



Lives in the Balance

FOSTERING COLLABORATION • TRANSFORMING LIVES • INSPIRING CHANGE

TRAINING OPTIONS

Lives in the Balance offers schools, therapeutic facilities, and individual clinicians, educators, and parents a variety of training options in Dr. Ross Greene's *Collaborative & Proactive Solutions* (CPS) model. We strive to ensure that you and/or your staff have an exceptional learning experience, and are proud of the affordability of our trainings.

Introductory Training Options

If you or your staff are relatively new to the CPS model, Lives in the Balance provides **half- and full-day workshops**. These trainings provide a general overview of the CPS model (key themes, use of assessment instrumentation, and solving problems collaboratively), and can be provided either on-site or by webinar. For a more intensive introductory experience, we provide a **two-day on-site introductory training**. The addition of the second day allows for presenting video examples of the CPS model, along with greater opportunity for practice, processing, discussion, and questions. These introductory options are tailored to the needs of your building or facility. Pricing depends on format, length, and location of the training.

Advanced Training Options

Dr. Greene and his colleagues conduct 2- and 3-day advanced trainings throughout the world. While these trainings are not tailored to the specific needs of your building or facility, the format does provide opportunities for practice, processing, discussion, and questions.

Proficiency Trainings for Schools and Treatment Facilities

The key to sustained implementation of the CPS model in a school or treatment facility is ensuring that there are staff members that are proficient in the model. This goal is typically accomplished through a 15-week proficiency training, in which a Lives in the Balance trainer works with 8-10 staff (known as the "core group") by teleconference. This training requires that participating staff practice the two key facets of the model (using the assessment instrument and solving problems collaboratively), submit work samples to the trainer via Dropbox, and participate in weekly one-hour weekly group coaching and feedback sessions. The goal of the training is to help staff become proficient in these facets of CPS so they can model these facets for other staff, thereby facilitating the spread of CPS through the school or facility. The core group is typically comprised of a cross-section of administrators and classroom teachers/line staff. Key prerequisites for participants are (a) an open mind, (b) a willingness to practice the model between sessions, and (c) the courage to receive feedback in a group format.

Trainings for Individual Clinicians and Educators

We offer two types of training for individual clinicians and educators. The first -- our 24-week **certification training** -- is for those who wish to provide the model in their setting and (with some additional training) potentially train people outside of that setting. Participants are not only helped to become proficient in the two key facets of the CPS model (again, the assessment instrument and solving problems collaboratively), but are also trained on how to coach others in their use of the CPS model. The other training -- for those seeking a less intense training experience but still wishing for some feedback and coaching on their use of the model -- is our 5-week **skill enhancement training**, in which the key facets of the model and participant work samples are reviewed.

Trainings for Parents

We also offer a **skill enhancement training** for parents as well, in which the key facets of the model are reviewed and participants receive feedback in group format on their work samples.

We would be delighted to discuss the above options and provide pricing information by phone. Please contact our Director of Administration, Training, and Conference Planning, Liz Rudman, at liz@livesinthebalance.org.