

AACRC Webinar Series

Treating Explosive Kids: The Collaborative Problem Solving Approach *Presented by Dr. Stuart Ablon*

PLEASE NOTE CHANGE IN TIME: March 27th, 12-3 CST

This webinar does fulfill the prerequisite for Dr. Ablon's Tier 1 Training!

Description

Challenging children and adolescents exhibit intense temper outbursts, oppositionality, and verbal and physical aggression. These behaviors have extremely adverse effects on family life and functioning at school and in therapeutic settings as well. Research has shown that such children may also be diagnosed with various psychiatric disorders, such as ADHD, depression, bipolar disorder, Tourette's disorder, nonverbal learning disability, Asperger's disorder, and language processing impairments. Conventional reward and punishment approaches to treatment have been useful in the treatment of many explosive/noncompliant children and adolescents. However, such approaches have also been found to be ineffective for a substantial percentage of such youth.

Dr. Ablon provides an alternative conceptualization of the difficulties of these children and adolescents; namely, that their difficulties are a byproduct of lacking cognitive skills in the domains of flexibility/adaptability, frustration tolerance, and problem-solving. Based on this conceptualization, he provides an overview of a model of treatment articulated in the acclaimed book *Treating Explosive Kids: The Collaborative Problem Solving Approach* which he co-authored with Dr. Ross Greene. This innovative, evidenced base model helps adults teach children the cognitive skills they lack while reducing the frequency and intensity of explosive/noncompliant episodes in diverse settings, including families, special and regular education classrooms, and therapeutic and juvenile detention facilities. The approach is currently being implemented in thousands of families and dozens of schools and other systems.

Learning Objectives

At the conclusion of the workshop, participants will be able to describe the following:

- How different explanations for and interpretations of explosive / noncompliant behavior can lead to dramatically different approaches to intervention.
- Why compliance does not come naturally to all children, and the disparate factors which may contribute to the development of explosive / noncompliant behavior.
- The importance of matching treatment ingredients to the needs of the individual children, families, and teachers.

- A conceptual and practical model of intervention – flowing from social learning theory – for dealing more effectively with explosive / noncompliant children at home, school, and in residential settings.
- The necessity of a multimodal, collaborative approach to intervention incorporating medical, psychological, educational, and social components.

About Dr.Ablon

J. Stuart Ablon, Ph.D., is Director of Think:Kids in the Department of Psychiatry at the Massachusetts General Hospital (MGH) where he specializes in the treatment of explosive, inflexible, easily frustrated children and adolescents and their families. He is also Director of the Psychotherapy Research Program at MGH and Associate Clinical Professor of Psychology in the Department of Psychiatry at Harvard Medical School. Previously, Dr. Ablon was Co-Founder and Co-Director the Center for Collaborative Problem Solving.

Dr. Ablon is co-author of the acclaimed bestselling book, *Treating Explosive Kids: The Collaborative Problem-Solving Approach*. He is also featured in the DVD / video, *Parenting the Explosive Child: The Collaborative Problem-Solving Approach*. Dr. Ablon has authored numerous other articles, chapters and scientific papers on behavioral assessment and psychosocial interventions for children with disruptive behavior disorders. His research has been funded by, amongst others, the National Institute of Health, the American Psychological Association, the Mood and Anxiety Disorders Institute, and the Endowment for the Advancement of Psychotherapy.

Dr. Ablon received his doctorate in clinical psychology from the University of California at Berkeley and completed his predoctoral and postdoctoral training at Massachusetts General Hospital and Harvard Medical School.

Registration for this webinar:

AACRC Members \$35

Non-Members \$75

Email anovotny@alliance1.org to register