PARENT UNIVERSITY

College of High Conflict Intervention

Presented by:
Behavioral Health & Wellness
Grand Junction, CO

Instructors:
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This is Our Important Work,

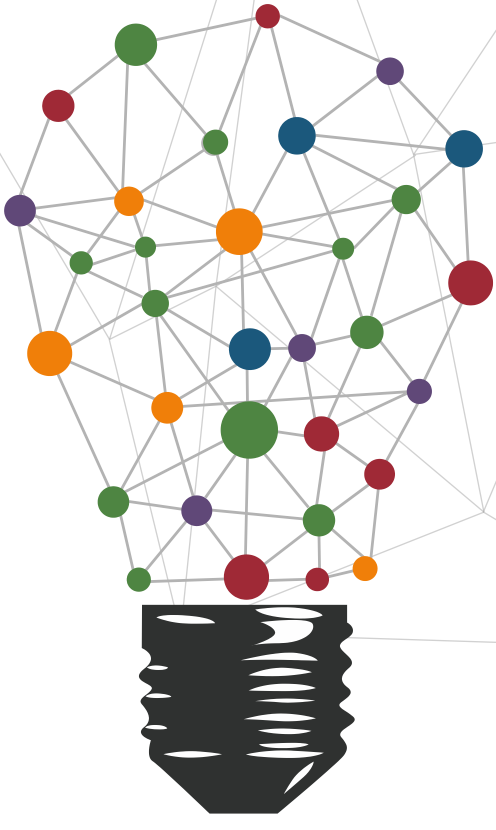
so please ask questions….

"How can I apply this information to me?"

"What do I want to take home from class? I want to learn…"

Use your workbook for notes, it can be a resource now and later.

TARGET GOALS



Reduce the amount of disagreement and tension between you and the other parent.

Explain how conflict between parents impacts you and your children.

Improve the communication and boundaries between you and your children.

Improve your family's ability to problem solve difficult situations.

Support active coping in your children and teens.

Most importantly – to increase your ability to talk and interact in a more cooperative way.

