

# Collaborative Problem Solving®

## CPS Parent Group

Help for adults raising kids with challenging behaviors

Facilitated by:  
Beth Holliman, LPC



### DATES:

October 5, 12, 19

November 2, 9, 16

TIME: 9:30-11:15am

### LOCATION:

700 NE Multnomah St.  
Portland, Oregon

### COST:

\$300 (See pg. 2 for more  
information)

### Registration Required

Email: [info@whwpdx.com](mailto:info@whwpdx.com)

Phone: (503) 729-1380

Website: [whwpdx.com](http://whwpdx.com)

***Disclaimer:** This facilitator is CPS Certified and receives ongoing supervision from Think:Kids. This group is independent of, and has no direct affiliation with Think:Kids or Massachusetts General Hospital (MGH). Information shared by the facilitator reflects their best understanding of the CPS approach.*

*Think:Kids is a program in the Department of Psychiatry at MGH.*

**Additional resources can be found at:**  
[www.thinkkids.org](http://www.thinkkids.org)



- Learn the Collaborative Problem Solving® approach & effective ways to reduce conflict
- Build skills & confidence in using the CPS approach
- Network & share information about community resources
- Develop new understanding of challenging behavior & learn new ways to help your child
- Rethink conventional approaches to behavioral difficulties and strengthen relationships
- Gain support from other parents



## The CPS Approach

The Collaborative Problem Solving® approach is an evidence-based method to managing challenging behavior that promotes the understanding 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.

## FREQUENTLY ASKED QUESTIONS

### ***Who should attend the group?***

While ideally both parents would attend, we recognize that in many cases this is not feasible. We encourage additional attendance by alternate caregivers or anyone who may be in a co-parenting role (adult children in the home, foster parents, grandparents etc.) You'll find the cost for an additional caregiver in the below question regarding cost. This class is intended for parents/caregivers only, not children. If you are unable to attend the class at the same time please call and ask to be put on the waiting list and notified of the next available class.

### ***Do you offer babysitting?***

Child care is not available at this time.

### ***How many parents will be in the group?***

Groups are limited to 12 participants.

### ***Do I need to attend every session?***

The material that is presented each week builds on the information from previous sessions. As such, while recognizing that situations may arise and that at times a participant may miss a session. We encourage parents/caregivers to attend as consistently as possible. We are unable to refund sessions not attended.

### ***What about travel? Is there parking available?***

There is free parking available on Saturdays at the lot across from the building on the NE corner of NE 7th and Multnomah St. Entrance is on the south end of the lot off of 7th. Information on public transportation to our office is available on our website at [www.whwpdx.com](http://www.whwpdx.com).

### ***What about individual and family therapy?***

While many parents receive enough benefit from the group to implement the approach at home, some parents do find that they require some direct additional guidance. Upon completion of group, if indicated, parent will be placed on the waitlist for family-based therapy, placement will be determined by date of initial intake.

### ***What is the cost and can I use insurance?***

Six week class is \$300 for first parent/caregiver. A second parent/caregiver of the same child/nuclear family may register at a discount for an additional \$200. Fee covers six week class regardless of classes parent(s) are able to attend. Payment required to guarantee space in class and all fees must be paid before first class. No refunds after August 30<sup>th</sup>, 2019. If you or your child is a patient of Willamette Health & Wellness and you would like to find out if your insurance would pay, please contact your insurance company.

### ***How do I register for the group?***

Please call our offices 503-729-1380. You may also email [info@whwpdx.com](mailto:info@whwpdx.com).