

# Collaborative Problem Solving® - Essential Foundation (Level 1) - Repeat



PRESENTED BY  
**Matt Sticks**



## SERIES SESSIONS

Date	Time
April 15, 2024	8:30 AM - 4:00 PM
April 16, 2024	8:30 AM - 4:00 PM



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

## FEE

**\$450.00**

## QUESTIONS?

Contact Us:  
[crc-register@arpc.ab.ca](mailto:crc-register@arpc.ab.ca)  
[403-291-0967](tel:403-291-0967)

## REGISTER ONLINE

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

## Program

Target Audience: All administrators, educational assistants, guidance counsellors, instructional leaders, pre-service teachers, support staff and teachers 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.

The Essential Foundation (Level 1) course is designed for educators, clinicians, and other professionals and covers all aspects of the Collaborative Problem Solving approach. Through lectures, role-play, video examples, case studies, and breakout groups, participants learn how to identify what's really causing unmet expectations and challenging behavior and how to address those causes using a relational and replicable process.

Upon completion, you will:

- Understand why a new approach is needed to meet the needs of all children, including those with social, emotional, and behavioral challenges.
- Learn how to assess a youth's thinking skills and identify the situations that lead to challenging behaviors.
- Be able to tailor interventions based on goals including reducing concerning behavior, addressing problems and building skills, and relationships.
- Begin applying and practicing Collaborative Problem Solving with others to address challenging situations.

After completing the course, participants will have knowledge and materials to use the model in their daily life and are eligible to take Advanced Concepts in Collaborative Problem Solving (Level 2).

Additional information and resources can be found at [thinkkids.org](https://thinkkids.org). Adapted from [thinkkids.org](https://thinkkids.org).

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## Presenters

### **Matt Sticks1**

Matt Sticks1 is a teacher, parent and Think:Kids CPS Certified Trainer in Collaborative Problem Solving® (CPS). He is currently teaching in a Student Services role in a K-9 school in Calgary. Prior to this, he taught for eight years in adolescent mental health and addiction treatment programs.

While working 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 two years, Matt has delivered CPS training sessions for parents and professionals across Alberta. Visit [tewlightlearning.ca](https://www.tewlightlearning.ca) to learn more about Matt and his work.

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