

Welcome

- Welcome
- Your Supports
- Identify Your Co-Parent Relationship

Intake Forms

- Court Case Information
- Demographic Information
- Relationship Information
- Pre-Class Assessment - Part I
- Pre-Class Assessment - Part II

Unit 1: Understanding Difficult Break-Ups

- Before this Unit
- What You Will Learn
- Are You Stuck?
- Factor 1 - History
- Factor 2 - Balance
- Factor 3 - Issues and Values
- Your Adjustment to the Break-up
- Level of Conflict
- Types of High-Conflict Parenting - Review
- Your Path
- Legal Steps
- Legal Steps - Practice
- Your Emotional Path
- Your Emotional Path - Practice
- Progress and Conflict
- What Did You Learn
- At The End of This Unit
- Additional Resources
- Sources

Unit 2: Taking Care of You

- Before This Unit
- What You Will Learn
- Your Childhood Path
- The Childhood Path - Following the Family Stories
- Your Childhood
- Grief and Break-Ups
- The Grief Process - Step 1
- The Grief Process - Step 2
- The Grief Process - Step 3

- Resilience
- Belief Systems
- Connections and Working Together
- Communication and Solving Problems
- Resilience - Practice
- What Did You Learn
- At The End of This Unit
- Additional Resources
- Sources

Unit 3: Taking Care of the Children

- Before This Unit
- What You Will Learn
- Children's Reactions to Break-ups and Conflict
- Children's Losses and Grief
- Children, Trauma, and Sensitive Periods - Part 1
- Children, Trauma, and Sensitive Periods - Part 2
- Helping Children Cope - Stress Management
- Helping Children Cope - Apologizing to Children
- Apologizing to Children - Practice
- Helping Children Cope - Build Resilience
- What Did You Learn
- At The End of This Unit
- Additional Resources
- Sources

Unit 4: Co-Parenting Tools

- Before this Unit
- What You Will Learn
- Tools for Co-Parenting
- Tool #1: Building on Success
- Tool #2: Managing Conflict and Anger - Part 1
- Tool #2: Managing Conflict and Anger - Part 2
- Tool #3: Decision-Making - Part 1
- Tool #3: Decision-Making - Part 2
- Tool #4: Finding Safety
- Tool #5: Communication (Part 1)
- Tool #5: Communication (Part 2)
- Tool #5: Communication (Part 3)
- What Did You Learn
- At The End of This Unit
- Additional Resources
- Sources

Unit 5: Moving Ahead

- Before This Unit
- What You Will Learn

- Balance in Planning
- Your Values
- Find Balance
- Planning to Share Children
- Living In Multiple Homes
- Making Changes - Part 1
- Making Changes - Part 2
- Building Your Plan - Part 1
- Building Your Plan - Part 2
- What Did You Learn
- At The End of This Unit
- Additional Resources
- Sources

Unit 6: Congratulations

- Congratulations

Unit 7: Conflict of Interests

- Conflicts of Interest in High-Conflict Co-Parenting Situations
- Understanding Conflicts of Interest
- Stopping the Conflict Cycle
- Understanding Negotiation - Getting to Win-Win
- Making Proposals
- Presenting and Receiving Proposals
- Creating a Parenting Plan
- Moving Forward

Unit 8: 4 Big Skills for Children

- Parent-Child Foundations
- The 4 BIG Skills
- Parent-Child Talk
- Living in Two Houses
- Avoid Putting Your Child In The Middle
- Extreme Behaviors
- Managing Our Emotions
- Flexible Thinking
- Rules in Both Houses
- Age Appropriate Tips
- Tips For Talking To Your Co-Parent
- Quiz Questions

Unit 9: Children and Emotions

- Managed Emotions
- Benefits of Managed Emotions
- Ways To Manage Emotions

- Calming Intense Emotions
- Emotions are Contagious
- Age Appropriate Tips
- Tips for Managing Emotions with Your Co-Parent
- Quiz Questions

Unit 10: Problem Solving

- Flexible Thinking
- All-or-Nothing Thinking
- Your Child's Thoughts and Concerns
- Solving Problems with Flexible Thinking
- Flexible Thinking in Divorce or Separation
- Making Proposals
- Changes in Your Family
- Age Appropriate Tips
- Tips for Using Flexible Thinking with Your Co-Parent
- Quiz Questions

Unit 11: Managing Emotions

- Moderate Behavior
- Regretting Extreme Behavior
- Trying Moderate Behaviors
- New Behaviors with the Other Parent
- Checking Yourself
- Age Appropriate Tips
- Tips for Using Moderate Behaviors with your Co-Parent
- Quiz Questions
- Resources

Final Exam

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Survey

- Post-Class Assessment - Part I
- Post-Class Assessment - Part II
- Post-Class Assessment - Part III
- Feedback on This Class

Completion

- Completion