

Collaborative Problem Solving®

Online CPS Parent Group

Help for adults raising kids with challenging behaviors

Facilitated by:
Beth Holliman, LPC



DATES:

April 6, 13, 20, 27
May 4, 11, 18, 25

TIME:

Saturday Morning
8:30 - 10:00am

LOCATION:

Online Zoom Class

COST:

\$300 for 1st participant and an additional reduced fee of \$200 for a 2nd participant within a single household (see pg. 2 for more information).

Registration Required

Email: info@whwpdx.com

Phone: (503) 729-1380

Website: whwpdx.com

Disclaimer: This facilitator is CPS Certified and receives ongoing supervision from ThinkKids. This group is independent of, and has no direct affiliation with ThinkKids or Massachusetts General Hospital (MGH). Information shared by the facilitator reflects their best understanding of the CPS approach.

ThinkKids is a program in the Department of Psychiatry at MGH.

Additional resources can be found at:
www.thinkkids.org



- Learn the Collaborative Problem Solving® approach & effective ways to reduce conflict
- Build skills & confidence in using the CPS approach
- Network & share information about community resources
- Develop new understanding of challenging behavior & learn new ways to help your child
- Rethink conventional approaches to behavioral difficulties and strengthen relationships
- Gain support from others



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.

FREQUENTLY ASKED QUESTIONS

Who should attend the class?

Ideally all caregivers would attend, but we recognize that in many cases this is not feasible. We encourage additional attendance by alternate caregivers or anyone who may be in a co-parenting role (adult children in the home, foster parents, grandparents etc.) You'll find the cost for an additional caregiver in the below question regarding cost. This class is intended for parents/caregivers only, not children. If you are unable to attend the class at the same time please call and ask to be put on the waiting list and notified of the next available class.

How many participants will be in the class?

We aim to keep classes relatively small with about 12-16 participants.

What technology will I need to attend online?

Participants will need to have access to a computer with a working camera and access to Wi-Fi. A smart phone can be used however please note that the smart phone app has limited features which may impact your ability to participate in group discussions and view material that is being presented.

How do I register for this class?

Please register online at www.willamettehealthandwellness.com. Under the Services tab, click on Classes and Groups. You can register and pay for the class following the directions on the page. A week before the first class you will receive an email confirmation with directions and a link to the class.

How will I get the materials I need for class?

The instructor will send out an email before each class that will include a copy of the powerpoint slides and any relevant handouts.

Do I need to attend every session?

The material that is presented each week builds on the information from previous sessions. As such, while recognizing that situations may arise and that at times a participant may miss a session. We encourage parents/caregivers to attend as consistently as possible. We are unable to refund sessions not attended.

What is the cost and can I use insurance?

The eight week class is \$300 for first parent/caregiver. A second parent/caregiver of the same child/nuclear family may register at a discount for an additional \$200. Fee covers the entire class regardless of classes parent(s) are able to attend. Payment required to guarantee space in class and all fees must be paid before first class. We cannot offer refunds less than 7 days prior to class due to not being able to fill the spot.