

# Collaborative Problem Solving®(CPS)

## RETHINKING CHALLENGING BEHAVIOR

### Essential Foundation (Level 1)

#### Facilitated by:

CPS/TK Certified Trainer  
Elisa Brown, MSW



#### DATES | TIMES:

January 26, February 2 &  
February 9, 2026  
12 hrs. of Instruction  
3 Mornings of Training  
8:30am – 1:00pm

#### LOCATION:

HBCC  
145 W. Main Street, Suite 260  
Tustin, CA 92780

\$375pp

\$325 early bird before 1/12/26

\$300 each group of 5

[info@hbcc.us](mailto:info@hbcc.us)

[www.hbcc.us/introduction-to-cps](http://www.hbcc.us/introduction-to-cps)

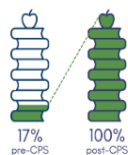
(714) 695-1057



*Elisa Brown is a Certified Trainer of the Collaborative Problem Solving®(CPS) approach which is owned and developed by Think:Kids(T:K) ([www.thinkkids.org](http://www.thinkkids.org)), a program based in the Department of Psychiatry at Massachusetts General Hospital(MGH) in Boston, MA.*

An Innovative, Trauma-Informed, Skill-Based, Inclusive Approach for Teaching, Treating, Parenting, and Caregiving Children, Teens and Young Adults with Challenging Behavior

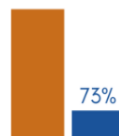
- **Comparisons** of how CPS more effectively addresses behavior than traditional models.
- **Processes** to assess and plan intervention components of the CPS model.
- **Strategies** for when a child has difficulty with cognitive flexibility, emotional regulation, or expressing needs/concerns.
- **Applications** for proactively working with children to build skills for areas of chronic challenges.
- **Approaches** to foster positive relations and skill growth.



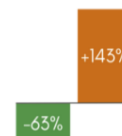
students demonstrating academic growth



teachers report reduced stress



reduction in oppositional behaviors at school



change in sending students out of class for discipline



increase in student attendance

## The CPS Approach

The Collaborative Problem Solving® approach is an evidence-based method to managing challenging behavior that promotes the understanding that **challenging kids lack the skill - not the will - to behave**; specifically, skills related to problem-solving, flexibility and frustration tolerance.

Unlike traditional models of discipline, the CPS approach avoids the use of power, control and motivational procedures and instead focuses on collaborating with the child | youth | young adult to solve the problems leading to challenging behavior and building the skills they need to succeed.