

Problem Solving Education



Sample PSE Workbook

1. Structuring Statement	Thank you for meeting with me today. Again, my name is ____ and I work at _____. Before we continue, I want to emphasize that you're the one in the driver seat here. You're the expert in your life and I'd just like to know a little bit more about you and be a support to you in any changes or new things you may want to try as a parent. How does that sound? Also, I may be writing things down so that I don't forget important things you say, but only if that's alright with you. What do you think?
2. Introduce PSE	[Use PSE Introduction] We have just talked about what PSE is. Did you have any questions or thoughts? Next we want to talk about what life is like for you now and how you can imagine life changing in the future to better support you as a parent.
3. Explore Problem Areas and Goals Possible Probes for: <ul style="list-style-type: none"> ○ Parental Resilience ○ Social Connections ○ Knowledge of parenting and child development ○ Concrete supports ○ Social and Emotional Competence of Children 	What does a typical day or week look like for you right now? Do you have other kids; how have they been? Tell me, what's going on in your life as a caregiver? What are the most important things in your life right now? What are some goals you have for your child in school or related to their health? How are things going in those areas? (positive/negative) – in what ways?) What are some causes of stress for you? What's been troubling you lately? What's been difficult to deal with? What worries you most when you start feeling sad/depressed/stressed? How do you think you need to be best supported as a parent?
4. Set Agenda show agenda bubble worksheet	Some of things you've mentioned giving you stress lately are possibly things we can work on together. I have this sheet here, where I've written down some potential topics you brought up and there are some blank spaces in case I forgot anything or you want to add to it. (Show Agenda Setting Bubble Sheet) Which of these do you want to talk about today?
5. Continue with PSE Curriculum	I have a worksheet that can help us tackle this issues/goals together...

What is Problem Solving Education?

1. INTRODUCTION

- Today we are meeting because your child's primary care team referred you for additional support

2. THE STRUCTURE OF PSE

- 6-8 sessions, meeting weekly or bi-weekly during home visit or a location of your choice
- First session lasts 30-45 minutes; remaining sessions last about 30
- Some sessions might address how to best support you as a caregiver
- We will ask you how you feel about the sessions during the course of PSE. Your honest feedback is really important so that we can make this a good experience.

3. WHY SHOULD WE USE PROBLEM-SOLVING?

- Problems are normal, predictable part of living, especially as caregivers
- They are not necessarily unfair; we all have problems
- Problems are a challenge to be addressed, not avoided
- Feeling bad is a sign that problems exist and a **cue** to take action by problem-solving
- Taking action will improve your mood
- For example, *when dishes keep piling up in the sink and you don't have the energy to do them...if you do them, you feel better and more in control*
- In particular, caregivers might face problems related to managing their child's medical appointments, issues related to school support, having a strong social support network or making time for their friends and themselves.

4. THE LINK BETWEEN PROBLEMS, STRESS AND PARENTING

- Problems can be overwhelming and make us feel sad or depressed: **"Feel bad-do less"** downward spiral; solving problems can make us feel better and strengthen our parenting
- PSE strengthens problem-solving skills and problem-solving actions can lift your mood
- Feeling some control over problems by taking action helps: **"Do more- feel better"**
- In some of our sessions, I will ask you some specific questions on how you are feeling.
- If by any chance, you start to feel worse over the course of PSE, we will talk about getting you additional help during that PSE session.

5. THE 7 STEPS OF PSE: *"As we do this, I will be acting as a guide/coach, but the ideas will come from you"*

- First, we will explore the **PROBLEM**
- Then we will set a realistic **GOAL**
- We can **BRAINSTORM** multiple solutions
- Then we will examine **PROS and CONS** for each solution
- Next you choose a **SOLUTION**
- We will make a detailed **ACTION PLAN**
- We will always **review** tasks from the previous session
- Usually, I will also ask you how "ready" or "confident" you feel about completing PSE or your action plan. There is no right answer. This will help me better understand where you are coming from so that we can make this a good and useful experience for you.

