

# Collaborative Problem Solving® (CPS)

## Introduction to CPS

Help for adults addressing chronic challenging behaviors

### Facilitated by:

Trainer Certified in Collaborative Problem Solving®



### DATE | TIME:

April 24<sup>th</sup> 9-11 am

OR

April 29<sup>th</sup> 7-9pm

### LOCATION: HBCC

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

### Cost: \$99pp

Discounts for 5 or more

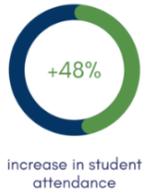
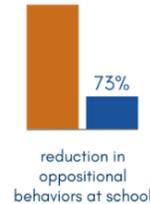
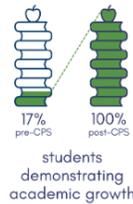
[info@hbcc.us](mailto:info@hbcc.us)

[www.hbcc.us](http://www.hbcc.us)



*The Collaborative Problem Solving® (CPS) approach is owned and developed by Think:Kids (T:K) ([www.thinkkids.org](http://www.thinkkids.org)), a program based in the Department of Psychiatry at Massachusetts General Hospital (MGH) in Boston, MA.*

*Those CPS Certified receive ongoing supervision from T:K and are independent of MGH*



- Learn about the Collaborative Problem Solving® approach & trauma-informed ways to reduce adult | child conflict.
- Understand what really causes challenging behaviors or unmet expectations in others.
- Develop your behavioral growth mindset towards discipline that is accurate, compassionate and effective.
- Learn an approach that uses collaboration to teach much needed skills in the areas of frustration tolerance, flexibility, regulation, executive function, language/communication and social thinking.
- Develop a new understanding of challenging behavior & learn ways to help adult | child power struggles.
- 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.