

Collaborative Problem Solving®



Parent & Caregiver Classes

FREE VIRTUAL CLASSES



Learn the **Collaborative Problem Solving® approach** & effective ways to reduce conflict in a 6-week online class.

- Develop new understand of challenging behavior & learn new ways to help your child.
- Rethink conventional approaches to behavioral difficulties' & strengthen relationships.
- Gain support from other parents, grandparents, caregivers, and foster parents.
- Build skills & confidence in using the Collaborative Problem Solving® approach.

The Collaborative Problem Solving® Approach

The Collaborative Problem Solving® approach is an **evidence-based method to manage challenging behavior** that promotes the understand 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.



FREE Virtual Classes Start Monthly

This class is offered via Zoom and generously funded by the Oregon Health Authority for families in underserved regions of Oregon.

← **SCAN QR CODE TO REGISTER TODAY!**
Visit LearnCPS.com for more information.

Clases de resolución colaborativa de problemas en español: bit.ly/cps-spanish

Our Facilitator Team

Jan Urton
Yamhill County

Jules Rice
The Hero Makers

Kate O'Kelley
Lionheart Speaks

Maria Saunders
Spanish Facilitator & Parent Coach

Mark Beach
Riverview Center for Growth

Randi Cooper
Randi Cooper Consulting

Shannon Pudgerude
The Hero Makers

Suzanne Wilhour
Riverview Center for Growth

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Clases para padres y cuidadores

CLASE VIRTUAL GRATUITA



Conozca **el enfoque Collaborative Problem Solving®** y formas efectivas de reducir los conflictos en una clase en línea de 6 semanas.

- Desarrolle una nueva comprensión del comportamiento desafiante y aprenda nuevas formas de ayudar a su hijo.
- Repensar los enfoques convencionales para las dificultades de conducta y fortalecer las relaciones.
- Obtenga el apoyo de otros padres, abuelos, cuidadores y padres de crianza.
- Desarrolle habilidades y confianza en el uso del enfoque Collaborative Problem Solving®.

El Enfoque de Resolución Collaborative Problem Solving®

El enfoque Collaborative Problem Solving® es un **método basado en evidencia para manejar conductas desafiantes** que promueve la comprensión de que los niños desafiantes carecen de la habilidad, no de la voluntad, para comportarse; en concreto, habilidades relacionadas con la resolución de problemas, la flexibilidad y la tolerancia a la frustración.

A diferencia de los modelos tradicionales de disciplina, el enfoque de CPS evita el uso de poder, control y procedimientos de motivación y, en cambio, se **centra en colaborar con el niño/joven/adulto joven para resolver los problemas** que conducen a conductas desafiantes y desarrollar las habilidades que necesitan para tener éxito.



Clases virtuales gratuitas a partir del mes

Esta clase se ofrece a través de Zoom y está generosamente financiada por la Autoridad de Salud de Oregón para familias en regiones desatendidas de Oregón.



¡ESCANEE EL CÓDIGO QR PARA REGISTRARSE HOY!
Visite LearnCPS.com para obtener más información

Disclaimer: The facilitators listed are CPS certified and receive ongoing supervision from Think:Kids. This class is independent of , and has no direct affiliation with Think:Kids or Massachusetts General Hospital (MGH). Information shared by the facilitator reflects their best understand of the CPS approach. Think:Kids is a program in the Department of Psychiatry at MGH. Additional resources can be found at: ThinkKids.org

Nuestras Entrenadoras

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