Moving from High Conflict to Parallel Parenting

Is…

PROGRESS

cooperation

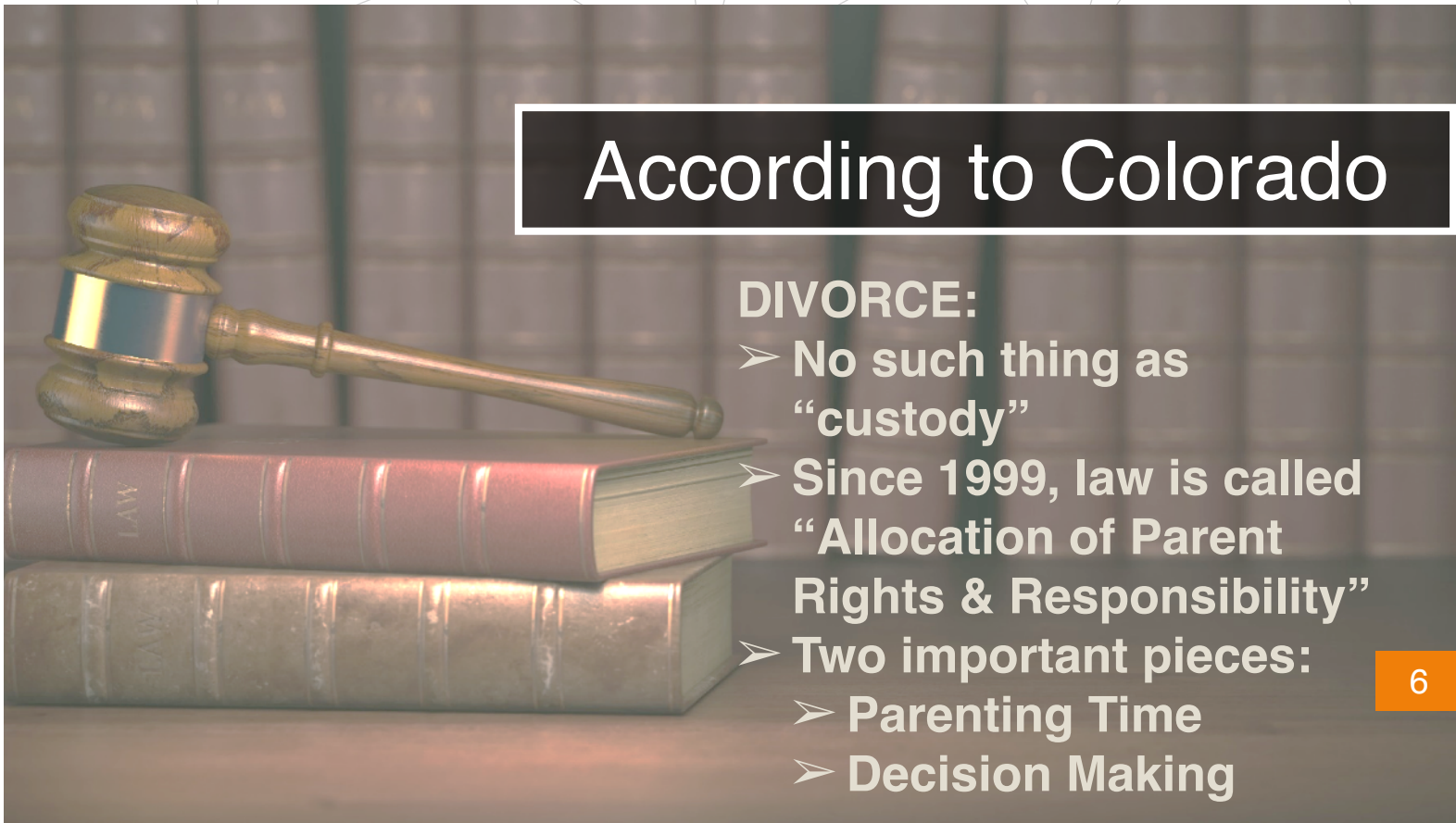
The most powerful PARENTING tool

Class Exercise

Today you will partner with the person next to you. We have an exercise to help understand the complexity of communication. This exercise will help you develop the necessary skills for communicating with the OP (other parent).

According to Webster

DIVORCE: (1) a judicial declaration dissolving a marriage in whole or part, releasing the marital partners from all matrimonial obligations, (2) to break the marriage contract between oneself and one's spouse.



According to Colorado

DIVORCE:

- **No such thing as "custody"**
- **Since 1999, law is called "Allocation of Parent Rights & Responsibility"**
- **Two important pieces:**
  - **Parenting Time**
  - **Decision Making**

Two Key Components of Parenting Time Orders...

PARENTING TIME

What is the actual schedule?

- ✓Overnights (School year and Summer)
- ✓Times / Transitions
- ✓Holidays
- ✓Vacation

✓Results in percentage of overnight care that is used in the child support formula

✓Can graduate over time

✓Restrictions due to safety, can include Protective Orders (supervised visits, testing for substance use, mental health/medication compliance, no parental substance use during parenting time, etc.).

DECISION MAKING

Who makes decisions? Major decisions include only:

- ✓Medical/Mental Health
- ✓School
- ✓Extra Curricular
- ✓Spiritual

✓Can be Sole DM, Joint DM

