

Collaborative Problem Solving (CPS)

What is Collaborative Problem Solving (CPS)?

Kids with challenging behavior are tragically misunderstood and mistreated. Rewards and punishments don't work and often make things worse. Thankfully, there's another way. But it requires a big shift in mindset.

Helping kids with challenging behavior requires understanding why they struggle in the first place. But what if everything we thought was true about challenging behavior was actually wrong? Our Collaborative Problem Solving (CPS) approach recognizes what research has pointed to for years – that kids with challenging behavior are already trying hard. They don't lack the *will* to behave well. They lack the *skills* to behave well.

Kids Do Well If They Can

CPS helps adults shift to a more accurate and compassionate mindset and embrace the truth that *kids do well if they can* – rather than the more common belief that kids would do well if they simply *wanted* to.

Flowing from this simple but powerful philosophy, CPS focuses on building skills like flexibility, frustration tolerance and problem solving, rather than simply motivating kids to behave better. The process begins with identifying triggers to a child's challenging behavior and the specific skills they need help developing. The next step involves partnering with the child to build those skills and develop lasting solutions to problems that work for everyone.

The CPS approach was developed at Massachusetts General Hospital a [top-ranked Department of Psychiatry in the United States](#). It is proven to reduce challenging behavior, teach kids the skills they lack, and build relationships with the adults in their lives. If you're looking for a more accurate, compassionate, and effective approach, you've come to the right place. Fortunately, anyone can learn CPS. Let's get started!

For more information please check out this Overview video:

<https://www.youtube.com/watch?v=klzfH4-qV-k>

Resource: <https://thinkkids.org/cps-overview/>