

Behavioral Issues and Collaborative Problem-Solving Approach

*The goal of the Collaborative Problem-Solving (CPS) approach for individuals with Prader-Willi syndrome is to **improve compatibility between the individual with PWS and their environment.***



Individuals with PWS often struggle with:

Temperament: Distractibility, high intensity, withdrawal or poor reaction to new or unfamiliar stimuli, poor adaptability, strong-willed, rigidity, low sensory threshold, irritability

Executive Skills: transition smoothly, organize and plan, use working memory

Social Skills: Accurately interpret social cues, consider potential response options, or potential outcome of each option; especially difficult for those who also have Nonverbal Learning Disorder

Language Processing Skills: Accurately understand and process/sort out verbal communication

Emotional Regulations Skills: Manage emotions and choose an appropriate behavioral response

Cognitive Flexibility: Ability to consider another's or multiple points of view, incorporate new information to something previously learned, change one's mind

Sensory/Motor Skills: Integrating sensory information (touch, movement, body awareness, sight, sound, pull of gravity) received from the environment

****Non-compliant behavior may be viewed as a learning disability.****

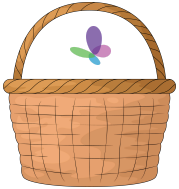


Intention of Collaborative Problem-Solving Approach

1. Identify what is going on in the individual's thoughts that we wish wasn't and/or what we wish was.
2. Manage the environment to the extent possible.
3. Help the individual develop a greater capacity for tolerating frustration.
4. Help the individual develop skills they need to better communicate their wants, needs, thoughts, and feelings in more socially appropriate ways.

The Baskets

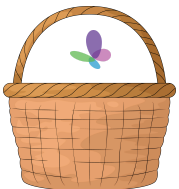
All things a care provider does in response to someone with PWS can be placed into one of three “Baskets.”



Basket A

Non-negotiable

- A care provider imposes their will on the individual with PWS.
- Reserved for non-negotiable situations that involve safety.
- May induce a meltdown.

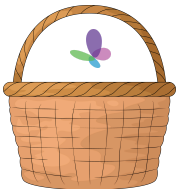


Basket B

Compromise

Steps:

1. Expression of Empathy: express an understanding of and empathy for the want/problem of person with PWS and provide reassurance that you understand and empathize with their want/problem.
2. Define the problem: the two concerns that have yet to be reconciled.
3. Invitation to find a mutually agreeable solution: *"How do you think we*
4. *can work this out?"*

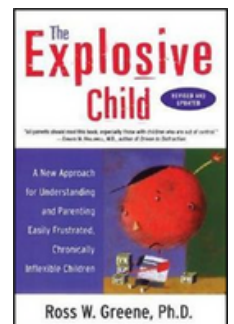


Basket C

Can be dropped (Let It Go) 🎵

- For things the caregiver can easily agree to or ignore because there are no undesirable consequences
- Use as frequently as possible

Collaborative Problem-Solving is an approach developed by Ross W. Greene, Ph.D. and his associates at the former Collaborative Problem-Solving Institute (Department of Psychiatry, Massachusetts General Hospital, Harvard Medical School). Dr. Greene is the author of *The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children* that nicely outlines strategies to better manage behavior of individuals of all ages who are easily frustrated, chronically inflexible and often explosive. There are newer editions, but the first edition, shown on the right, is the most helpful to families of individuals with PWS.



Special thank you to Lisa Graziano, M.A., LMFT and PWCF for the use of this material.

As always, if you have further questions or concerns, you may reach out to PWSA | USA at info@pwsausa.org.



Example of Working It Out in Basket B

