



# 4-WEEK COURSES 2020

## HELPING THE BEHAVIORALLY CHALLENGING CHILD

**Parenting, Teaching and Treating Children, Teens & Young Adults with Difficult-to-Manage Behaviors**

Adult/Child power struggles can leave both parties frustrated with adults wondering how it could have gone differently. Behavioral difficulties are the leading causes of teacher stress and parent burnout.

**Collaborative Problem Solving ® (CPS)** offers a new way to understand and help ALL children, regardless of a diagnosis, especially those with difficult-to-manage behaviors, which usually comes with a diagnosis. CPS is an evidence-based, skill-based, trauma-informed approach, which will help give you insight into what might be getting in the way for those with behavioral challenges, while you learn how to teach the lagging skills.

Based on the work of Dr. Stuart Ablon & Dr. Ross Greene "Treating Explosive Kids: The Collaborative Problem Solving Method", this course will educate adults to guide children to avoid meltdowns, gain lagging skills and improve adult/child communication. If sticker charts, rewards & consequences are not helping with low-frustration tolerance, flexibility, impulsivity, risk-taking behaviors and problem solving, this course is for you! CPS helps ALL children, especially those frequent-flyers who are put on time-outs, don't respond well to consequences, have a hard time earning rewards, seem unaffected by punishments, are sent out of class, get detentions, suspensions, expulsions, restrictions, restraints, seclusion, self-medicate or are at-risk for out-of-home placement. Stop chasing compliance and start building skills!

This course will present a way to teach children with difficult-to-manage behaviors in a whole new way!



### Day, Evening & Saturday Courses 2020

Thursday, 10-Noon, 8/20, 8/27, 9/3, 9/10  
Saturday, 1pm-3pm 10/3, 10/10, 10/17, 10/24  
Tuesday, 7-9pm, 11/3, 11/10, 11/17, 11/24

#### If allowed in person:

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

#### Otherwise: Via ZOOM

Custom Classes Available Upon Request

Instructor:  
**Debra Ann Afarian**

Founder | CEO  
Helping the Behaviorally Challenging Child  
Think:Kids CPS Certified & Parent Coach  
Collaborative Problem Solving®

To Register for the Course Contact:

(714) 695-1057 or [dafarian@HBCC.us](mailto:dafarian@HBCC.us)

Or Register on our website: [www.HBCC.us](http://www.HBCC.us)

\$150 per participant | \$250 for two

Course is limited to 6 participants in-person, 10 participants total

Tuition Assistance Available Upon Request

HBCC is a 501(c)(3) non-profit TAX ID# 46-3240447

**Think:Kids**  
RETHINKING CHALLENGING KIDS

Those CPS Certified receive ongoing supervision from Think:Kids. Think:Kids is a program in the Department of Psychiatry at Massachusetts General Hospital (MGH). Those CPS Certified are independent of Think:Kids and MGH. Additional resources can be found at [www.thinkkids.org](http://www.thinkkids.org)