SESSION

12

FAMILY PROBLEM SOLVING

SESSION TOOLS

The following materials are included for you to utilize during Session 12 of this module:

Handout: Parent-O-Meter

Handout: Goal Line

Handout 12.1: Problem Solving

Handout 12.2: Problem Solving Worksheet

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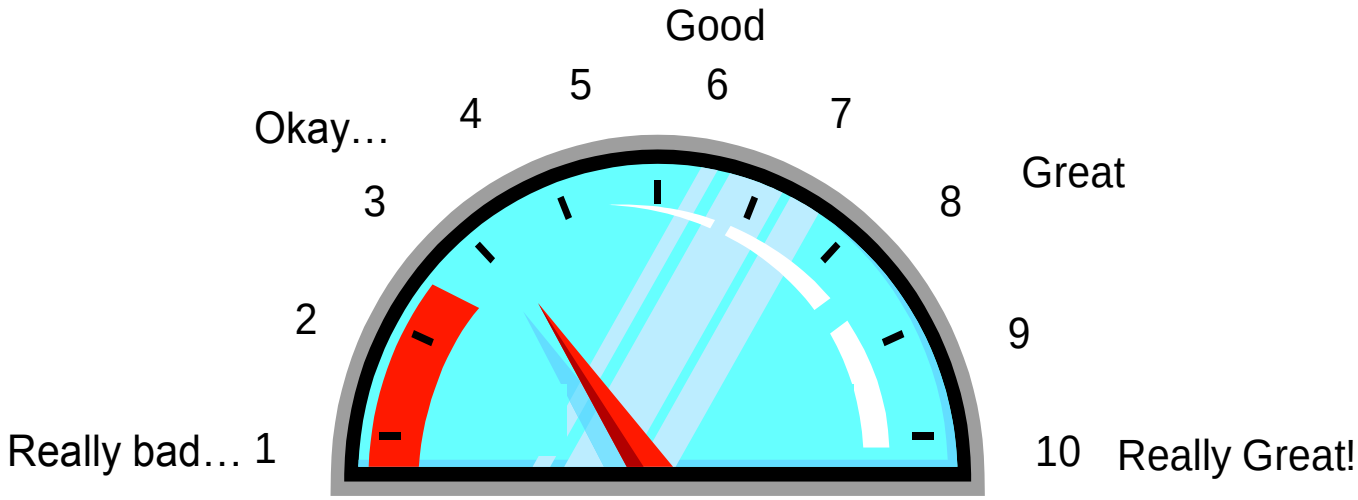
Parent-O-Meter

This Week's Goals: _____

_____

How did my parent(s) do?

CIRCLE A NUMBER!



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Goal Line

Directions: **Place a check mark in the "Progress" Box each time a Goal is completed.**

Number	Goal	Progress						
		M	T	W	Th	Fr	Sa	Su
1								
2								
3								
4								
5								

Rewards for Goals Achieved:

Ex., 4 checks for homework done before TV time = One hour of an activity with Mom or Dad

_____

_____

_____

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HANDOUT 12.1

Problem Solving

Here are the steps involved in problem solving using the PICC Model:

PROBLEM IDENTIFICATION

(a) Perspective Taking

- Identify what the problem is based on **each** person's perspective of the situation
- The children are taught to be as objective as possible in labeling what the problem is and not to use blaming, name-calling or put-downs in stating the problem."

(b) Individual Goals

- Identify their goal in the situation.
- Identity the other person's goal in the situation.
- Look toward cooperation and compromise.

IDENTIFY CHOICES

- Brainstorm all possible solutions.
- Do not evaluate the solutions in terms of outcome but simply list all possible choices.

IDENTIFY CONSEQUENCES

- Identify what the consequences would be for each solution.
- Provide ALL possible consequences, both positive and negative.

CHOOSE THE BEST SOLUTION

- Choose the best solution based on a review of all the consequences.
- Weigh out the positives and negatives and go with the one that has the fewest negatives.
- Implement that solution.
- Choose a backup solution in case the first solution does not work and implement the second solution if necessary.

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HANDOUT 12.2

Problem Solving Worksheet

We agree on the following definition of the problem:

_____

_____

_____

Possible choices:	Consequences of the choices:
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

The solution we have chosen is:

_____

_____

_____

We will implement this solution for_____ week(s) and then talk about how it is working.

Signature of Child: _____

Signature of Parent: _____

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