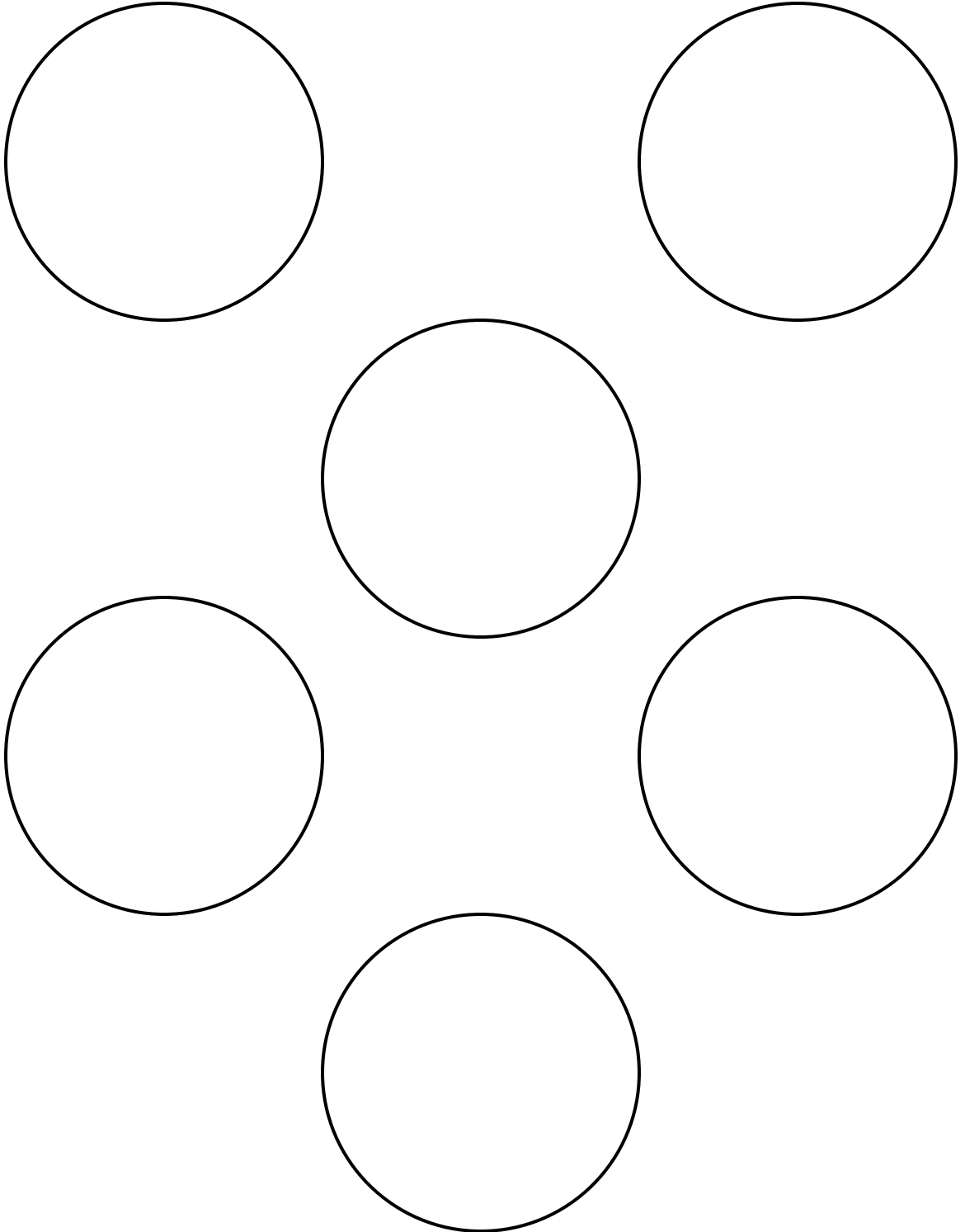
6. ACTIVITY SCHEDULING

- Problems can cause people to stop doing things they enjoy
- We will plan enjoyable activities to help elevate mood
- Try to do pleasant activities every day: *"Pay attention to feeling good"*

7. AGENDA SETTING/ EXPLORING PROBLEMS LIST

- Next, I'd like to learn more about your what your everyday life
- We will focus on current stressors, not problems in the past

