

SESSION

7

PROBLEM SOLVING, INTRODUCTION TO THE PICC MODEL
(CHILD ONLY)

SESSION TOOLS

The following materials are included for you to utilize during Session 7 of this module:

Handout: Parent-O-Meter

Handout: Goal Line

Handout 7.1: Problem Solving – PICC Model

Handout 7.2: Problem Solving Worksheet

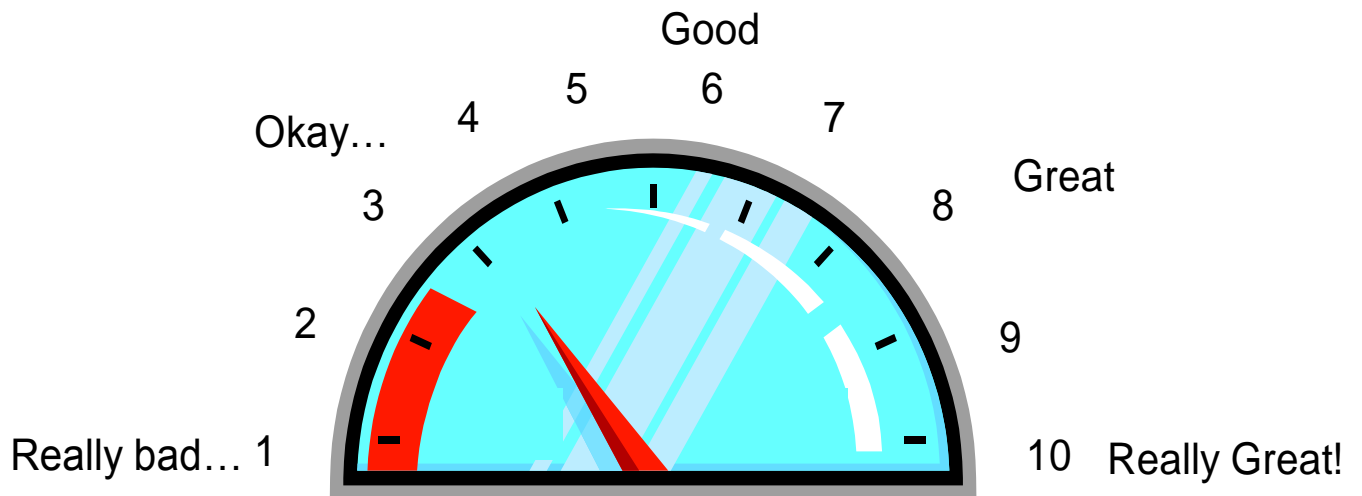
Handout 7.3: Problem Solving – The Basics

Parent-O-Meter

This Week's Goals: _____

How did my parent(s) do?

CIRCLE A NUMBER!



Goal Line



Directions: Place a check mark in the “Progress” Box each time a Goal is completed.

Number	Goal	Progress						
		M	T	W	Th	Fr	Sa	Su
1								
2								
3								
4								
5								

Rewards for Goals Achieved:

Ex., 4 checks for homework done before TV time = One hour of an activity with Mom or Dad

Problem Solving - PICC Model

PROBLEM IDENTIFICATION (P.I.)

(a) Perspective Taking

- Identify what the problem is based on **each** person's perspective of the situation.
- No blaming, name-calling or put-downs in stating the problem.

(b) Individual Goals

- Identify your goal in the situation.
- Identify the other person's goal in the situation.
- Look toward cooperation and compromise.

IDENTIFY CHOICES (C)

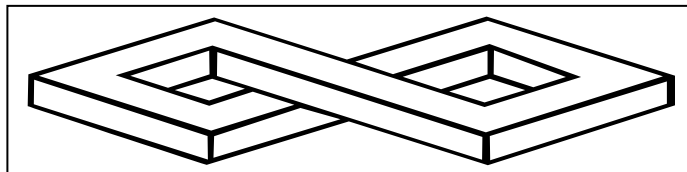
- Brainstorm all possible solutions to the problem. What are your choices?
- Do not evaluate the solutions in terms of outcome just list all possible choices.

IDENTIFYING CONSEQUENCES (C)

- Identify what the consequences would be for each solution.
- Provide ALL possible consequences, both positive and negative.

CHOOSE THE BEST SOLUTION

- Choose the best solution based on a review of all the consequences.
- Weigh out the positives and negatives → choose the one that has the fewest negatives.
- Choose a backup solution in case the first solution does not work.
- Try out your solution.



Problem Solving Worksheet

Problem Identification _____

Pick It Apart = "Ask questions"

My problem is:

Possible choices/solutions:

**Consequences of the
choices/solutions:**

The solution I chose is:

The consequences of my solution were:
