

COLLABORATIVE PROBLEM SOLVING

SPRING 2024 - PARENT CLASS

BY RESTORE THERAPY'S FAMILY CLINIC

CHALLENGING KIDS LACK SKILL NOT WILL

What if you could learn a parenting approach that would significantly reduce the yelling, nagging and the challenging behaviors while simultaneously building the relationship your heart desires with your children? When parenting goes beyond your intuition, learning Collaborative Problem Solving can be the winning tool that saves you from the endless power struggles and disheartening moments when you feel like there isn't hope for your child.

The Collaborative Problem Solving approach by Think:Kids at Massachusetts General Hospital is a tried and true parenting method that calms behavior challenges, opens up new pathways of thinking, and builds the skills to meet more and more of your expectations. Helping your child improve areas like frustration tolerance, flexibility and problem solving can be a game changer for your relationship and **restore the peace and sanity in your home.**

Group sessions involve a teaching portion as well as getting feedback from a certified CPS trainer on how you are applying the skills at home between each session.

MONDAYS 6:30-8:00PM
8 WEEKLY SESSIONS
STARTING Mar. 11 , 2024
Virtual class via Zoom
Sign up: 503-376-7114, x0



TED LAYMAN, LCSW

is a Licensed Clinical Social Worker, a certified CPS Trainer and a Think:Kids staff member. He is part of an international team of leading specialists in Collaborative Problem Solving and provides training, consultation and psychotherapy for parents and families utilizing CPS.



FAQ

What is the cost and can I use insurance?

The eight week class is \$360 for the first parent/caregiver. A second parent/caregiver of the same child/nuclear family may attend at a discount for an additional \$280.

Fee covers eight week class regardless of classes parent(s) are able to attend. Payment is required to guarantee space in the class and all fees must be paid before the first class. No refunds after Mar 4th, 2024.

If you or your child are an established client at Restore Therapy with OHP, Pacific Source, or Kaiser insurance coverage, your insurance may cover up to 100% of the cost of your attendance. If you or your child are not already an established client at Restore Therapy and you have any of the above insurance coverages, it may be possible to enroll and have the insurance cover the cost. Please inquire with our office manager for information on that process.

Who should attend the group?

While ideally for two parent households both parents would attend, we recognize that in many cases this is not feasible. Single parents are welcome to have any support people attend also. This class is intended for parents/caregivers only, not children.

SIGN UP!

503-376-7114 x0

intakes@restoretherapypdx.com

www.restoretherapypdx.com

Downloading Zoom to your computer or device is necessary.

How many parents will be in the group? A minimum of 8 and a maximum of 16

Do I need to attend every session?

The material presented each week builds session to session. We encourage parents to attend as consistently as possible. We are unable to refund sessions not attended.

What about privacy? We strongly encourage parents to have a private place in their homes to be on the Zoom call. Also, confidentiality agreements are made with all participants.

What about family therapy? While many parents receive enough benefit from the group to implement the approach at home, some parents find they need additional guidance. At Restore we offer specialized CPS Family Therapy with highly skilled clinicians to help you build and hone the use of CPS in your family life sustainably. Upon completion of group, if indicated and space available, parent(s) can self-refer to our CPS Family Therapy, placement will be determined by date of initial referral.