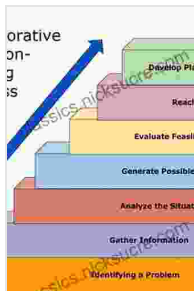


Treating Explosive Kids: The Collaborative Problem Solving Approach

Every parent has experienced the frustration of dealing with an explosive child. These kids seem to erupt like volcanoes, with little warning and often over the smallest things. They may lash out physically, verbally, or both. Parents often feel helpless in the face of these outbursts, but there is hope. The Collaborative Problem Solving approach can help parents and children work together to resolve conflicts and improve behavior.



Treating Explosive Kids: The Collaborative Problem-Solving Approach by Ross W. Greene

★★★★☆ 4.5 out of 5

Language : English
File size : 2444 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 257 pages



What is Collaborative Problem Solving?

Collaborative Problem Solving (CPS) is a therapeutic approach that helps parents and children to work together to resolve conflicts and improve behavior. CPS is based on the idea that children's behavior is a way of communicating their needs. When children feel frustrated or overwhelmed, they may act out in order to get their needs met. CPS helps parents to

understand their child's behavior and to work with them to find positive ways to meet their needs.

How does CPS work?

CPS is a four-step process:

1. **Identify the problem.** The first step is to identify the problem behavior. What is the child doing that is causing a problem? Once the problem has been identified, the parent and child can work together to develop a plan to address it.
2. **Understand the child's perspective.** The second step is to understand the child's perspective. Why is the child behaving in this way? What are their needs that are not being met? Once the parent understands the child's perspective, they can begin to work with them to find positive ways to meet those needs.
3. **Generate solutions.** The third step is to generate solutions. The parent and child should work together to come up with a list of possible solutions to the problem. The solutions should be positive and realistic, and they should meet the needs of both the child and the parent.
4. **Implement the solution.** The fourth and final step is to implement the solution. The parent and child should work together to put the solution into action. It is important to be patient and consistent, and to make adjustments as needed.

Benefits of CPS

CPS has been shown to be an effective approach for treating explosive kids. Studies have shown that CPS can reduce problem behaviors, improve

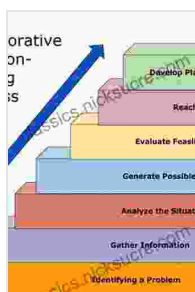
parent-child relationships, and increase child well-being. CPS can also help children to develop problem-solving skills, self-control, and empathy.

Getting started with CPS

If you are interested in trying CPS with your child, there are a few things you can do to get started:

- **Learn about CPS.** There are a number of resources available online and in libraries that can help you to learn about CPS. You can also talk to your child's doctor or therapist about CPS.
- **Find a CPS therapist.** If you are interested in working with a CPS therapist, you can find a list of therapists in your area on the website of the National Association of Cognitive-Behavioral Therapists (NACBT).
- **Start practicing CPS.** You can start practicing CPS on your own at home. There are a number of online resources that can help you to get started, such as the website of the Center for Collaborative Problem Solving.

CPS is a promising approach for treating explosive kids. If you are struggling to deal with your child's behavior, CPS may be able to help. By working together, you and your child can resolve conflicts, improve behavior, and build a stronger relationship.



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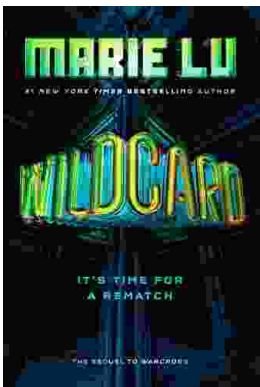
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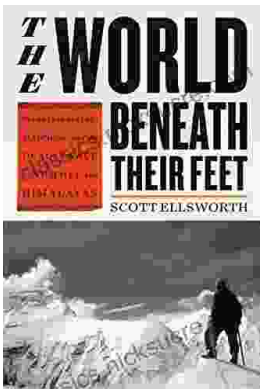
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