



# 4-WEEK COURSES 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, best-practice 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 to 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 & punishments and the token economy 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!



Instructor:

***Debra Ann Afarian***

Helping the Behaviorally Challenging Child  
Certified T:K Practitioner Parent Coach  
Collaborative Problem Solving®

## Day, Evening & Saturday Courses

Tuesday or Thursday, 10am-Noon, on-going

Tuesday or Thursday, 7:00pm-9:00pm, on-going

Saturday, 1:00pm-3:00pm, on-going

**Heart 4 Kids Coaching, Training & Therapy Center**

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

*Debra Ann's life experiences combined with an extensive education on the social-emotional Learning (SEL) models, community involvement, and contact with families, professionals and educators gives her a unique perspective and insight into the challenges faced helping complex children with difficult-to-manage behaviors. In addition to having been a challenging child herself, she has first-hand experience of how challenging behaviors in students and children are currently thought of by many adults. Debra Ann has developed a resilient strength and experience for breaking that cycle. Her passion is to make sure that misconceptions and lack of treatment do not continue to be barriers to maximizing ALL children's potential. Married since 1989 they have two boys, one born in 1995 that is neurotypical & one born in 1994 a former challenging child.*

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 10 participants

Tuition Assistance Available Upon Request

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

**Think:Kids**  
RETHINKING CHALLENGING KIDS

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