

The Incredibly Simple Approach to Problem Solving (TISAPS)

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Background

- Developed in practice whilst negotiating complex case work
- Practical framework for guiding and informing problem solving processes
- Positive and realistic client-led interventions
- Dynamic and responsive to the situation
- Applicable to practitioners of different levels of expertise

The role of the psychologist in applied settings

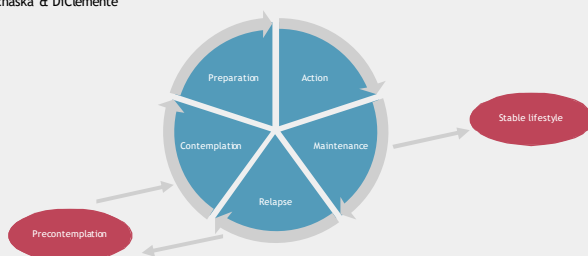
- **IS NOT** to 'fix' the problem for the client
- **IS TO** establish in collaboration with the client and their support system a way forward through reducing barriers and enhancing supports
 - Build capacity
 - Build independence
 - Build sustainability
 - Model problem solving methods

Theoretical basis

- Transtheoretical Model of Change
- Motivational theory
- Expectancy-value theory
- Behavioural theory
- Task analysis
- Positive psychology

Transtheoretical model of change

Prochaska & DiClemente

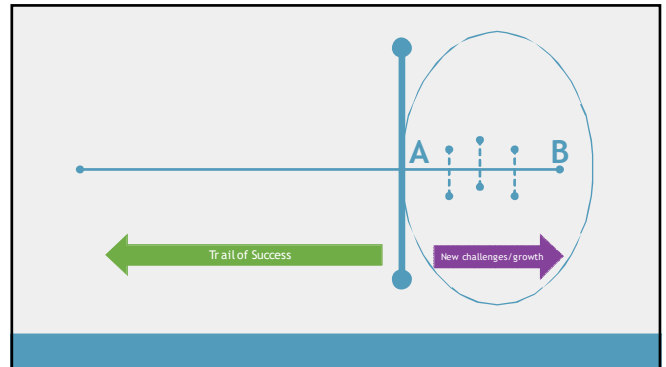
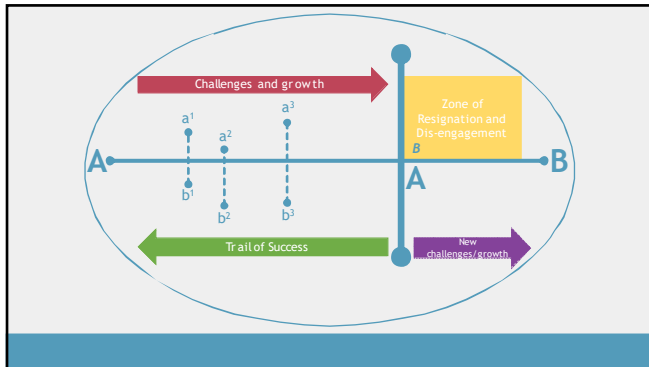


Importance of simplicity

“Complexity is your enemy. Any fool can make something complicated. It is hard to make something simple”

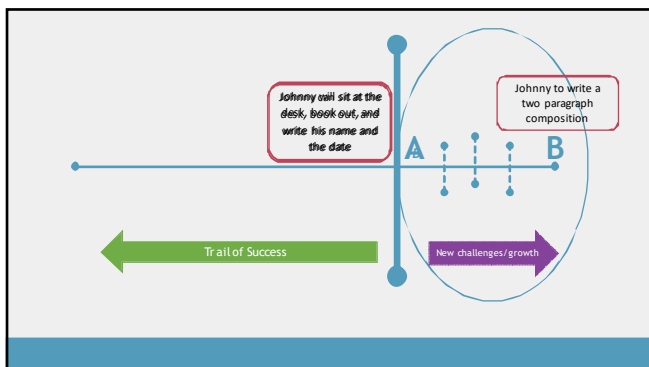
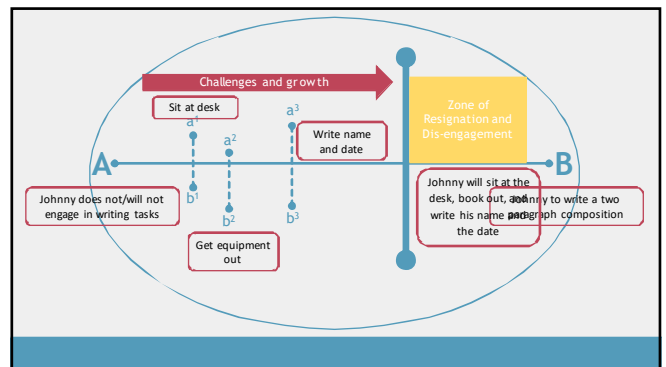
- Richard Branson





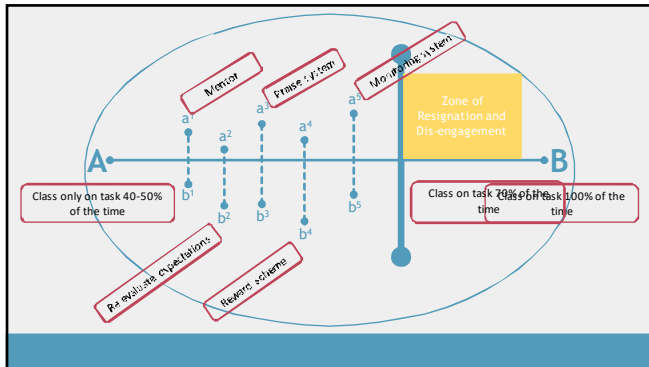
Example 1 - Johnny

- Johnny is displaying disruptive behaviour in class, particularly when required to do writing. He refuses to go to his desk, claims he doesn't have the equipment he needs and will say he is dumb.
- The teacher insists that Johnny complete 2 paragraphs like his peers do as she knows he has the fundamental skills for writing and feels he is just being stubborn.
- The current reward scheme for completing writing has been unsuccessful as Johnny has never fulfilled the goal to gain the reward.



Example 2 - Room 6

- Room 6 is on-task an average of 40-50% of the time
- The teacher is a beginning teacher and she has begun questioning her capability in her role as she cannot achieve the 100% engagement she expects.
- The stress she is feeling about whether or not her employment will be renewed for the new year is impacting on her well-being and she has been feeling low in energy
- A majority of teacher-student interactions have become negative and this is escalating the situation for the whole class



Practical application

- CAMHS service
 - Model turned into a fear ladder to support exposure with clients suffering from anxiety
- Ministry of Education
 - Model utilised to introduce new initiatives to school personnel in a manageable and stepped approach
- RTLB service
 - Model discussed in IEP meetings to peel away the multiple layers and set just a few goals that are achievable and practical

Key points

- Always move forward
- Starting point: The solution is in the problem
- Set up for success (bite sized chunks)
- No matter how big the problem is (A to B) it can ALWAYS be converted into an A to B
- If B becomes B then, B must eventually become A

Questions?