

Collaborative Problem Solving®

Parent Coaching

Help for parents/caregivers navigating the sea of options

Parent Coaching By Appointment:

Debra Ann Afarian

T:K CPS® Certified

Parent Coach

\$75/hour

Mondays 9am – 6pm

Wednesdays 9am – 9pm

In Person or Zoom

In Person Location:

145 W. Main Street, Suite 260

Tustin, CA 92780

Zoom Option:

Link provided when scheduled

info@hbcc.us

dafarian@hbcc.us

www.hbcc.us

714.695.1057

More information
can be found here:

<https://hbcc.us/parent-1%3A1-coaching>

Disclaimer: CPS Certified Parent Coaches/Mentors receive ongoing supervision from Think:Kids (T:K).

HBCC is independent of and has no direct affiliation with T:K or Massachusetts

General Hospital (MGH)

www.thinkkids.org

Coaching Upon Completion of the HBCC Course:

- What would CPS sound like in talking with your child?
 - proactively, in the moment, spontaneously.
- When to Plan A -- How to Plan C.
- What does Plan B look like as a follow up to Plan A & C?
- Help with scaffolding their growth & development using CPS.
- The Road Map to Navigate the Sea of Options.
- Educators & Parents Together as Allies using CPS.
- Connecting with service providers, services, schools and treatment options with a CPS lens.
- When to step forward, when to step back, when to allow for the “blessing of a skinned knee” and when to prevent “broken femurs”.

Any advice given by HBCC coaches is understood to be given in good faith.

Clients assume full responsibility for following coaching advice.

Coaching is not a replacement for therapy or medical advice.

There are over 12 million kids with social, emotional, attention and behavioral challenges in North America alone – many still being treated in ways that are ineffective. A heartbreaking number of kids are poorly understood. Typically, the public view is that these kids behave badly as attention seeking behaviors to “get” or “avoid” things. They are thought to be manipulative, lazy, unmotivated, disrespectful, limit testing and just generally bad kids who are poorly parented. As a result, reward and punishment programs are used in homes, schools, therapeutic and juvenile detention settings everywhere. HBCC’s philosophy presents very different ideas about how challenging kids come to be challenging and very different – and effective – trainings, coaching and therapy about how to help maximize their potential.



HBCC
www.hbcc.us



The CPS Approach

The Collaborative Problem Solving® (CPS) approach is an evidence-based method 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.