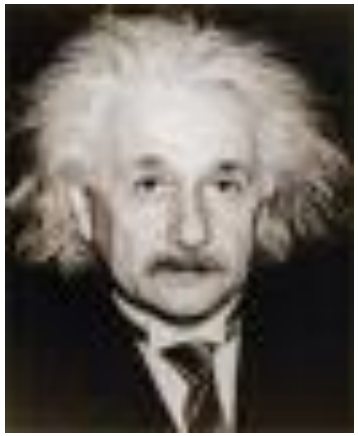
Collaborative Problem Solving

YOU ARE THE EXPERTS!!



Expert: A person who has a comprehensive and authoritative knowledge of or skill of a certain subject.

COLLABORATIVE PROBLEM SOLVING

Dr. Ross Greene www.livesinthebalance.org

COLLABORATIVE PROBLEM SOLVING KEY PHILOSOPHY:

"Kids do well if they **CAN**"

vs.

"Kids do well if they **WANT** to"

WHY IS THERE A PROBLEM?

Lagging Skills

- Executive Skills
  - Going from one environment to another
- Language Processing Skills
  - Ability to express in words feelings/thoughts
- Emotion Regulation
  - Ability to match situation with emotion.
- Cognitive Flexibility
  - Ability to expand thinking – see the gray and not just black or white
- Social Skills
  - Ability to interpret other's intent and emotion

Unmet Expectations

- Getting to bed
- Doing homework
- Going to school
- Maintaining Hygiene
- Drug & Alcohol issues
- Brushing teeth
- Swearing
- Hitting
- Tantrums

PARENT DETECTIVE

A NEW JOB DESCRIPTION FOR YOU!

Unmet Expectations
3 Choices:

- Plan A – Impose Adult Will

- Plan B – Both concerns addressed (CPS)

- Plan C – Drop it…at least for now

Plan A

Impose Adult Will

Plan B

COLLABORATIVE PROBLEM SOLVING

Plan C

DROPPING THE EXPECTATION
……AT LEAST FOR NOW

What’s The Problem?

What are some unmet expectations you might have?

COLLABORATIVE PROBLEM SOLVING

THREE STEPS:

1. Empathy (Reassurance)
2. Defining the problem
3. The Invitation

1. EMPATHY

2. DEFINING THE PROBLEM

3. THE INVITATION

POTENTIAL PITFALLS

Dualing Solutions:

- A *nice* Plan A is still Plan A
- Perfunctory Plan B – paying lip service to the child's concern.
- Grilling instead of drilling
- Lessening not listening
- Poorly defined unsolved problem

PRACTICAL EXAMPLES

- Now, let's hear about the experiences of Victoria and Karen in applying CPS with their children.

INDIVIDUAL PROBLEM SOLVING STEPS

- Define the problem
- Stay worried or do something
- Brainstorm possible solutions
- Identify what might happen for each possible solution
- Select the best solution based on the consequences
- Did it work? Evaluate/Reward

RESOURCES

- WEBSITES:
- F.O.R.C.E. Society for Kids' Mental Health www.forcesociety.com
- Child & Youth Mental Health www.mcfd.gov.bc.ca
- Centre for Collaborative Problem Solving www.livesinthebalance.org and www.ccps.info
- BC Children's Hospital www.bcchildrens.ca
- Anxiety BC www.anxietybc.com
- Kelty Mental Health Resource Centre www.keltymentalhealth.ca
- http://www.knowledge.ca/program/fighting-their-fears-child-and-youth-anxiety

- BOOKS:
- The Sensitive Child (used to be called the Difficult Child)
- The Worry Dragons (for kids and teens)
- The Explosive Child, Dr. Ross Greene (Collaborative Problem Solving)

- WHERE YOU CAN GET THESE BOOKS AND OTHERS:
- ODIN Books in Vancouver www.odinbooks.ca
- BC Children's Lending Library – BORROW AND HAVE THEM SHIPPED FOR FREE IN BC! http://www.bcchildrens.ca/KidsTeensFam/FamilyResourceLibrary/LibraryCatalogue.htm
- Health Services Authority Bookstore http://bookstore.cw.bc.ca

THANK YOU!!