

# Collaborative Problem Solving®(CPS)

## Introduction to CPS

Help for adults addressing chronic challenging behaviors

### Facilitated by:

CPS/TK Certified Trainer

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### DATE | TIME:

October 7, 2025

10am - Noon

### LOCATION:

HBCC

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Tustin, CA 92780

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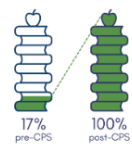
[Introduction to CPS](#)

(714) 695-1057



*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*

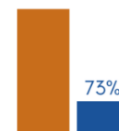
- Learn about the Collaborative Problem Solving®(CPS) approach and trauma-informed ways to reduce adult | child conflict.
- Understand what really causes challenging behavior or unmet expectation in others.
- Develop your behavioral growth mindset towards discipline that is accurate, compassionate and effective
- Learn three ways to respond to unwanted behavior and the best times to use them.
- Learn a new understanding of challenging behavior & ways to help children, adolescents & young adults.
- Rethink conventional approaches to behavioral difficulties and strengthen relationships, in the long term, with less work.



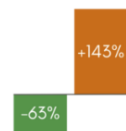
students demonstrating academic growth



teachers report reduced stress



reduction in oppositional behaviors at school



change in sending students out of class for discipline



increase in student attendance

## 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.