✓Can be split between parents, for example parents could have JDM on School but Mom has SDM on Spiritual, Dad could have SDM on XC.

✓Does not include "day to day" DM (haircuts, bedtime, diet, videogames, movie ratings, etc.).

Residential Custodial Parent/ Residential School Parent = Even if JDM and 50/50 PT, one parent has to be designated as the Residential Parent for the purpose of school enrollment. <u>This does not change DM or PT.</u>

Connecting with your Kids summarizes State of Colorado legal process for Allocation of Parental Rights and Decision Making as well as information regarding parenting time plans and how to help your child adjust to post-relationship parenting.
co_parenting_time_book2004.pdf

- A copy of this handout is on the back table for your review and can be downloaded at: https://www.courts.state.co.us/userfiles/file/self_help/co_parenting_time_book2004.pdf

Planning for Parenting Time (Arizona Guide For Parents Living Apart)
PPWguidelines.pdf

- A copy of this handout is on the back table for your review. Although this is from Arizona it includes calendars and parenting plan options in a very concise manner. It can be downloaded at: https://www.azcourts.gov/portals/31/parentingTime/PPWguidelines.pdf

Both of these handouts include specific information regarding how children of all ages, including teens, adjust to post-separation parenting. The instructor will be available at the end of the class to discuss specific questions regarding how to help children based on their ages.

