

Collaborative Problem Solving® 6-Week Morning Parent Course

Help for adults addressing challenging behaviors

Course Instructor:

Debra Ann Afarian

Parent Coach

T:K CPS Certified



Thursday Mornings

April 18, 25, &
May 2, 9, 16, 23, 2024

TIME: 10am – Noon

LOCATION: In Person
145 W. Main St, Suite 260
Tustin, CA 92780

\$250/pp | \$400 for two
Tuition Assistance Available

To Register/Learn More

<https://hbcc.us/morning-parent-class>

Phone: 714.695.1057

Disclaimer:

This Parent Coach is CPS Certified and receives ongoing supervision from Think:Kids (T:K). This course is independent of, and has no direct affiliation with T:K or Massachusetts General Hospital (MGH).

TK is a program in the Department of Psychiatry at MGH.

*Additional resources can be found at:
www.thinkkids.org*



- Learn the Collaborative Problem Solving® approach & effective ways to reduce parent | child conflict
- Pandemic fatigue can create challenging behaviors for the neurotypical child and exacerbate emotions for the neurodiverse
- Build skills & confidence using a relational | collaborative approach that teaches much needed coping skills
- Develop a new understanding of challenging behavior & learn new ways to help your child
- Rethink conventional approaches to behavioral difficulties and strengthen relationships



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.