Collaborative & Proactive Solutions

Moving From Power and Control to Collaboration and Problem-Solving

Description

This is the innovative, evidence-based, trauma-informed model Dr. Ross Greene describes in his influential books *The Explosive Child*, *Lost at School*, *Lost & Found*, *Raising Using Beings,* and the recently-released *The Kids Who Aren't Okay: The Urgent Case for Reimagining Support, Belonging, and Hope in Schools* (February 2026). The CPS model has transformed thinking and practices in countless families, general and special education schools, inpatient psychiatric units, and residential and juvenile detention facilities throughout the world, and has been associated with dramatic reductions in adult-child conflict, concerning behaviors, disciplinary referrals, detentions, suspensions, restraints, and seclusions. The model represents a significant departure from discipline-as-usual: it focuses on solving problems rather than on modifying behavior, encourages proactive rather than reactive intervention, emphasizes collaborative rather than unilateral solutions, de-emphasizes diagnostic categories, and provides practical, research-based tools for assessment and intervention. Participants in this workshop will leave with an understanding of the underpinnings of the model and practical assessment and intervention tools that can be brought back to and used in their settings.

Outline

Day One:

First Segment

- Five Paradigm Shifts/Key Themes

Second Segment

- Identifying skills and unsolved problems: The ASUP
- Keeping track: The Problem Solving Plan

Day Two:

Third Segment

- Overview of The Plans
- Plan B: The Empathy step

Fourth Segment

- Plan B: The Define Adult Concerns step and Invitation steps
- Special Topics
    - Implementation in Systems
    - How are the Skills Enhanced?

Objectives

At the conclusion of the seminar, participants will be able to:

- Describe the five paradigm shifts/key themes of the CPS model, and how the model focuses on problems (and solving them) rather than on the behaviors that are being caused by those problems (and modifying them); the advantages of collaborative (rather than unilateral) problem solving; and the importance of proactive (rather than reactive) intervention.
- Identify the lagging skills that make it difficult for some kids to handle problems and frustrations adaptively.
- Describe the three basic mechanisms by which adults handle unsolved problems and unmet expectations in kids (Plans A, B, and C) and what is accomplished by each
- Describe the three steps of Plan B
- Describe how to effectively implement Plan B and the various roadblocks that can occur in implementation (and how to overcome them)

Bio

Ross W. Greene, Ph.D. is the originator of *Collaborative & Proactive Solutions* (CPS), as described in his influential books *The Explosive Child, Lost at School* , *Lost & Found, Raising Human Beings*, and *The Kids Who Aren't Okay: The Urgent Case for Reimagining Support, Belonging, and Hope in Schools* (February 2026). He also developed and executive produced the documentary film, *The Kids We Lose*, released in 2018. Dr. Greene served on the faculty at Harvard Medical School for over 20 years, and is now Founding Director of the non-profit *Lives in the Balance* (www.livesinthebalance.org), which aims to disseminate the CPS model and support caregivers through a vast array of free web-based resources; advocate on behalf of kids with concerning behaviors and their caregivers; and advocate for systemic changes to encourage the use of non-punitive, non-exclusionary interventions. He is currently adjunct Professor in the Department of Psychology at Virginia Tech and adjunct Professor in the Faculty of Science at University of Technology Sydney in Australia. Dr. Greene's research has been funded by the Stanley Research Institute, the National Institutes of Mental Health, the U.S. Department of Education, and the Maine Juvenile Justice Advisory Group. He lectures and consults extensively to families, general and special education schools, inpatient psychiatry units, and residential and juvenile detention facilities throughout the world.

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