NOTES:

Professionals available to parents during this process:

- **Child and Family Investigator**: This is a Court Ordered evaluation that does not include psychological testing. It can be narrowed to a specific question (relocation, increase or decrease in parenting time, etc.). Can be conducted by a therapist or attorney with certification as a CFI. Fees are capped by the state at $2,000 (higher if testimony is required). A listing of certified CFI professionals is available on the State of Colorado Court Website.
  https://www.courts.state.co.us/Administration/Program.cfm?Program=41

- **Allocation of Parental Rights and Responsibility Evaluator**: This is almost always a psychologist or other licensed therapist. Includes psychological testing, highly comprehensive. $5,000- to $15,000+.

- **Child's Legal Representative / Guardian Ad Litem:** These are attorney's appointed to represent the desires of your child/ best interests of your child. GAL more common in Child Protection cases. GAL is intended to become a witness to the child's best interests. CLR not intended to become a witness, rather serves more as an advocate.

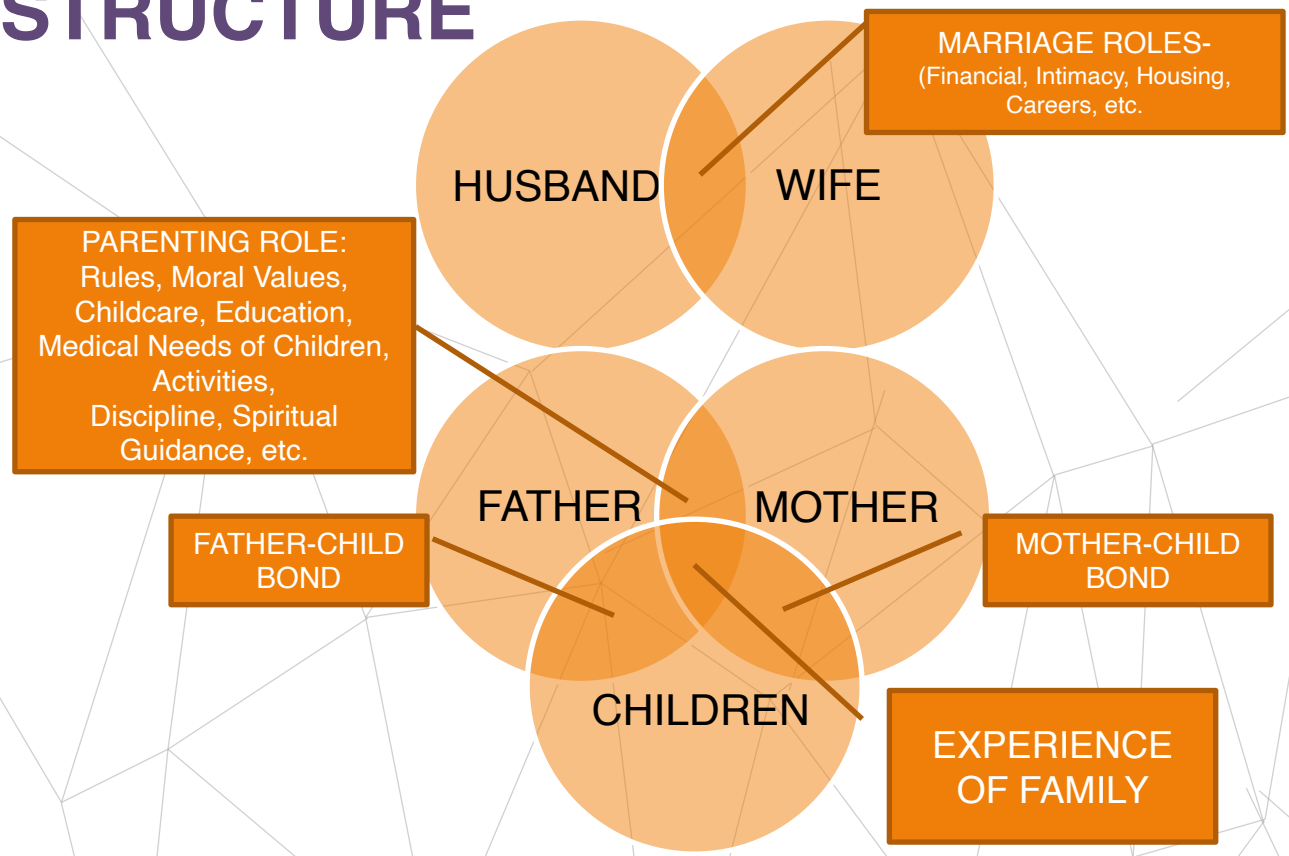
- **Mediator:** Most often an attorney or can be a therapist. Requires certification. Goal is to help parents find common ground and avoid court. In our judicial district you cannot typically get a court date without failing at mediation. If DV is a factor, this requirement is waived. You can ask the Mediator to allow you to be in separate rooms. Attorneys may or may not be present. Proceedings are confidential from the court.

