

# Collaborative Problem Solving® Essential Foundation (Level 1)



**PRESENTED BY**  
**Matt Sticksel**



## SERIES SESSIONS

Date	Time
November 22, 2023	9:00 AM - 3:30 PM
November 29, 2023	9:00 AM - 3:30 PM
December 06, 2023	9:00 AM - 3:30 PM



**LOCATION**  
**FFCA - Learning Centre - 110 - 7000  
Railway St. SE**

## FEE

**\$450.00**

## QUESTIONS?

**Contact Us:**  
[crc.info@aplc.ca](mailto:crc.info@aplc.ca)  
[403-291-0967](tel:403-291-0967)

## REGISTER ONLINE

**Visit our website to register:**  
[crcpd.ab.ca](http://crcpd.ab.ca)

## Learning Opportunity

Target Audience: All teachers, educational assistants, administrators, guidance counsellors, and partners are encouraged to attend.

Collaborative Problem Solving® (CPS), developed by Think:Kids of the Department of Psychiatry at Massachusetts General Hospital, starts with the philosophy that all kids want to do well and will do well if they can. This evidence-based approach to managing challenging behaviour 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 behaviour and building the skills they need to succeed. Additional information and resources can be found at: [www.thinkkids.org](http://www.thinkkids.org)

The Essential Foundation (Level 1) course is designed for educators, clinicians, and other professionals who want to apply the CPS approach with the kids in their lives. Participants will learn all three components of the approach – assessment, planning, and intervention. Attendees are also exposed to the neurobiology behind CPS and how CPS operationalizes the latest research on trauma-informed care.

Level 1 incorporates lectures, case studies, interactive role-play, video examples, and breakout groups. The course also provides practical guideposts and materials to help participants use the model in their daily lives.

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## Presenters

### Matt Sticks1

Matt Sticks1 is a teacher, parent and Think:Kids CPS Certified Trainer in Collaborative Problem Solving® (CPS). For the past two years he has been teaching in a Student Services role in a K-9 school with the Calgary Board of Education (CBE). Prior to this, he taught for eight years in adolescent mental health and addiction treatment programs.

While working as a CBE teacher in a program partnership with Alberta Health Services, Matt was exposed to CPS as an approach to address challenging behaviours. After exposure, training, and seeing the effectiveness of CPS, he worked to become the only Certified Trainer in Western Canada. Over the last three years, Matt has delivered CPS training sessions for educators, mental health professionals and parents across Alberta. You can learn more about Matt and his work at [www.newlightlearning.ca](http://www.newlightlearning.ca).

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## Registration Notes

When registering, you are signing up for all three days. Attendance is required for each day as the learning builds upon the previous session's content.

Participants with full attendance will receive a certificate of completion for 16 hours of training.

Registration is limited to 30 participants.



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