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
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](http://www.forcesociety.com)
- Child & Youth Mental Health [www.mcfd.gov.bc.ca](http://www.mcfd.gov.bc.ca)
- Centre for Collaborative Problem Solving [www.livesinthebalance.org](http://www.livesinthebalance.org) and [www.ccps.info](http://www.ccps.info)
- BC Children’s Hospital [www.bcchildrens.ca](http://www.bcchildrens.ca)
- Anxiety BC [www.anxietybc.com](http://www.anxietybc.com)
- Kelty Mental Health Resource Centre [www.keltymentalhealth.ca](http://www.keltymentalhealth.ca)

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](http://www.odinbooks.ca)
- Health Services Authority Bookstore [http://bookstore.cw.bc.ca](http://bookstore.cw.bc.ca)
THANK YOU!!