- **Parenting Coordinator, and Decision-maker**: This is usually a therapist, can be an attorney. Help negotiate parenting time, etc. Can make decisions when parents can't agree. Often appointed in chronic high conflict cases. Generally not allowed to testify unless both parties consent. Court prefers that the PTC remain neutral from the court. Can be expensive due to long term involvement.

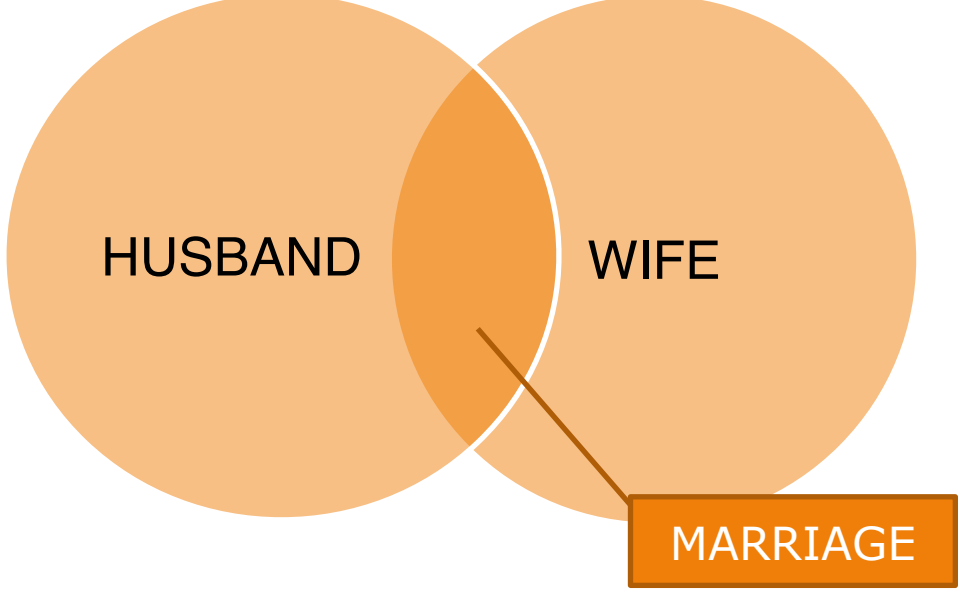
- **Supervised Visitation / Exchange**: Supervised visitation is a model used when concerns of maltreatment, Substance Misuse, or DV exist. The VS typically has a B.A. Their notes can be used in court, but do not include any opinions, interpretations, diagnoses, or recommendations. They do not initiate any therapeutic interventions. Often appropriate when a parent has been absent for a period of time or in cases where infants and young children are being introduced.

- **Therapeutic Visitation:** This is a model used in complex cases including maltreatment, allegations of abuse, special needs, children with trauma. Is usually a licensed therapist. Their notes can be used in court. They can include opinions, testing, interpretations, diagnoses, and recommendations. They do not initiate therapeutic conversation; however, if a child initiates therapeutic concerns verbally or nonverbally the therapist can provide clinician interventions. Often appropriate when a parent has been absent for a period of time or in cases where infants and young children are being introduced.

