- Someone believes you are capable of improving
- Someone wants to support you, not criticize you

Common Thoughts (and Reframes)
Here are some thoughts that often come up, and how to gently reframe them:
- "I messed up." --> *"I'm learning."*
- "I should already know this." --> *"Skills are built with practice."*
- "They think I'm bad at my job." --> *"They're helping me get better."*

Tips for Receiving Feedback More Confidently
- Pause before reacting. It's okay to take a moment to process.
- Ask clarifying questions. This shows professionalism, not weakness.
- Focus on one thing at a time. You don't need to fix everything at once.
- Separate feedback from identity. A suggestion about a prompt is not a statement about *you*.

Remember This!
- You are allowed to make mistakes – that's how skills are built.
- Needing feedback does *not* mean you're failing.
- Growth happens in the uncomfortable moments.

We truly appreciate the hard work, patience, and care you bring to your clients every day. Your effort matters, even when progress feels slow or feedback feels heavy.

Reflection Question
What is one piece of feedback you've received that helped you grow, even if it was hard at first?

January Birthdays!

Jesus

Jennifer

Alejandra

Daniela

Abigail

Margarita

Julissa

Darla

Yasmin

Christine

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

Fun Ideas for January!

Indoor Games are Perfect for Colder January Days!

Board Games such as Candy Land or Chutes and Ladders can help clients practice turn-taking, waiting, and losing gracefully in a fun and structured way. They provide natural opportunities to build flexibility, coping skills, and positive social language during play.

Freeze Dance supports listening skills, impulse control, and self-regulation as clients move to the music and stop on cue. It's a playful way to practice attending and transitioning between movement and calm.

Thank you so much!

Joke of the Month!

Monthly Tip!

In ABA, meaningful change is built through small, consistent steps over time. The same is true for us - steady effort, patience, and practice lead to growth in lasting ways.

HAPPIEST NEW YEAR TO ALL!

HAPPY NEW YEAR

2026

Thank you for all of your hard work!