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*Neuropsychological Testing | Psychotherapy | Parent Coaching*

## **Steps for Collaborative Problem Solving (Collaborative & Proactive Solutions)**

(Based on Ross W. Greene CPS Model)

- Change Your Mindset
  - Kids do well *If They Can*
  - Unsolved Problems and Lagging Skills
- Plan B Steps for Collaboration and Problem Solving
  - Choose Time and Place
    - “Is This a Good Time?” “When Can We Discuss?”
    - Consider Your Mindset and Theirs (*Hungry Angry Lonely Tired = HALT*)
    - Set Time Limit **and Adhere**; Reconvene, if Needed
    - Pair with Something Pleasant (Dessert and Discuss)
  - Empathy Step
    - “I’ve Noticed that..... What’s Up?”
    - Reflective Listening, Clarifying Questions, Information Gathering **BE CURIOUS**
    - Seek First to Understand Then To Be Understood
  - Define the Problem Step
    - My Concern is.....
    - Parents Concerns Generally either How Affecting Child or How Affecting Others
    - Ensure They Understand Your Concern (*They Do Not Have to Agree*)
    - Remember, Their Concern May Not Be Your Concern
  - Invitation Step
    - Restate Problems Identified in Steps 1 and 2
    - Invite Child to Help Solve Problem
    - Encourage Brainstorming of Ideas
    - This Is Not Secret Way to Plan A (Adult Unilaterally Solving Problem)
    - Make Sure Solutions Meets Needs of Both Parties and Is Doable
      - Be Willing to Try Child Solution If Meets Both Needs *Even if You Doubt*
    - Summarize Agreement/Plan and Put in Writing
    - Create Plan to Revisit and Check to See If Plan Working
      - Kids More Invested in Plans they are Involved in Creating (*Aren’t We All?*)
    - Revise as Needed *May Need to Repeat Steps to Uncover Lingering Problems*
  - For More Information
    - [www.Livesinthebalance.org](http://www.Livesinthebalance.org)
    - Ross W. Greene