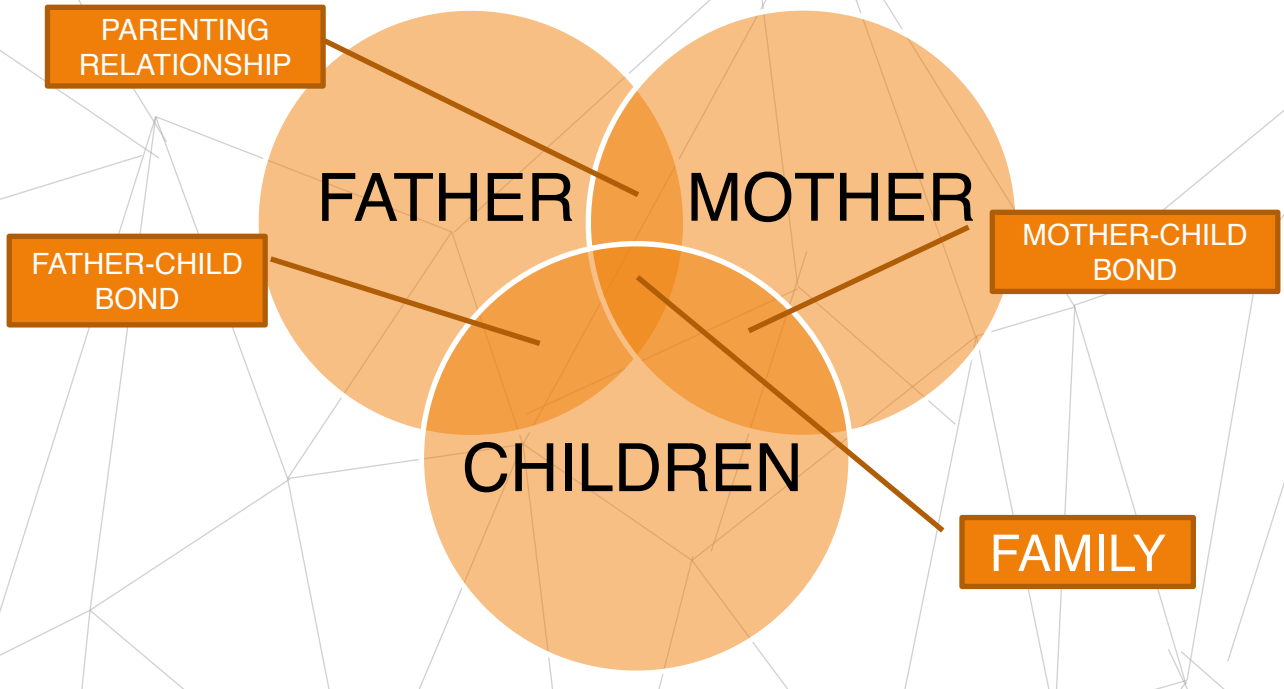
FAMILY STRUCTURE



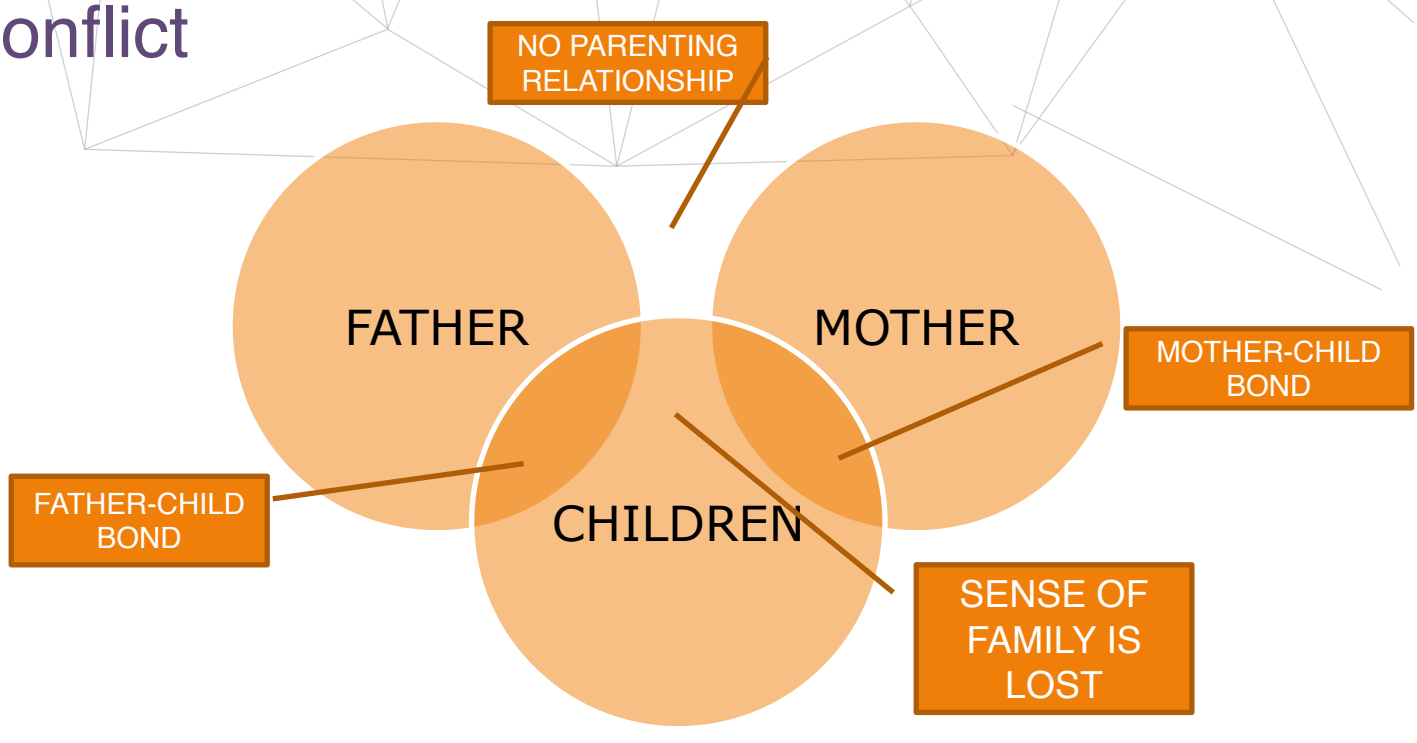
THE MARITAL RELATIONSHIP IS THE ONLY RELATIONSHIP THAT ENDS



YOUR NEW FAMILY STRUCTURE (Co-parenting)

