

# Collaborative Problem Solving®

When we rethink challenging behaviour, amazing things can happen.

Collaborative Problem Solving® (CPS) is an evidence-based, trauma-aware practice that helps young people meet expectations, reduces concerning behaviour, builds skills, and strengthens relationships with adults. Developed in the Department of Psychiatry at Massachusetts General Hospital in the United States, CPS is taught worldwide by its program Think:Kids ([www.ThinkKids.org](http://www.ThinkKids.org)).

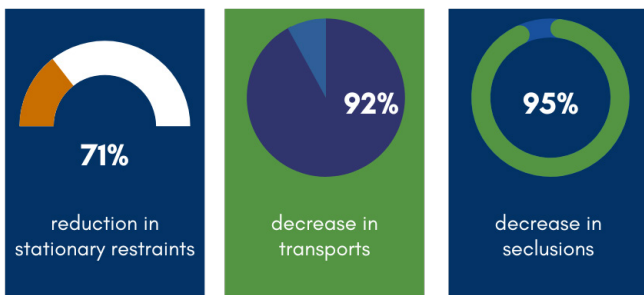
Collaborative Problem Solving meets the needs of all young people, including those with social, emotional, and behavioural challenges. It promotes the understanding that individuals who have trouble meeting expectations or managing their behaviour lack the skill—not the will—to do so. These individuals struggle with skills related to problem-solving, flexibility, and frustration tolerance. Collaborative Problem Solving has been shown to help build these skills.

The CPS approach avoids using power, control, and motivational procedures. Instead, it focuses on collaborating with young people to solve the problems leading to unmet expectations and challenging behaviour and building the skills they need to succeed. It integrates with MTSS frameworks, PBIS/PBS, restorative practices, and SEL approaches.

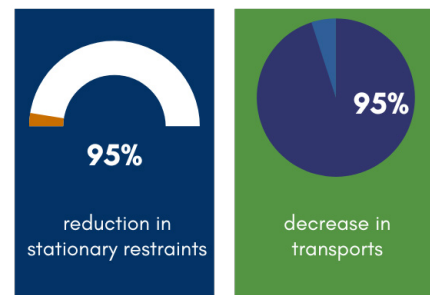
## The Results

The Collaborative Problem Solving approach helps kids and adults build crucial social-emotional skills and leads to dramatic decreases in behavior problems across various settings including schools, residential, in- and outpatient treatment, and homes. Results in schools include remarkable reductions in time spent out of class, detentions, suspensions, injuries, teacher stress, and alternative placements as well as increases in emotional safety, attendance, academic growth, and family participation. Residential, day programs, and inpatient facilities have seen significant decreases in restraints, holds, seclusion, transports, and injuries resulting in greater patient and staff satisfaction as well as measurable cost-savings.

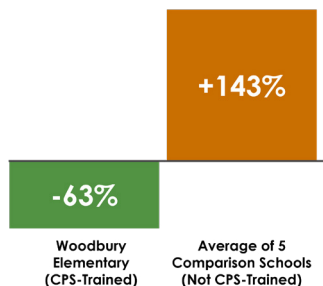
Results after implementing Collaborative Problem Solving in a residential program



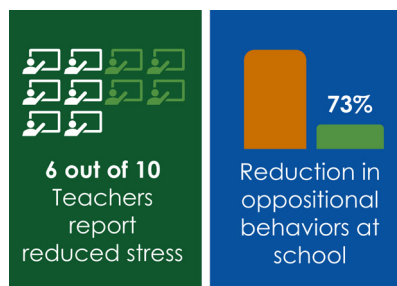
Results after implementing Collaborative Problem Solving in a day treatment program



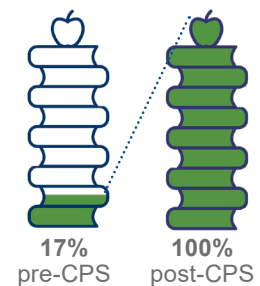
Percent change in sending students out of class for discipline in a public elementary school



Results after implementing Collaborative Problem Solving in a public school district



Students demonstrating academic growth in a therapeutic school program



## Join Think:Kids to Learn Collaborative Problem Solving

Think:Kids hosts engaging, live, online courses in Collaborative Problem Solving that use lectures, role-play, video examples, case presentations, and breakout groups to teach the approach. These courses are ideal for anyone supporting young people, including heads of campus, teachers, principals, deputy principals, assistant principals, education assistants, school resource officers, youth workers, skill builders, and counselors.

**Register for our two upcoming courses held during Australian Eastern Daylight Time.**

### Essential Foundation in Collaborative Problem Solving (Tier 1)

This four-day, live, online course covers all aspects of the Collaborative Problem Solving approach. You will learn how to identify what's really causing unmet expectations and challenging behaviour and how to address those causes using a relational and replicable process.

- Understand why a new approach is needed to meet the needs of all young people and adults, including those with social, emotional, and behavioural challenges.
- Learn to assess young people's thinking skills and what's required to handle particular situations.
- Know how to tailor interventions based on goals, skill and relationship building, and addressing problems.
- Begin applying the approach with others to address challenging situations.

**Course Dates & Times:** 9, 12, 16, 19 May 2023; 8:00 am - 12:30 pm AEDT

**Tuition:** \$515 US / \$782 AUD; discounts available for groups

**Register:** [www.ThinkKids.org/Training](http://www.ThinkKids.org/Training)

### Advanced Concepts in Collaborative Problem Solving (Tier 2)

The Advanced Concepts course deepens skills at all phases of the Collaborative Problem Solving approach and enhances implementation in the real world. Participants advance their skills over four days by learning strategies for the most challenging situations using real-life examples from their experiences. Tier 2 graduates are eligible to apply to the Certification Course.

- Confidently assess and plan interventions for all young people in your care.
- Grow your use of the approach to include using it with groups, in the spur of the moment, in complex situations, and when they are not directly involved.
- Develop and deploy strategies when things get tough, including a lack of trust or language skills.
- Support others using the approach and address common issues, including lack of "buy-in."
- Use Collaborative Problem Solving to combat implicit bias and inequitable discipline practices.

**Course Dates & Times:** 22, 24, 29, 31 August 2023; 8:00 am - 12:30 pm AEDT

**Tuition:** \$515 US / \$782 AUD; discounts available for groups

**Prerequisite:** Essential Foundation in Collaborative Problem Solving (Tier 1)

**Register:** [www.ThinkKids.org/Training](http://www.ThinkKids.org/Training)

## Learn More

We invite you to visit us at [www.ThinkKids.org](http://www.ThinkKids.org) to learn more about the Collaborative Problem Solving approach and our work with individuals and organisations serving young people around the world.