



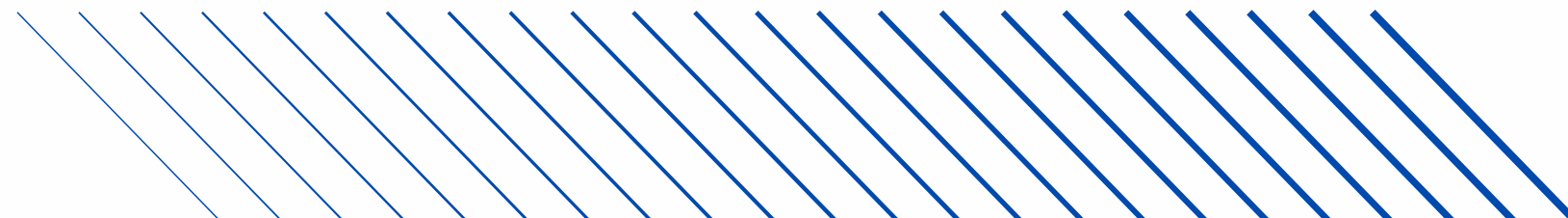
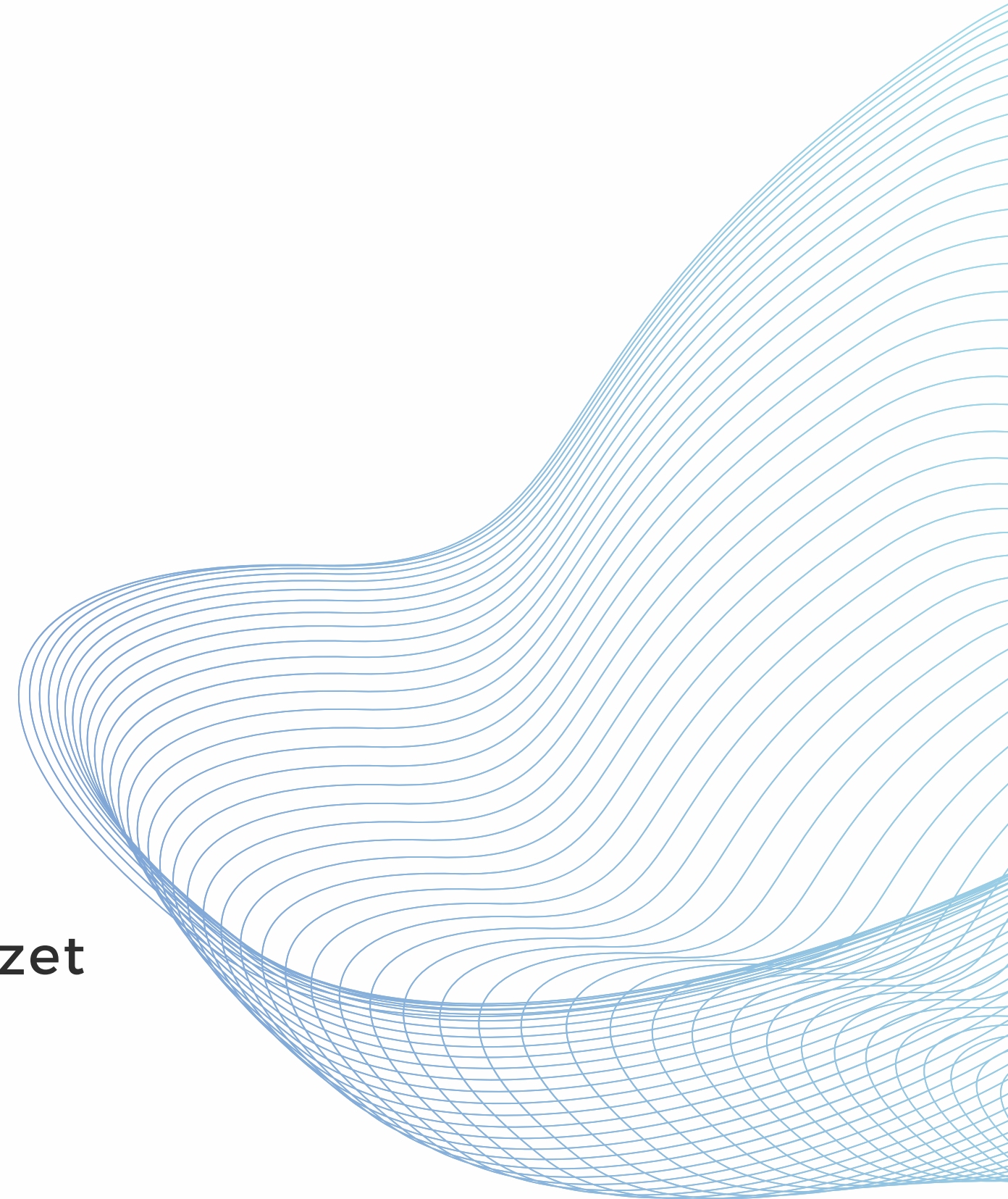
Hinda Institute