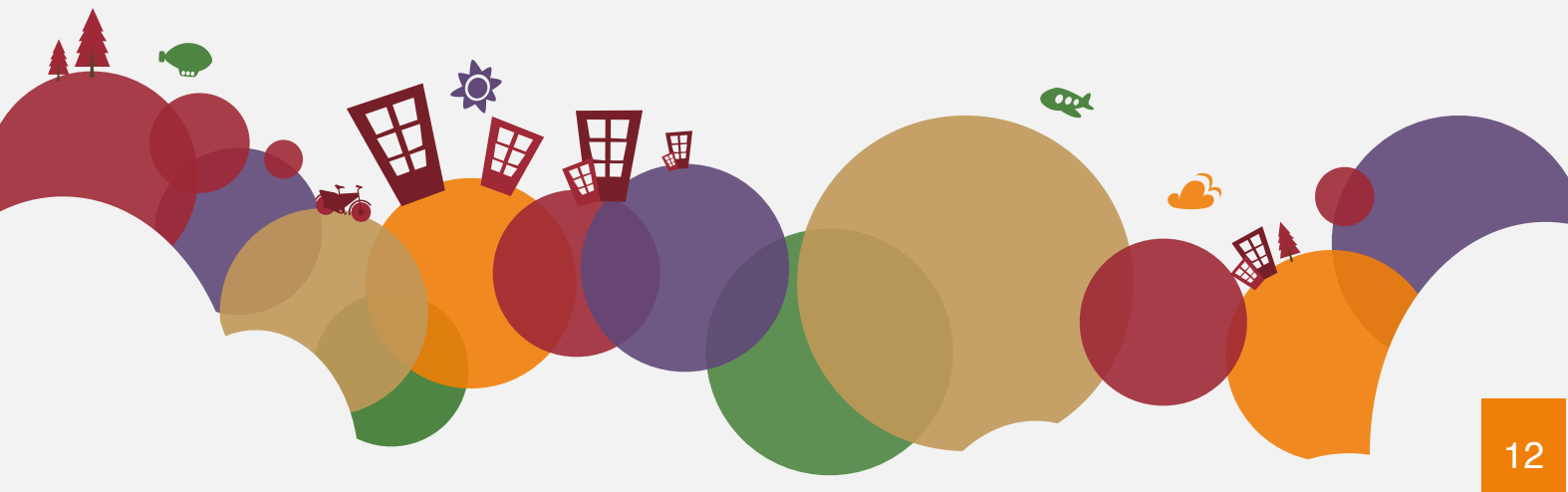


NO SENSE OF "FAMILY" – High Conflict



The Needs of the Children & Teens…

Good Parenting



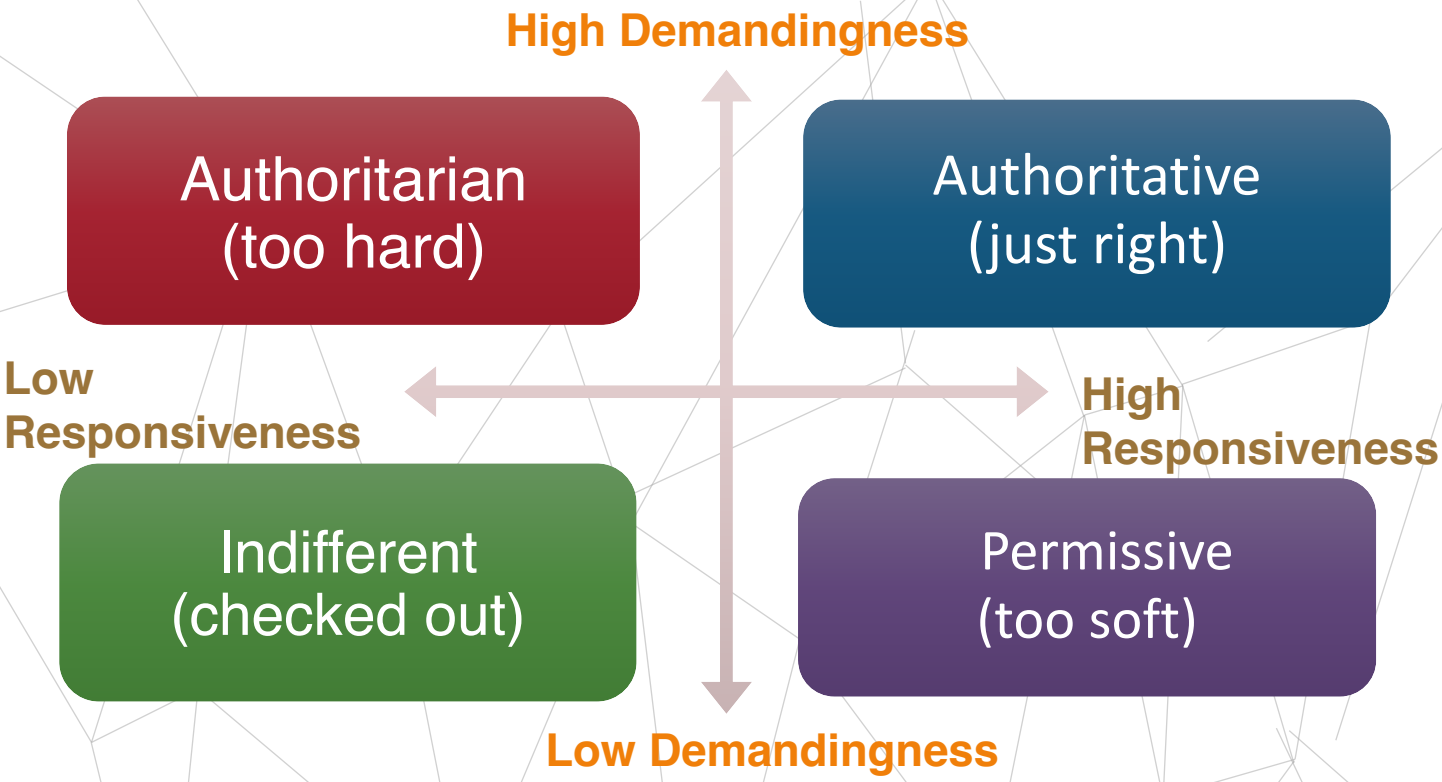
Understanding Children:

