

The Creator of Coping Skills’ “The Adventures of Cosmos Crow”



G. Bert Allain, LCSW, is a licensed clinical social worker with over 30-years post masters experience working with troubled youth, adult mental health and substance abuse clients. In the past 20 plus years, this experience has been as the director of both inpatient and outpatient programs. The experience working with adults and youth with life difficulties led to the development of this prevention concept Coping Skills, ‘The Adventures of Cosmos Crow’. It is used in multiple school and treatment settings and is the basis of his frequent speaking engagements at professional conferences and workshops. These cognitive/behavioral “Therapeutic Fables” will help your children learn the cognitive coping skills to help them have happier most successful lives

The reason we think you will be interested in this program is the unique approach, the scientific validity and frankly, because it is fun.

If you want a child to remember something, make it a story. If you want them to learn how to deal with peer pressure or to be persistent or to be considerate, put these messages in an enjoyable story and help the child understand how to use these skills.

Coping Skills LLC has developed a series of story books that will teach anyone (young child to adult) “Good Thinking” skills that will help them be happier and more successful. Many of the stories in these books also contain worksheets, quizzes and exercises to help parents become the “coach” in developing these skills.

The Coping Skills program, “The Adventures of Cosmos Crow” has undergone rigorous evaluations that have shown that the use of these stories, along with appropriate adult support, helps children make significant and long lasting positive changes.

This program is a featured chapter in the nationally published book, Cognitive Behavior Therapy in Clinical Social Work Practice, edited by Dr. Arthur Freeman (2006). The developer of these stories received the 2005 Social Work Service Award from the LSU School of Social Work in recognition of this program.

“A little extra (time, money, energy) spent on the young, saves much in the ‘cost’ of frustration, heartache and disappointment as they grow older.”