

Quick Reference Guide: Collaborative Problem Solving for Mental Health Professionals and Parents

1 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=V_0Z3X13-EU](https://www.youtube.com/watch?v=V_0Z3X13-EU)
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SUMMARY

Alicia Polastri introduces a quick reference guide designed for mental health professionals and parents, focusing on Collaborative Problem Solving (CPS). The guide condenses essential concepts into a user-friendly format, making it a practical tool for those seeking to implement CPS strategies effectively.

- *The guide is a six-page, fold-out reference tool.*
- *It is designed to help users recall key concepts from CPS training.*
- *Includes sections on philosophy, assessment, and planning processes.*
- *Features three essential ingredients for a Plan B problem-solving conversation.*
- *Provides three easy-to-follow steps in a problem-solving cycle.*
- *Aims to support effective problem-solving with children.*
- *Encourages users to keep the guide accessible for regular use.*

Speaker 1: Hi everyone, I am Alicia Polastri, co author of the quick reference guide called Collaborative Problem Solving for Mental Health Professionals and Parents. This quick reference guide was intended to put all of the key concepts about collaborative problem solving at your fingertips. If you've gone to a training and you felt overwhelmed by all of the exciting information and you wanted to remember all all of the key concepts, this is your tool. It's six pages together in a fold out format, glossy and three hole punched so that you can put it inside a binder of your choice.

Speaker 1: It includes information on the philosophy, on the assessment and planning process and then gives you those three ingredients of a plan B problem solving conversation and three easy to follow steps in a cycle right there on the back. We hope that you enjoy this quick reference guide that you keep it close by on your bookshelf or on the corner of your desk so you can grab it whenever you need it to help you solve problems with the kids in your life.