

Collaborative Problem Solving®

When we rethink challenging behavior, amazing things can happen.

1 Assessment The information needed to apply the CPS approach. *It's about skill, not will.*

What: Challenging Behavior

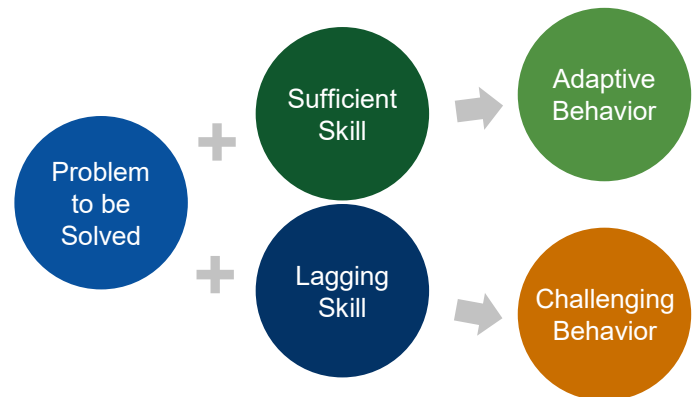
What is happening that is a cause for concern.

When: Problem to Be Solved

The situation and context in which the behavior is occurring.

Why: Thinking Skills

The skills needed to handle a situation well.



2 Planning Three options for addressing the problem to be solved. *People do well if they can.*

Plan A **A** Impose our will.

Plan B **B** Solve the problem collaboratively.

Plan C **C** Drop or reduce the demand.

GOALS	PLAN A	PLAN B	PLAN C
Pursue expectations	✓	✓	✗
Reduce challenging behavior	✗	✓	✓
Build skills	✗	✓	✗
Solve problems durably	✗	✓	✗
Build a helping relationship	✗	✓	?

3 Intervention Solve problem collaboratively.

Be curious, not furious.

Plan B Ingredients:



1. Empathize

Gain an understanding of their concern or perspective.



2. Share

Present our concern or perspective.



3. Collaborate

Collaboratively brainstorm and assess solutions to both sets of concerns or perspectives.