PROBLEM SOLVING: STRATEGIES TO THRIVE

Session 4

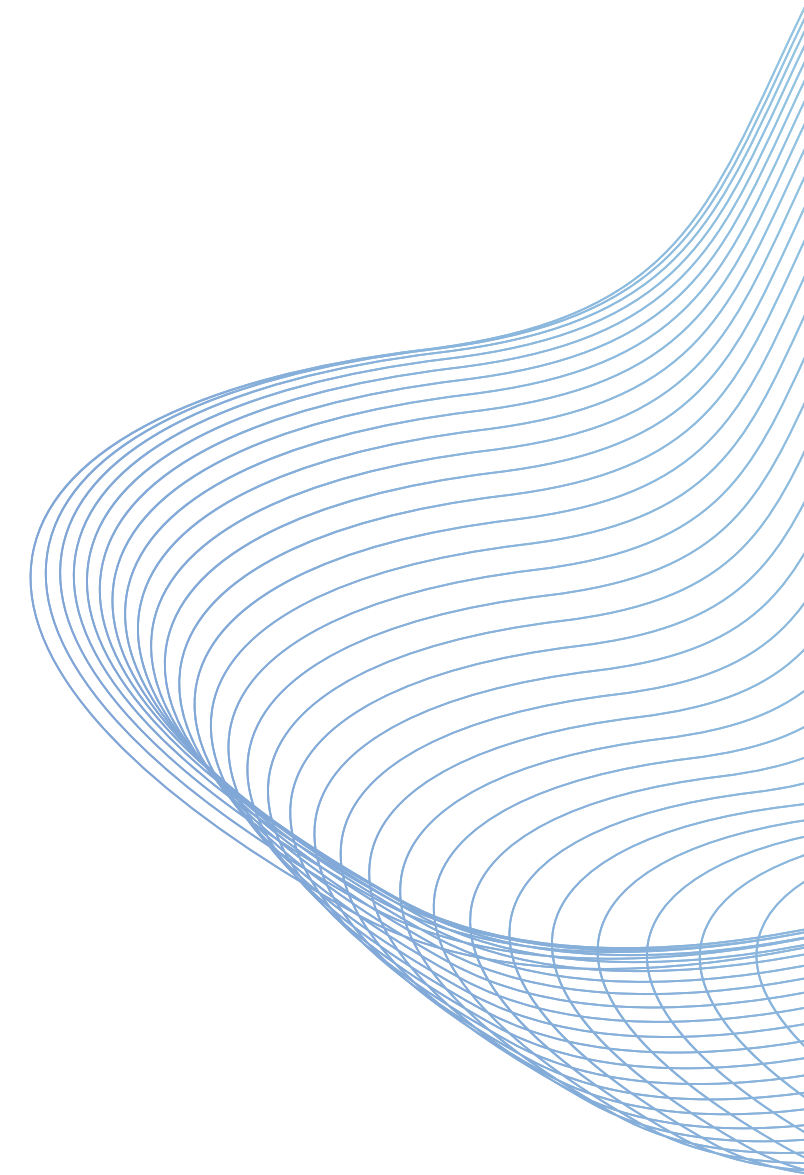
Co-Facilitators: Dr. Stephanie Kutzen and Mrs. Beth Palzet

1/10/24



COURSE OBJECTIVES

- To add creativity for enhanced problem solving skills.
- To integrate learned skills through facilitated group problem solving exercises.
- To discuss outcomes and measurable results of group exercise.
- To solicit participants requests for Session 5 content.



