



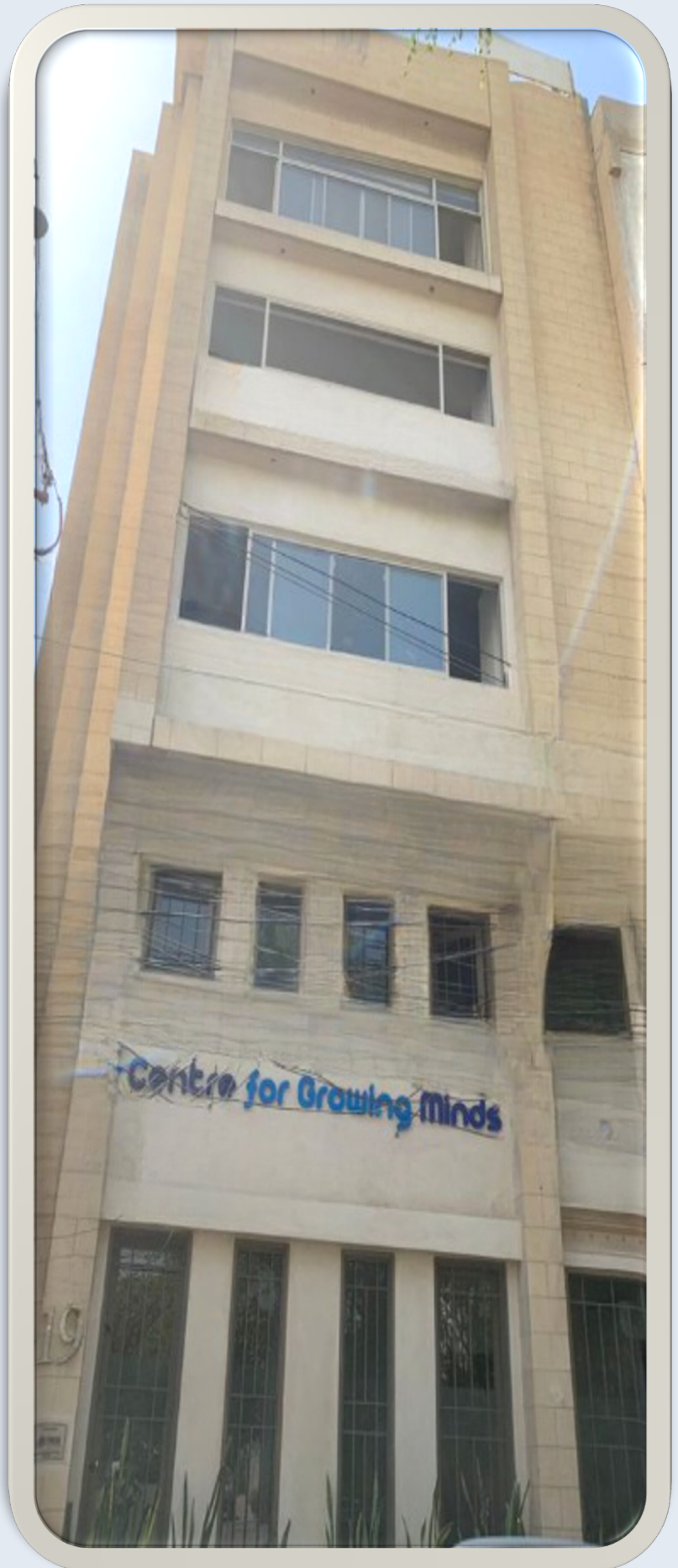
# MONTHLY NEWSLETTER

October 2024

Volume 14

## HIGHLIGHTS:

- Our newest QBA
- Our free month clinic
- CFGM – IBAO CEU Provider
- World Mental Health Day
- Topic of Month: Differential Reinforcement
- Monthly highlights



## CENTRE FOR GROWING MINDS MONTHLY NEWSLETTER

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### OUR NEWEST QBA

We have some exciting news!

CFGM is proud to introduce our new Qualified Behavioural Analyst (QBA)! Our very own Anushka Shakeel now hold the title of QBA, adding another qualification to our incredible team.



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**\*NEW\* CLINIC SERVICES**

**We are offering our free clinic services on November 1<sup>st</sup> 2024 with our new QBA, Anushka Shakeel!**



**FREE CLINIC**

Behaviour Consultation

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Friday 1st-Nov-2024  
10:00 am to 1:00 pm

For appointment : [info@growingminds.com.pk](mailto:info@growingminds.com.pk)  
you can also call us at : 03352221642

**Areesa Chinoy**  
Child Psychologist (UK)  
Board Certified Behavior Analyst - BCBA (USA)

**Anushka Shakeel**  
Qualified Behavior Analyst - QBA

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## Another important announcement

COGM is now an official CEU (continued education unit) provider for the IBAO (International Behaviour Analysis Organisation).

For further information, visit: <https://theibao.com>



Centre for  
Growing Minds  
Exploring opportunities - Maximising potential

# *Exciting News*

We are an IBAO CEU Provider



**PROVIDER**  
*International Behavior  
Analysis Organization*

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## WORLD MENTAL HEALTH DAY



**In honour of World Mental Health Day, that falls on 10th October, here are some important reminders from our team:**

- YOU DON'T HAVE TO MAKE EVERYONE HAPPY
- IT'S OKAY TO MAKE MISTAKES
- "NO" IS A FULL SENTENCE.
- YOU ARE ALLOWED TO REST

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TOPIC OF THE MONTH: DIFFERENTIAL  
REINFORCEMENT

Yusra Khan, RBT

## What is DRA?

DRA is one of the procedures of differential reinforcement that reinforces a positive alternate behavior that is a replacement for the undesired or challenging behavior. This increases the occurrence of the desired behavior which, in turn, decreases that of the undesired behavior.

## Application

### Example 1:

You work with a child who has begun to swear. You identify that this behavior is maintained by socially mediated access to attention from his peers. You can implement a DRA procedure that reinforces joke telling which will serve the same function as swearing.

### Example 2:

You work with a child who has a problem behavior of elopement from the work table to escape a demand. When the child attempts to stand up at the work table, you physically prompt her to sit down and immediately hand her an "I want a break" card. When child gives the card back to you, you provide praise and allow child a short break.



## How to apply DRA

1. Identify the undesired behavior.
2. Determine the likely function of the undesired function (e.g., attention, sensory, escape, tangible)
3. Identify an alternate behavior.
4. Decide on a reinforcement schedule.
5. Reinforce the alternate behavior.

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## Highlights of the month



## Breast Cancer Awareness Month!



Our Founder, Areesa, gives a talk at the Ujala School on topic: careers in ABA & Psychology

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Our RBT, Erum Khatri, has started social skills trainings with the staff to prepare for our group sessions!



Paired sessions, playing together and taking turns!