



Parenting, Teaching, and Treating Kids with Challenging Behavior: The Collaborative Problem Solving® Approach with Dr. Stuart Ablon



Behaviorally challenging kids can exhibit intense temper outbursts, oppositionality, verbal and physical aggression. Behavioral difficulties like these strain family relationships and are the leading cause of teacher stress and burnout as well as the primary reason for departures from teaching the academic curriculum. Yet, traditional disciplinary strategies tend not to work with the youth to whom they are most applied and are often associated with significantly increasing risk for things like school dropout and juvenile justice involvement.

Dr. Stuart Ablon provides an alternative conceptualization of the difficulties of these kids; namely, that they lack skill, not will – skills in areas like domains of flexibility, frustration tolerance, and problem-solving. Based on this conceptualization, he will introduce an approach to transform discipline called Collaborative Problem Solving® (CPS). CPS provides replicable guideposts for adults to build helping relationships with children while fostering a relational process that develops flexibility, problem solving, and emotion regulation skills. The CPS model has helped adults teach these lagging cognitive skills while reducing the frequency and intensity of challenging behavior in diverse settings, including families, schools, group homes, and inpatient and juvenile detention facilities.

The Collaborative Problem Solving® approach is a model owned by Think:Kids, a program based in the Department of Psychiatry at the Massachusetts General Hospital in Boston, MA.

**Join us on Zoom
Thursday, Nov. 19th
4:30pm-6:00pm PST**

Registration Required at:

<https://partners.zoom.us/meeting/register/tZcpc--uqj0iH9UxkYUsljcRLbSYHSPcvQBz>

Password: CA

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