The Consortium
Calgary Office

Collaborative Problem Solving® - Essential Foundation (Level 1)

PRESENTED BY

Matt Sticksl

SERIES SESSIONS

Date	Time
November 30, 2026	8:30 AM - 4:00 PM
December 01, 2026	8:30 AM - 4:00 PM

LOCATION

FFCA - Learning Centre - 110 - 7000 Railway St. SE

FEE

$450.00

QUESTIONS?

Contact Us:
calgary@aplc.ca
403-291-0967

REGISTER ONLINE

Visit our website to register:
calgary.aplc.ca

Learning Opportunity

Target Audience: All administrators, educational assistants, guidance counsellors, instructional leaders, pre-service teachers, support staff and teachers are encouraged to attend.

Collaborative Problem Solving® (CPS) was developed by Think:Kids of the Department of Psychiatry at Massachusetts General Hospital. CPS starts with the philosophy that all kids want to do well and will do well if they can. This evidence-based approach to managing challenging behaviour promotes the understanding that challenging kids lack the skill –not the will– to behave; specifically, skills related to problem-solving, flexibility, and frustration tolerance.

Unlike traditional models of discipline, the CPS approach avoids the use of power, control, and motivational procedures, and instead focuses on collaborating with the child/youth/young adult to solve the problems leading to challenging behaviour and building the skills they need to succeed.

The Essential Foundation (Level 1) training is designed for educators, clinicians, and other professionals. It covers all aspects of the CPS approach. Through lectures, role-play, video examples, case studies, and breakout groups, participants learn how to identify what's causing challenging behavior and how to address this using a relational and replicable process.

After completing the training, participants will have knowledge and materials to use CPS in their daily life and are eligible to take the Advanced Concepts (Level 2) training.

Additional information and resources can be found at thinkkids.org. Adapted from thinkkids.org.

Presenters

Matt Sticksl

Matt Sticksl is a teacher, parent and Think:Kids CPS Certified Trainer in Collaborative Problem Solving®. For the past four years he has been teaching in a Student Services role in a K-9 school with the Calgary Board of Education. Prior to this, he taught for eight years in adolescent mental health and addiction treatment programs.

While working in a program partnership with Alberta Health Services, Matt was exposed to CPS as an approach to address challenging behaviours. After exposure, training, and seeing the effectiveness of CPS, he worked to become the only Certified Trainer in Western Canada. Over the last five years, Matt has delivered CPS training sessions for educators, mental health professionals and parents across Alberta. You can learn more about Matt and his work atwww.newlightlearning.ca.