

Collaborative Problem Solving®

6-Week Saturday Parent Course

Help for adults addressing challenging behaviors

Course Instructor:

Debra Ann Afarian
Parent Coach
T:K CPS Certified



Saturday Mornings

March 16, 23, 30, &
April 6, 13, 20, 2024

TIME: 10m – 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/saturday-parenting-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.
- Learn an approach that uses collaboration to teach much needed frustration tolerance, cognitive flexibility, regulation, executive function, language/communication and social skills.
- Develop a new understanding of challenging behavior & learn new ways to help your child, adolescent or young adult.
- Rethink conventional approaches to behavioral difficulties and strengthen relationships, in the long term, with less work!



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.