



# 2020 Plan B 2.0

## HELPING THE BEHAVIORALLY CHALLENGING CHILD

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

**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 has given you insight into how to stop chasing compliance and start building skills!

You have learned to guide your child(ren) to avoid meltdowns, gain lagging skills and improve adult/child communication. You have learned why sticker charts, rewards and consequences were not helping with low-frustration tolerance, flexibility, impulsivity, risk-taking behaviors, communication and problem solving skills.

**2020 Plan B 2.0** will take what you've learned to the next level so you can practice what Collaborative Problem Solving looks and sounds like in your own daily parent/child daily opportunities!

This 4-week accessible and practical course includes the book "Beyond Behaviors" by Mona Delahooke, Ph.D., which uses neuroscientific findings to compliment what you have learned. We will gather in a warm confidential setting. We will go over the worksheets and charts in Beyond Behaviors, and review how to pull together what you have learned to move beyond "managing behaviors" to helping your child(ren) and family build positive experiences to counteract the stress and pressure felt by chasing compliance. The most important tool in your toolkit is always your connection with the child standing in front of you!



### Thursday Evening 2020 Plan B 2.0

Thursday, 6-8pm, 8/13, 8/20, 8/27, 9/3

#### In person:

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

**Limit: 6 properly socially distanced**

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)

\$225 per participant | \$325 per couple

Course is limited to 6 participants in-person, social distancing & protocols in place

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)