

Come learn the skills to use Collaborative Problem Solving (Think:Kids approach) with your Child or Adolescent!



ATTEND AN 8-WEEK
PSYCHOEDUCATIONAL PARENT GROUP
LED BY ELIZABETH PIERCE, PH.D.

DR. PIERCE IS A LICENSED PSYCHOLOGIST
AND CERTIFIED THINK:KIDS PRACTITIONER
AND TRAINER.

The group meetings will be held at Dr.
Pierce's office at 76 Bedford Street, Suite 10,
Lexington, MA 02420

Dates To Be Announced

Collaborative Problem Solving (CPS) is an evidence-supported, skill-based, compassionate, and relationship fostering approach for helping challenging children and adolescents. Research shows that challenging children have deficits in frustration tolerance, problem-solving, and flexibility. The CPS process between parent and child works on improving the relationship, solving chronic problems, and improving skills that fuel challenging behavior.

This group uses an 8-week curriculum developed by Think:Kids, for use with parents by a licensed mental health professional. It is great for two parents in a family to attend if possible, but certainly not required. The group is an excellent way for parents to begin their learning of the approach, which can be followed by other modes of learning thereafter. Parents can begin to develop a different understanding about their child, while learning a new way to work with their child.

As part of the group, you will receive handouts each week with information and homework to try out. Dr. Pierce will give didactic information, show you slides and videos on the approach, and there will be opportunities to share and learn from other parents in the group. In addition, you will sometimes practice skills in session, and will be encouraged to do the same between group meetings.

Dr. Pierce will meet with each parent for an initial interview before the group begins in order to learn about the child, and about the parents' concerns.

Fees for Group:

- 8 Group Sessions (not billable to insurance) cost \$520 (\$65 per session)
- 2nd parent in same family \$480 (\$60 per session)
- 45 minute initial interview with parents at \$150.
- If a parent has to miss a session, he/she will receive any materials given at the previous session. In addition, session can optionally be made up by meeting separately with Dr. Pierce. Cost of this meeting is \$150 (45 minutes).
- See attached registration form. You can snail mail the form, fax the form to 781-862-6224, or scan/email the form to pierce@elizabethpiercephd.com
- Payment can be made by check, cash, or credit card. Payment in full is due at the time of the initial interview.

CPS/TK PARENT GROUP REGISTRATION FORM

(If two parents in a family enrolling, please complete separate forms for each.)

Parent Full Name _____ Parent DOB: _____

Parent Address _____

Parent Phone Number: _____ Circle One: Cell Home Work

Parent Email Address: _____

Parent 1 (circle M F) Occupation (or circle if At Home Full Time) _____

Parent 1 (circle M F) Occupation (or circle if At Home Full Time) _____

Child Full Name _____ Child DOB: _____

What times are good for you to attend the initial interview? _____

How did you hear about the group? _____

Emergency Contact: (Name and phone) _____

This form can be:

- 1) Mailed to Elizabeth Pierce, Ph.D., 76 Bedford Street, Suite 10, Lexington, MA 02420 **OR**
- 2) Faxed to 781-862-6224 **OR**
- 3) Completed, scanned, and emailed to pierce@elizabethpiercephd.com

If you have questions or concerns about the group, Dr. Pierce can be contacted at 781-862-6200 or at pierce@elizabethpiercephd.com.

Group sessions take place at 76 Bedford Street, Suite 10, Lexington, MA 02420. See elizabethpiercephd.com.

For more information on CPS, see ThinkKids.org.