MEMORABLE QUOTE

“Human beings have all sorts of problems, some worse than others, but we’re always coming up with new ideas and resolutions to make our lives better.”

-Recovering PTSD Survivor

4 IDEAS TO ADD CREATIVITY TO PROBLEM SOLVING

A. Draw a diagram or picture of the problem.

1. Visualize and "see it."
2. Illustrate many components.
3. Order pictures by importance.
4. Select a starting point to solve.

B. Use the 10 X's Rule

1. Imagine the problem magnified 10x bigger.
2. Requires you to sharpen priority skills- ignite your creativity.
3. Promotes "stepping back" to view holes and generate unique solutions. (*used by General Dwight Eisenhower on the battlefield)
4. Rest- tackle next puzzle piece later.

4 IDEAS TO ADD CREATIVITY TO PROBLEM SOLVING

C. Sleep On It! Creativity and Brain Function Benefit

1. During rest, brain processes and correlates information possibly missed during the daytime.
2. Find connections, renews any unfinished concerns, dilemmas.
3. Brain picks out "memory tags" for selection to help us.
4. Abundant research across cultures confirms sleep results in improved complex problem solving.

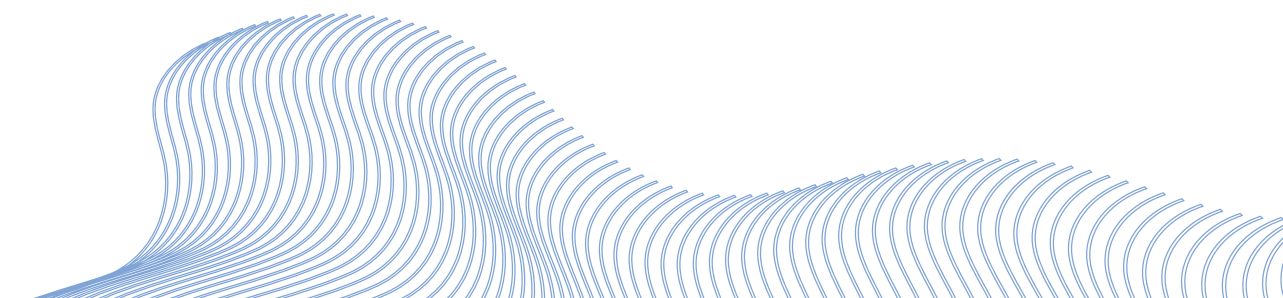
D. Adopt Facilitated Group Problem Solving

1. Increased efficiency and collaboration due to external order.
2. Impartial third party keeps group on task.
3. Process is documented for easy review, clarifications, and additions.

