

## Stress, Distress & Trauma - the Good, the Bad & the Ugly (Foundation for Collaborative Problem Solving)



PRESENTED BY

**Kent Hollingsworth**



SERIES SESSIONS

Date	Time
August 20, 2025	9:00 AM - 12:00 PM



LOCATION

**The Consortium, South Office Learning Suite  
OR Zoom online meeting - 2219 14 Ave S  
(Located in Our Lady of Assumption School)**

**FEE**

**\$25.00**

**QUESTIONS?**

Contact Us:  
[403-381-5580](tel:403-381-5580)

**REGISTER ONLINE**

Visit our website to register:  
[south.aplc.ca](https://south.aplc.ca)

### Learning Opportunity

Prequel: Foundation for Collaborative Problem Solving Levels 1, 2,3 Introduction to the Neurosequential Model.

Stress, Distress & Trauma - the Good, the Bad & the Ugly:  
A Neurobiological Approach to Effectively Supporting Challenging Behaviors

Participants will learn the key principles of the Neurosequential Model and how to apply effective strategies to not only support those who have experienced toxic stress and trauma, but also help promote positive growth and resiliency.

#### **Workshop Objectives:**

- \*Understand the impact of toxic stress and trauma on the Central Nervous System and how it impacts behaviors, learning and relationships
- \*Understand the impact of traditional strategies of Behavior Management through a neurobiological framework
- \*Learn key ingredients that support positive growth based on the neurobiology of the brain and CNS in working more effectively with people who have behavioral challenges (incl. developmental delays, and/or traumatic histories)
- \*Learn the key characteristics of effective, trauma-sensitive supports based on neurobiology.

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### Presenters

**Kent Hollingsworth**

**Kent Hollingsworth, M.A., CSFT**, has been providing counseling support to children, youth and adults for more than 20 years. He is a Behavior and Clinical Consultant and Certified Solution Focused Therapist and Supervisor. He has attended advanced level training with Dr. Greene, and has facilitated workshops in the Collaborative Problem Solving approach to schools, agencies, group homes, and parents for over a decade, with a primary focus on supporting persons with neurodevelopmental challenges. He teaches Level 1, 2 and 3 full day CPS Workshops, as well as Supporting Adults with Challenging Behaviors: A Collaborative Approach. In addition, he also provides training workshops on Solution Focused Therapy and Grief & Loss.

Kent is a 3-time presenter at the North American Solution Focused Therapy Conference.

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## Registration Notes

This is a hybrid learning opportunity. Please select whether you are coming in-person or online.

We suggest that you also register for the Collaborative Problem Solving 3-part series starting in September. This series is in-person and is being held in two locations.

[CPS - Levels 1-3 - Lethbridge](#)

[CPS - Levels 1-3 - Medicine Hat](#)



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