Agenda Setting



Exploring Problems

1. Relationships: <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> Spouse/Partner: Children: Parents: </div> <div style="width: 45%;"> Friends: Service Providers: Other: </div> </div>	
2. Self-image:	3. Transportation:
4. Work or Education:	5. Health:
6. Money and Finances:	7. Exercise, Diet, Smoking:
8. Living arrangements:	9. Social activities or Loneliness:
10. Time management:	11. Child's medical care:
12. Discrimination or stigma:	13. Issues related to child's siblings:
14. Other:	15. Other:

Client: _____ Date: _____ Visit #: _____ Time Started: _____:____am/pm

PSE Steps

Step 1. Problem: _____

What's stressing you out?
 What have you tried already?
 What have other people suggested?
 Can you take a picture of this problem?
 Is the problem observable and measurable?

What is keeping you from _____?
 What is getting in the way?
 If this problem went away...
 What would you like to see change?
 What would be the first step in this process?
 What could you do within a week to make some of those changes happen?

Step 2. Goal: _____

Step 3. Brainstorm solutions

Step 4. Pros versus Cons

a)	a) Pros (+) What makes this a good solution?	a) Cons (-)	<u>A Little</u>	<u>Medium</u>	<u>A Lot</u>
		Effort	[]	[]	[]
		Time	[]	[]	[]
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Step 5. Choice of Solution:

Review Previous Steps!

Pleasant Activities

Plan B? Name at least 2 activities.

Step 6. Action Plan (Steps to achieve solution): What, Where, When, Who, How; Anticipate Obstacles

a).

b).

c).

d).

Notes (for Educator Use only):

If not completed, session ended because: ☐ Attend to child ☐ Time ran out

Session completed: ☐ Yes ☐ No

Next Appointment: _____

Time Ended: _____:____am/pm

<p>Assess Readiness to Continue Sessions</p>	<p>We have spent some time exploring problems today. As you know, part of this program is meeting up again to have some more conversations like this. I want to get a sense from you how you're feeling now that we have done this. If I gave you a Ruler, from 0 not at all ready to come back to 10, totally ready to talk about your problems, where would you put yourself? (Please be honest, I really want to know you're thoughts!?)</p> <p style="text-align: center;">Readiness: <u>0 1 2 3 4 5 6 7 8 9 10</u></p> <p>You marked X. That's great. That means you are X % ready to make some come back. Why did you choose that number and not a lower one like a 1 or a 2? Sounds like you feel like you got something out of this.</p> <p>On the flip side, what could we do to help move you from a ____ to a slightly higher number like a ____?</p> <p>What would get in the way of being able to come back for another session?</p> <p>What would help reduce those things that get in the way?</p> <p>You really feel you'd like to continue because ____ and what could make that even more likely would be to _____. What can I do to help?</p>
<p>Thank the Client & End on a Good Note</p>	<p>Well I've really enjoyed our time together. Thank you for sharing with me and I look forward to our next session.</p>

Step 7. Review Of Progress During Previous Week

Write down the tasks you completed. <div style="border: 1px solid black; padding: 2px; text-align: center; margin: 5px auto; width: 100px;">Praise Success!</div>	Pleasant Daily Activities (List Activities completed.)
Rate how satisfied you felt with your effort <div style="text-align: center;"> <u>0</u> <u>1</u> <u>2</u> <u>3</u> <u>4</u> <u>5</u> <u>6</u> <u>7</u> <u>8</u> <u>9</u> <u>10</u> (0= Not at all; 10 = Extremely) </div>	Rate how satisfied doing the pleasant activity made you feel <div style="text-align: center;"> <u>0</u> <u>1</u> <u>2</u> <u>3</u> <u>4</u> <u>5</u> <u>6</u> <u>7</u> <u>8</u> <u>9</u> <u>10</u> (0= Not at all; 10 = Extremely) </div>
Was the problem solved? <input type="checkbox"/> Yes <input type="checkbox"/> Not yet	

Since our last visit, how much have you been bothered by feeling anxious, depressed, irritable, or downhearted and blue?

☐ PHQ-9 Completed: circle session: 2, 4, 6
 Date: ____/____/____

Not at all Slightly Moderately Quite a bit Extremely

Reinforce PSE: "Do more, feel Better!"

PSE Steps

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