FACILITATED GROUP PROBLEM SOLVING ACTIVITY

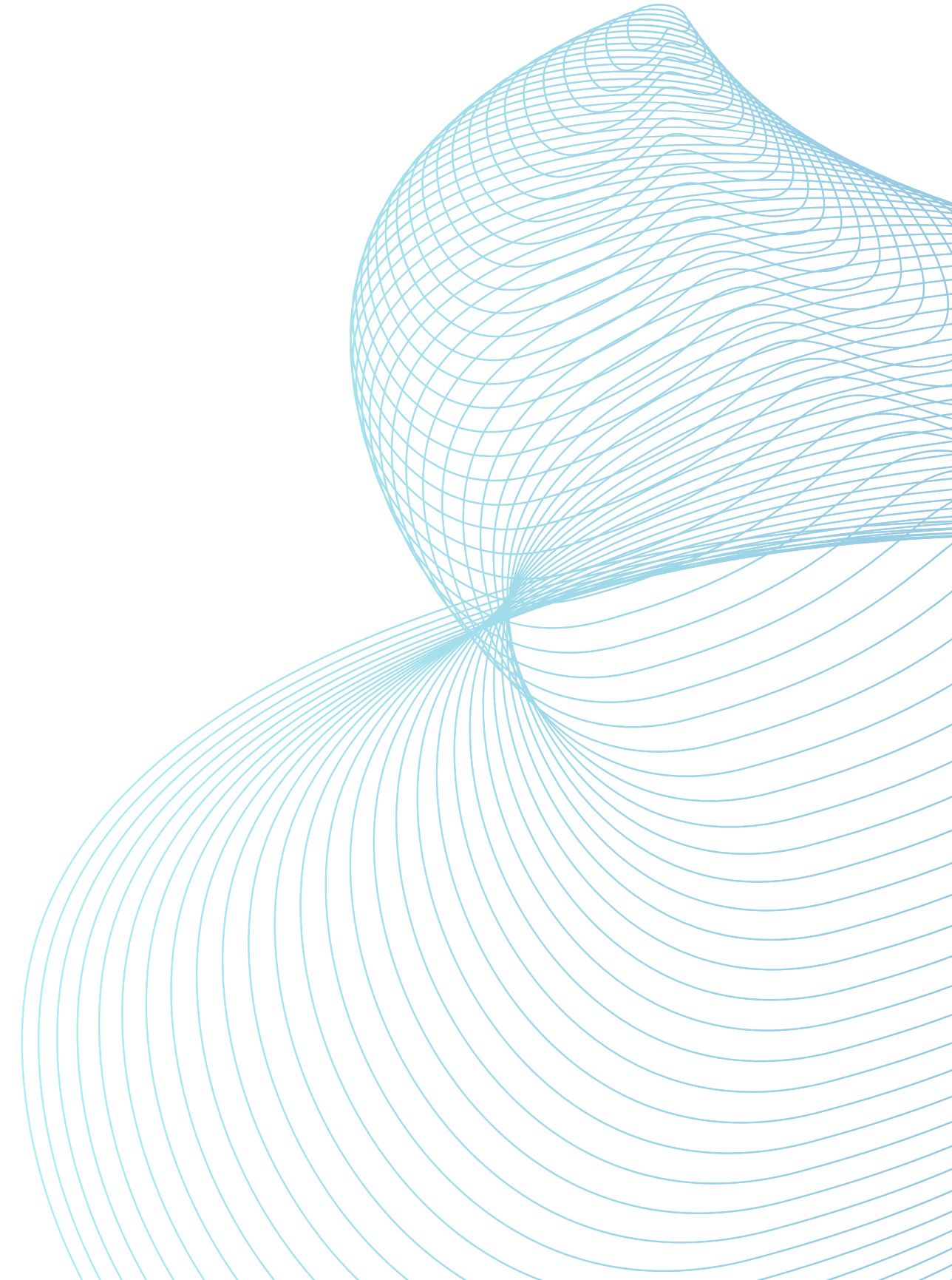
Each breakout room group will problem solve one of the following problems:

- You are having trouble maintaining relationships with your family/ friends because you have outbursts where you become irritable or angry.
- It takes you a long time to find employment. Finally, you get the job but then you lose it because you miss a day or 2 due to your challenges.
- You basically control and hide your issues. However, you recently had a breakdown at an event with colleagues or family. You behaved inappropriately (using or mental health). You are now embarrassed to reconnect.
- There has been a stressful event in your life. You are now beginning to use more drugs and going downhill.



