

# Collaborative Problem Solving® & The Science of Hope

Building connection, shared understanding, and pathways to change.

Science of Hope Community of Practice– November, 2025

## What It Is

### The Science of Hope

A goal-focused, strength-based approach that grows hope instead of relying on pressure or willpower.

Built around:

- Clarifying meaningful goals
- Identifying realistic pathways
- Strengthening a person's agency
- Taking small, hopeful steps toward change

### Collaborative Problem Solving® (CPS)

A trauma-sensitive, relationship-based approach that teaches skills instead of using power or compliance. Built around:

- Understanding the child's perspective
- Sharing the adult's concerns
- Collaboratively solving the problem
- Teaching skills during the process

## Why It Matters



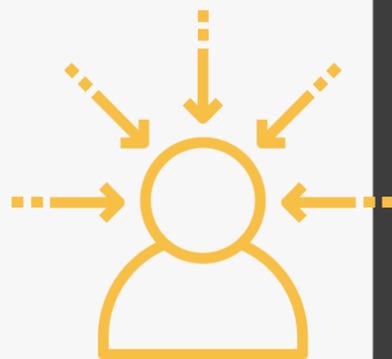
Traditional approaches that rely on power and control often worsen stress and miss the root causes of behavior.

### CPS + Hope:

- Reduce stress and activate the thinking brain
- Strengthen regulation, connection, and problem-solving
- Build trust and increase collaboration
- Support youth and families who've experienced trauma

## Key Concepts of CPS

- "Kids do well if they can" → behavior signals skill gaps
- "Skill Not Will" (Dr. Stuart Ablon)
- Trauma interrupts skill development
- Regulate → Relate → Reason (Dr. Bruce Perry)
- Collaboration (not compliance) builds skills and hope
- Shared understanding leads to shared solutions



## HOPE-Centered Practice Tips



- Lead with **curiosity**, not judgment
- Reduce **power**; increase **choice & voice**
- Ask: "What's hard about this?"
- Model **regulation & empathy**
- **Co-create** next steps to build agency
- Celebrate small wins to **grow hope**

## Additional Resource Links

- Learn CPS at ThinkKids.org: [WEBSITE](#)
- Dr. Ablon's TED Talk: [VIDEO](#)
- Hidden Brain "The Battle of Wills": [PODCAST](#)
- Neurodevelopmentally Sensitive and Trauma-Informed Approach – [RESEARCH](#)
- Watch the recorded Session: [RECORDING](#)



## About the Hope Community of Practice

The Hope Community of Practice is a learning space for professionals and lived experts exploring how the Science of Hope can strengthen systems, practices, and communities. **We meet monthly with rotating topics and speakers.**



Learn more and register to join at:

<https://fyjp.org/hope-science>



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This resource was co-created by the Hope Community of Practice.