

Collaborative Problem Solving®(CPS)

Introduction to CPS

Help for adults addressing chronic challenging behaviors

Facilitated by:

CPS/TK Certified Trainer

Elisa Brown, MSW



DATE | TIME:

TBD

LOCATION:

Your Agency, School

or @ Tustin Location

145 W. Main Street, Suite 260

Tustin, CA 92780

info@hbcc.us

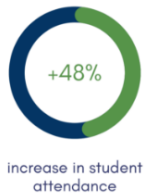
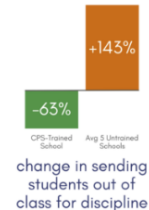
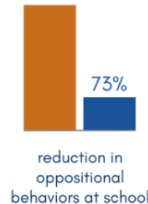
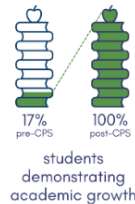
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(714) 695-1057



The Collaborative Problem Solving®(CPS) approach is owned and developed by Think:Kids(T:K) (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.