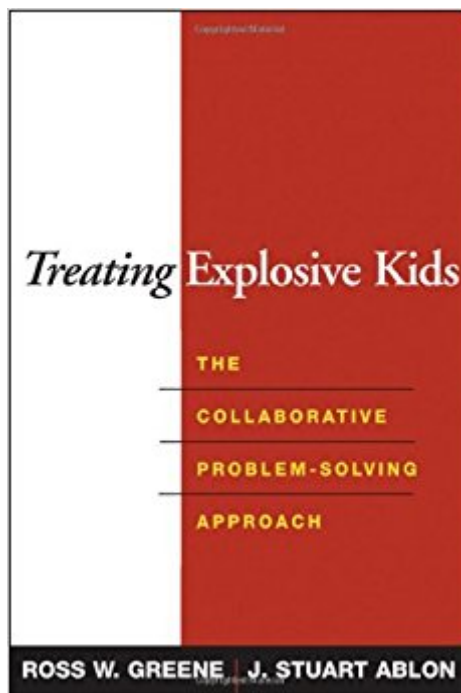




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# Treating Explosive Kids: The Collaborative Problem-Solving Approach



## Synopsis

The first comprehensive presentation for clinicians of the groundbreaking approach popularized in Ross Greene's acclaimed parenting guide, *The Explosive Child*, this book provides a detailed framework for effective, individualized intervention with highly oppositional children and their families. Many vivid examples and Q&A sections show how to identify the specific cognitive factors that contribute to explosive and noncompliant behavior, remediate these factors, and teach children and their adult caregivers how to solve problems collaboratively. The book also describes challenges that may arise in implementing the model and provides clear and practical solutions. Two special chapters focus on intervention in schools and in therapeutic/restrictive facilities.

## Book Information

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## Customer Reviews

“Greene and Ablon have done it again. This book illustrates their clinical acumen, conceptual sophistication, and scientific rigor--all at the same time! This is an uncommonly useful book for students and for therapists at all levels of experience. The authors' collaborative problem-solving approach takes into consideration the delicate dance between poorly regulated children and their frustrated and sometimes poorly equipped parents. These children and their families require special interventions, and this innovative book goes a long way to helping us in our clinical practice, teaching, and research.” --Thomas H. Ollendick, PhD, Child Study Center and Department of Psychology, Virginia Tech

Provocative, conceptually grounded, and clinically wise. The CPS approach looks at a range of common, vexing parent-child problems and applies sound individual and family strategies, innovatively framed in the context of children's deficits in executive functions,

communication, and emotion regulation. Loaded with case examples, this is essential reading for all those who work with 'externalizing' children."--Stephen P. Hinshaw, PhD, Department of Psychology, University of California, Berkeley

"This cutting-edge book provides a practical and easily understood guide for treating explosive children and adolescents. It presents an innovative, compassionate model that is very helpful in improving the quality of life for these kids and those who care for them." --Michael S. Jellinek, MD, Child Psychiatry Service, Massachusetts General Hospital; Departments of Psychiatry and Pediatrics, Harvard Medical School

"Greene and Ablon's CPS approach is an excellent integration of theory, research, and clinical wisdom. The authors present a thoughtful clinical framework and specific procedures for interpreting and managing children's explosive, noncompliant behavior. This book belongs on the bookshelf of every clinician who works with these youngsters."--Howard Abikoff, PhD, Institute for Attention Deficit-Hyperactivity and Behavior Disorders, NYU Child Study Center

"Ross Greene and J. Stuart Ablon...have elegantly translated neuropsychologists' perspective of how children organize their experiences, regulate their emotions and behaviors, and integrated it with systemic family therapy, empathy development, and communications analysis to present a refreshing treatment approach to disruptive behaviors in children and teens....Details a new systemic approach for children with behavioral issues, as well as articulates a significant challenge to interventions derived from learning theory (e.g. time-outs, token economies), which the authors feel are not sufficient explosive behaviors are the result of neurologically based skills deficits that should be remediated by parents in collaboration with their children, not by parents imposing their will on their children....Useful for clinicians at any stage in their training and level of expertise as a comprehensive introduction to a new treatment approach for a very challenging set of familiar clinical issues." (Cognitive Behavioral Therapy Book Reviews 2005-10-20)

"One of the greatest benefits of the book is its case examples. There are several 'scripts' in which its approach is illustrated in different situationsâ •schools, family therapy, and treatment facilities. These examples provide the reader with excellent demonstrations of the model....The book is well written and easy to read for both professionals and parents. The book's points are emphasized and reemphasized so that there is little possibility for confusion. Treating Explosive Kids can most certainly be a useful resource for psychologists in schools, private practice, and residential facilities and for parents and teachers." (PsycCRITIQUES 2005-10-20)

The Collaborative & Proactive Solutions approach has been dramatically refined and updated since this book was published (even the name of the model has changed!). So the book is pretty dated at this point...but it still contains basic information about an early rendition of my CPS model. -- Ross

Greene

I'm a clinical therapist with 18 years' experience. Several years ago I attended Dr. Green's training and was very impressed. So much in the mental health field, for working w/ behaviorally challenging kids and parents, focuses on rewards and consequences - basic behavioralism - which only works part of the time for part of the population. This is a wise and effective alternative, and one in consonance with what we're learning about why explosive kids are that way. My specialty areas are complex trauma and attachment disorders, which aren't mentioned as root causes for the difficulties in self-regulation skills for (I believe) a majority of explosive kids, which I think is an oversight. However, Dr. Green's creation of interventions which address the effects of these skill deficits remains an outstanding achievement. His "Plan A, Plan B, Plan C" model is easily explained by clinicians and understood by parents. His model keeps parents empowered, gives them reasonable guidelines for which plan to use when, strengthens both kids' and parents' abilities to problem-solve in a connective, caring way, and gives kids hope for their own growth and change.

I got this book as a suggestion companion to training for a new job, and it really challenged me both as a clinician as well as a parent. I'm in the midst of trying to implement CPS into my daily routine, and as a direct service provider I'd rather there was more than one chapter discussing residential psychiatric facilities. That said, everything is well written and explained, and the book really pushes you to reexamine your ideas about why children and teenagers with emotional/behavioral problems are so difficult to understand or treat.

loved it!

Fantastic Book!!

This is must have reading for any elementary or middle school teacher. Is also important for ALL school counselors even up to high schools. Also important for parents of children with mood disorders, ADHD, Autism spectrum or other undiagnosed behavioral issues.

Excellent way for clinicians to learn the Collaborative Problem Solving model. Lots of examples to clarify the process. Also sections about how to help implement it in school settings.

An excellent, empirically supported resource for treating children who lack skills for regulating their cognitive, emotional, physiological and behavioral responses to a variety of challenges.

I am a practicing clinical and school psychologist. Over the past decade there have been few books that have significantly altered the way that I work. This is one of them. The companion book - The Explosive Child - is excellent for parents who may be less initiated in psychological terminology. This book is intended for clinicians. It does an excellent job of presenting the ideas in a clear fashion. It is also quite clear that the writers are clinicians themselves who have worked with real clients. They give excellent guidance to professionals who are interested in trying to work with this method.

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