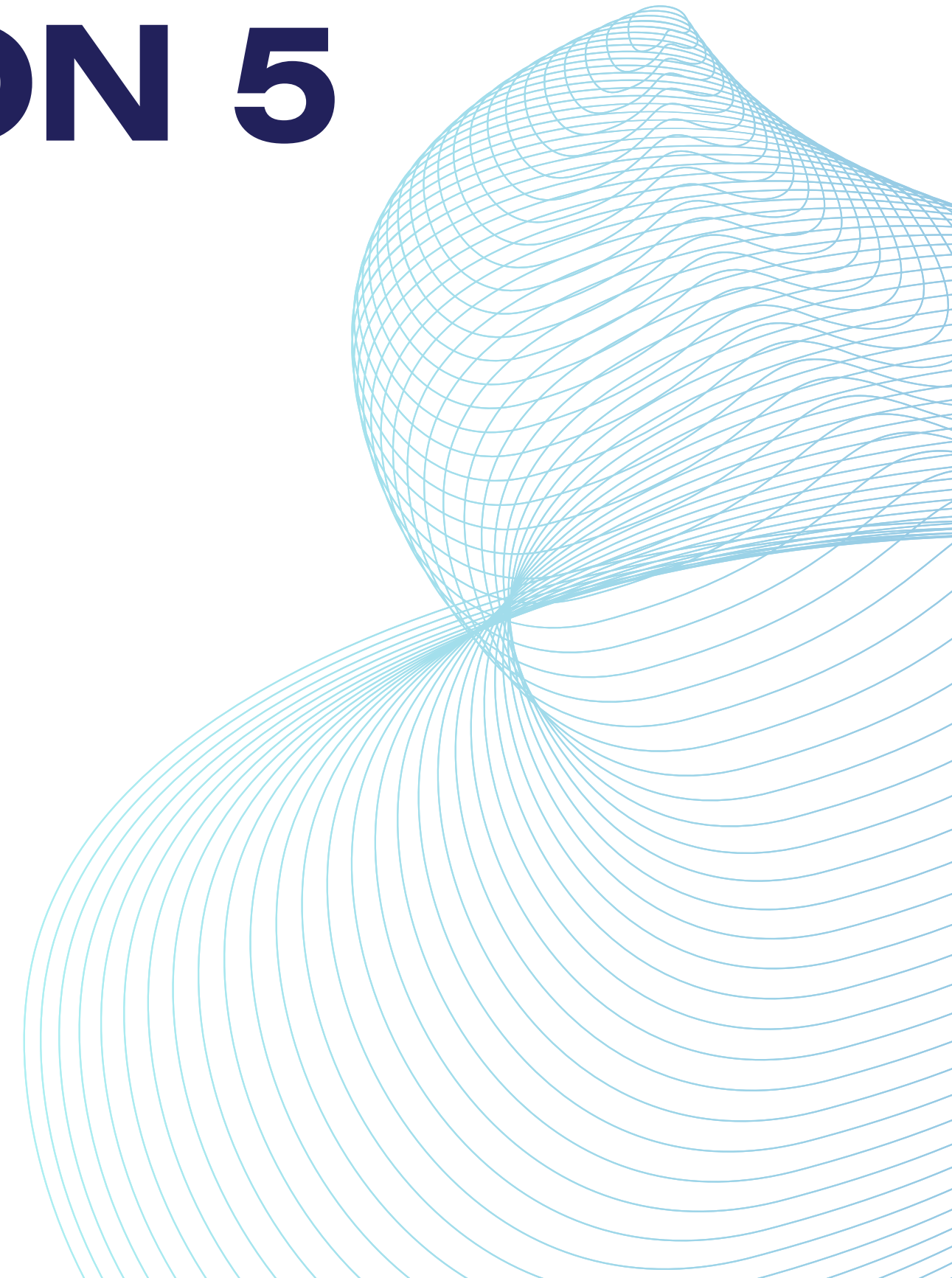
5 STEP PROBLEM SOLVING

1. Identify the problem.
2. Generate potential solutions.
3. Choose one solution.
4. Implement chosen solutions.
5. Evaluate for measurable results.



REQUEST FOR “NEED TO KNOW” SESSION 5

- Additional topics, problem solving knowledge.
- More skill practice.
- Questions I meant to ask and comments I want to add.



SNEAK PEEK AT SESSION 5

Closing

- Request for questions and comments.
- Summary of my learning objectives.
- Review of pre-test and post-test.

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