

WELCOME TO

The Buzz

we're so glad you're here!



HI THERE!

A Word from the Owners

Happy November Honey Bee Team!

We are delighted to present the November edition of The Buzz to you.

This newsletter is a testament to our dedication to keeping you informed and engaged. Your feedback and suggestions are invaluable to us. Please feel free to reach out to us with your comments or ideas for future newsletter topics.

Thank you for being a part of our wonderful community, and we look forward to sharing this exciting edition of our newsletter with you.

With love and gratitude,

Christi & Falon

What you'll find inside:

- DATES TO REMEMBER
- FALL ACTIVITIES
- CEU SPOTLIGHT - RAD!
- PROCESSING TIPS





Fall Activities with a Therapeutic Twist

HAVE AN IDEA? POST IN THE SLACK CHANNEL!

Forest Bathing: Spend time in a natural area, engaging your senses and focusing on the sights, sounds, and scents of the greenspace. It's a form of ecotherapy that can help reduce stress and increase relaxation.

Pumpkin Yoga: Practice yoga in a pumpkin patch, surrounded by the beautiful fall scenery. The combination of yoga and nature can enhance your mental and physical well-being. Use pumpkins to substitute as yoga blocks.

Leaf Art and Mindfulness: Collect colorful autumn leaves and create art or collages. The act of creating art can be therapeutic and a great way to practice mindfulness.

Outdoor Painting: Take your art supplies outdoors and paint the fall landscape. The act of painting can be meditative and relaxing.

Pumpkin Carving and Mindfulness: Carve intricate designs or simply enjoy the process of carving a pumpkin. Concentrate on the sensation of your hands and the texture of the pumpkin. Focus on the process, not the outcome. If carving isn't a safe option, opt for Pumpkin Painting.

Therapeutic Gardening: Tend to a garden by planting fall flowers, herbs, or vegetables. Gardening can be a therapeutic and grounding activity. Search for budget friendly planters at thrift shops or Facebook Marketplace. Sometimes people even give them away for free.

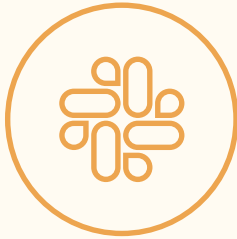
Autumn Photography: Or as I like to call it, Fall-tography! Capture the beauty of the fall season with a camera or smartphone. Photography can help you become more mindful of your surroundings.

Seasonal Journaling: Start a seasonal journal where you reflect on your experiences, feelings, and the changes in nature during the fall.

These therapeutic fall activities can help you connect with nature, practice mindfulness, and promote a sense of relaxation and well-being during this beautiful season.

Stay Connected

FOLLOW US ON SOCIAL MEDIA TO STAY UP TO DATE ON THE LATEST!



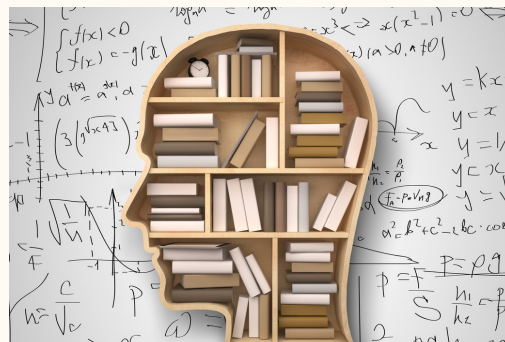
If you are not already part of our Slack Channel, email Christi and she will get you added ASAP! As a Honey Bee, feel free to post on our channel as much as you'd like. Share resources, post events, ask questions, and more.



Find us on Facebook at [Facebook.com/Honeybeetherapies](https://www.facebook.com/Honeybeetherapies). Yes, that is a typo, and no, we did not catch it in time. Add the extra 'e' when searching for us directly!



Our Instagram page is @honeybeetherapiestx! Follow us for regular posts on activities, events, local parks, and more!



CEU Spotlight

Our course, ***Understanding Reactive Attachment Disorder***, will teach you about the diagnoses, otherwise known as RAD. The learner will gain an understanding of how RAD is diagnosed, what symptoms look like, and how to support youth with this diagnoses. The learner will also develop an understanding of how to use Recreational Therapy interventions to assist with working towards treatment goals.

Take our course today and earn 5 hours of continued education.

