

High Conflict Co-parenting Course Summary Description

Our High Conflict Co-parenting course is designed to help you succeed as a co-parent and guard your children from emotional wounds. If you embrace the principles presented in this course and demonstrate you are willing to apply them in your co-parenting relationships, you will not only have complied with the court's mandate, but you will also give yourself and your children a priceless gift.

Our course creators, listed below, have over 70 years of collective experience in high conflict coparenting resolution.

- Suzanne Dircks, M.A., LMHC, Certified Family Mediator
- Marywave Van Deren, JD, Washington State Pierce County Superior Court and Division II Court of Appeals (Retired)

What to Expect:

Once you register for the course, you will have access to eleven modules. Each module includes downloadable reading material, assignments, and a short quiz. You must score 100% on the quiz to advance to the next module. If you wish to schedule online consultations or if the court requires you to have in-person sessions, you can schedule fifty-minute Zoom meetings by clicking the "Request a Consultation" icon found at the end of each module (additional fee required).

If your need validation of successful completion of the course for the court, you will be able to schedule a live online assessment conference (for an additional fee) and download preparation materials for that session. After the conference, you will receive a certificate which you may present to the court .

High Conflict Co-parenting Course Learning Objectives:

When you complete Module One, you should have a basic understanding of:

- The importance of putting your children's interests first.
- The basics of co-parenting.
- The realities of litigation.

On completion of Module Two, you will discover strategies for:

- Establishing a businesslike communication system that works for the entire family.
- Taking responsibility for your part in co-parenting your children.
- Reducing stress in family relationships.

In Module Three you will have the opportunity to gain skills for:

- Honestly assessing the story you have been telling yourself.
- Creating and taking control of a new story for your life.
- Perceiving your co-parent in a more realistic, positive light.

In Module Four, you will gain an understanding of:

- The causes of victimhood.
- How victimhood undermines your power in life.
- Ways to overcome victimhood.

In Module Five you will learn seventeen effective ways to transform your communications with your co-parent and your children.

In Module Six, you will discover a variety of strategies for:

- Keeping your children's interest as the focus of communications with your co-parent
- Reducing stress in your relationship with your co-parent
- Teaching your children healthy communication habits

In Module Seven you will learn eight strategies for making positive changes that benefit your children.

In Module Eight, you should gain insight into:

- What forgiveness is and what it isn't.
- How to forgive without being vulnerable.
- How to make an apology.
- Constructive ways to deal with your anger.

In Module Nine, you will be equipped with fourteen tools for highly effective communication with your co-parent.

In Module Ten, you will gain insight in how to:

- Let go of the past.
- Take responsibility for a better future.
- Getting unstuck when you hit a roadblock.

Completing Module Eleven will help you:

- Identify signs which indicate your children suffer anxiety from being alienated from your co-parent.
- Reunify with your children if you have been separated from them for a long period of time.
- Support your co-parent's efforts to reunify with your children.