


Collaborative Problem Solving



Central Oregon PBIS Conference
4-9-13

Goals of Today



- ✦ Philosophy of CPS
- ✦ Traditional Myths
- ✦ Practice Activities
- ✦ Reflection

Resources



✦ Book:

Treating Explosive Kids:

“The Collaborative Problem Solving Approach”

✦ Webpage:

thinkkids.org

Secondary Books




✦ The Way I Feel

✦ The Way I Act

✦ Both are written by **Janan Cain**
– great way to have
conversations about feelings

Children do well if they can...



- ✦ Turn to someone next to you, what does this mean to you??

Conventional Wisdom?



- ✦ Because of inconsistent, noncontingent parenting, the child has learned that explosive/noncompliant behavior is an effective means of seeking attention or to coerce adults into “giving in”
- ✦ That explosive behavior is very difficult to predict
- ✦ We should use Operant Strategies which:
 - ✦ Teach lessons about right from wrong
 - ✦ Facilitate extrinsic motivation

Problems with conventional wisdom

- ✦ Your kid knows the difference between right and wrong
- ✦ They can probably tell you all the rules of your household and what the consequences and rewards are.
- ✦ Motivational programs make the possible more possible, but they don't make the impossible possible
- ✦ Reward and consequence programs don't teach complex skills that well

CPS - Wisdom



- ✦ Your explanation for problematic behavior drives your intervention
- ✦ Problematic behavior should be viewed through the

“Learning Disability” lens

(ie “Lagging Skills”)

CPS Wisdom



- ✦ The child has a delay in the development of crucial cognitive or social skills, flexibility, frustration tolerance, or problem solving, and has significant difficulty applying these skills when they are most needed.
- ✦ Problematic behavior is **highly predictable**
- ✦ Identify and teach to the Lagging Skills setting the stage for, and solve problems, precipitating problematic behavior (while maintaining adults as authority figures)

CPS - Plans



✦ Plan A – Authoritative

✦ Plan C

✦ Plan B

✦ Emergency

✦ Pro-active

Plan A

Role Play

- ✦ Get into groups based on Birthday Months
- ✦ Find a month partner
- ✦ Earliest day of month is parent, other day is kid

- ✦ Situation – Kid needs to get into the car to go to school, you are late, need to go, happening last 3 days in a row

Plan B



- ✦ Helps keep the child and adult calm
- ✦ Makes sure that the kids and parents “concern” gets on the table
- ✦ If you don’t know the concern, you will have to figure it out (dig deeper)

Plan B



- ✦ Emergency Plan B – Reflective Listening in the moment
- ✦ Proactive B – I have noticed lately that
- ✦ Durable Solution
 - ✦ A solution that two parties agree is Realistic and Mutually Satisfactory – if it doesn't work keep trying

Time to Practice



- ✦ Stand up and let's stretch – Volcano breath – Dots and Stripes
- ✦ Pick a partner – someone you do NOT know!
- ✦ Tallest person is A, other is B

Time to Practice



- ✦ Partner A is the Parent
- ✦ Partner B is the Kid

Time to Practice



- ✦ Kid has difficulty in the AM routine, they keep forgetting to remember all the steps – out of bed –make bed-
dress – eat breakfast – brush teeth –
gather materials – in the car off to
school

Time to Practice



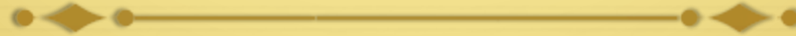
- ✦ You as (A) parent have noticed that the AM routine seems difficult
..... So?
- ✦ Take it from there...

Share Out

Plan B practice

- ✦ What was that like for you?
- ✦ Share with someone next to you
- ✦ Some share out with group

Plan C



- ✦ Organize yourselves by letter of Last Name
- ✦ Earlier letter is A, later is B
- ✦ Reflect – share out

Plan C Situation

- ✦ A is kid
- ✦ B is parent

- ✦ Kid has been having a rough time with brushing teeth lately, it is time to brush teeth and kid is having a major meltdown, you are standing right there.....

Reflection



- ✦ Turn to someone next to you and share one thing that you are going to do differently tomorrow because of something you learned today.
- ✦ Anyone want to share out?

Remember



- ✦ This is not a Quick Fix
- ✦ Every problem leads to other problems/questions
- ✦ Use meltdowns as rich opportunities to gather good information
- ✦ Keep Trying – No one is perfect