[HONEYBEEACADEMY.ORG](https://www.honeybeeacademy.org)



Important Dates

PAPERWORK DUE



November 1st

@11am:

ATCIC notes and invoice for services provided from October 16th-31st

November 2nd

@ 11am:

Bluebonnet monthly invoice
YAP monthly invoice

November 16th

@ 11am:

ATCIC notes and invoices for services provided from November 1st-15th

Every Sunday

@11am:

YAP notes for previous week
Hill Country Notes and Invoice for previous week
CHCS Invoice for previous week

EVENTS

December 2nd

@ 1pm

Honey Bee Therapies Annual Holiday Party





Tips for Effective Processing

EFFECTIVE PROCESSING ENHANCES THE CLIENT'S OVERALL EXPERIENCE. IT'S CRUCIAL TO CREATE A SUPPORTIVE, NON-JUDGMENTAL, AND EMPATHETIC ENVIRONMENT TO FACILITATE THESE DISCUSSIONS.

Active Listening: Actively listen to the client's thoughts, feelings, and experiences during and after the activity. Show genuine interest in what they have to say, and provide your full attention without interruption.

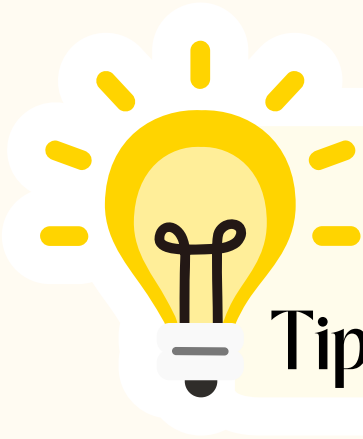
Open-Ended Questions: Encourage clients to express themselves by asking open-ended questions. These questions often start with "how," "what," or "tell me about." They invite clients to share more than just yes or no responses.

Reflective Listening: Repeat or paraphrase what the client has said to confirm your understanding and show empathy. This can help clients feel heard and understood.

Empathetic Responses: Show empathy and understanding by acknowledging the client's emotions. Use phrases like, "I can see that this activity made you feel..." or "It sounds like you had a great time."

Normalize Feelings: Let clients know that their feelings, whether positive or negative, are valid and normal. This can create a safe space for open communication.

Validate Achievements: Recognize and celebrate the client's achievements and progress. Positive reinforcement can boost their confidence and motivation.



Tips for Effective Processing, Cont'd.

Goal Assessment: Discuss how the activity aligns with the client's therapeutic goals and how they feel it contributed to their progress.

Self-Reflection: Encourage clients to reflect on their experiences and feelings, both during and after the activity. Ask questions like, "What did you learn about yourself?" or "How might this apply to your daily life?"

Feedback and Constructive Criticism: Provide constructive feedback when necessary, but always in a supportive and non-judgmental manner. Encourage clients to see areas for improvement as opportunities for growth.

Outcome Analysis: Assess the overall impact of the activity on the client's well-being, personal growth, and therapeutic progress. Evaluate whether the goals were met and what can be done differently in the future.

Journaling: Suggest or provide a journal for clients to record their thoughts, feelings, and experiences after activities. This can serve as a valuable tool for self-reflection and future discussions.

Group Discussions: If the activity was done in a group setting, facilitate group discussions to allow clients to share their experiences and learn from one another.

Follow-up Planning: Discuss how the insights gained from the activity can be applied to daily life. Help clients identify practical strategies and goals based on their experiences.

Documentation: Maintain thorough and accurate records of each session and conversation to track progress and maintain a clear record of the therapeutic journey.

Regular Review: Schedule regular reviews to monitor progress and adjust therapy plans as needed. This helps ensure that activities continue to be aligned with the client's evolving therapeutic needs. Attending team meetings is vital.



Save the Date! December 2nd

HONEY BEE THERAPIES ANNUAL HOLIDAY PARTY | LEANDER, TX

We will be hosting our annual holiday party at a new venue this year!
Check your email for additional information.
Let's make it the best one yet! Family and friends welcome to join.



Work with us today

DO YOU KNOW SOMEONE LOOKING FOR A JOB?
SEND THEM OUR WAY!

Honey Bee Therapies is looking to fill three roles:

Recreational Therapist to serve clients in Travis and Williamson Counties

Recreational Therapist to cover Burnet and Llano Counties

CLS to cover Comal, Hays, and Caldwell Counties



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