



July Newsletter

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TIME OFF

7/14 - 7/20

I will be taking some time off for a trip. Feel free to email me and I will get back to you soon!

Person-Centered Planning

Is your team interested in hearing more about Person-Centered Planning Facilitation? Contact me to set-up a time to describe the service and answer questions!

Would you like to make a referral for Person-Centered Planning? Go to my website to complete the form!

[Referral Form](#)



If you are a regular client you are probably familiar with receiving emails from my scheduling software TimeTap. If you are new, be on the lookout for scheduling confirmations. This software allows for me to schedule clients at different addresses and allow for travel and buffer time. It sends out reminder texts or emails, and allows clients to book, cancel, or reschedule their appointments.

Wait List



I currently have a wait list for new clients. Please email me if you'd like to be added to the wait list.

[Email Me](#)

I encourage you to log into your account and make sure all the information is correct. You can also book upcoming appointments. Your login is your email and you can either email me for the password or click 'Forgot Password'. Let me know if you run into any roadblocks.

<https://bbs.timetap.com>

New Product!

Click below to try out Visual Preference Assessment Cards. They can be used to identify what you or someone else wants to do, a hierarchy of preferences, or be used to try a new hobby.

Visual Preference Assessment
Cards

Uncooperative & Argumentative

Have you ever met someone who if you told them the sky was blue they would disagree with you and say it's green? Or when you asked them to write their name (something they can easily do) they say they can't or they don't know how? Then the next thing you know you're in an argument or a power struggle. This can be extremely frustrating and perplexing.

There are several possibilities for this behavior such as:

- **Dopamine** Seeking - conflict can increase dopamine in some people's brains.
- It could be a result of irritability, which is a symptom of depression.
- It could be the person trying to control their environment to reduce their anxiety.
- It could be due to the person struggling with flexible thinking, which can be a symptom of autism.
- Maybe the person finds pleasure in a specific interaction or reaction from you.
- Maybe the person wants to avoid a specific interaction with you (like you *always* being right about something and gloating).
- The person may have impaired cognitive control over some of their behavior such as planning, decision making, impulsivity, and emotional regulation.
- The person may argue or disagree due a history of reinforcement.
- Their brain may have low sensitivity to aversive situations.

So the next time you find someone arguing with you about something trivial, take a step back and look at the situation with some compassion. Separate the brain from the person. Identify one or more reasons why their brain is arguing, disagreeing, or refusing, and for each reason write a list of possible interventions to use in the future to help prevent or reduce conflict.



Headwaters Science Center

Last month my family and I took a trip to Bemidji and visited the Headwaters Science Center. It's geared towards children and families and there are a number of reptiles they let you hold. My daughter used to LOVE snakes but on this trip I was the only one brave enough to hold one. I was done when it started slithering up my arm!