- Brain development starts before birth.
- Neural connections keep forming into the early 20's.
- First 6 years are most important!
- Risk factors associated with child development from high conflict parenting.
- Building resiliency in children and parents.
- Adverse Childhood Experiences

Additional Resources on these subjects:

- ➢ *Adjusting To Divorce: 7 Simple Steps Parents Can Take To Help Themselves & Their Children* by Percy Ricketts
- ➢ *Good Parenting Through Your Divorce: The Essential Guidebook to Helping Your Children Adjust and Thrive* Based on the Leading National Program by Mary Ellen Hannibal.

Parenting Types



This theory was developed by Diana Baumrind and originally did not include the Indifferent parent. This information is foundational to being an effective parent, and provides post-relationship parents with common language. We hope you will research this information and strive to be an authoritative parent. Handouts are available from your instructor as well as the following websites.

Google: *Donna Baumrind Parenting Theory* for a large selection of information.

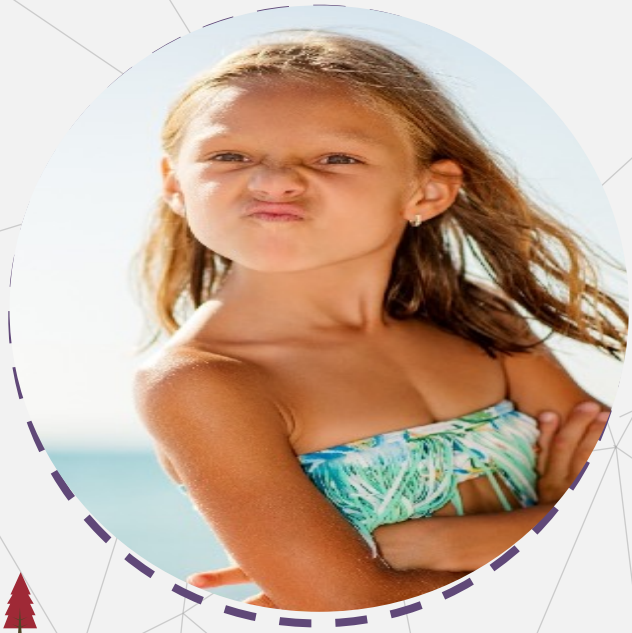
Authoritarian Parenting…

Uses too much control and not enough nurturance. These parents believe “spare the rod and spoil the child” and insist “it’s my way or the highway." Parents want the child to "suck it up" without exploring what it feels like for the child. Low communication, parent speaks - child listens. Can become abusive.

Indifferent Parenting…

Is low on both nurturance and control. These parents are neglectful, "checked out." They are self-centered and take little interest in the child. These children are at high risk for drug & alcohol abuse, teen pregnancy. Second worst parenting style after abusive parenting.

Permissive Parenting…



Characterized by high nurturance and low control. Children raised by permissive parents tend to lack self-discipline, possess poor social skills, may be self-involved and demanding, and may feel insecure due to the lack of boundaries and guidance.

Authoritative Parenting…

Is characterized by reasonable demands, high responsiveness and high levels of communication. Authoritative parents have high expectations for their children. They also give their kids time, patience, and encouragement they need to succeed.

Despite decades of psychological research, debate continues concerning the effects of divorce on children.

Recent research studies shows that while children of divorced parents have more adjustment problems than children of intact families, the differences between these two groups is smaller and less significant as compared to earlier research.

The manner in which parents resolve conflict has been determined to affect child adjustment. Chronic, unresolved conflict is associated with greater emotional insecurity in children.

Research On Divorce

Research indicates that marital conflict rather than divorce or post-relationship conflict is a more important predictor of poor adjustment for children.

The frequency and severity of marital conflict is believed to play the central role in how well a child adjusts to the changed family.

Children in high-conflict marriages are more likely to experience behavioral and academic problems including, but not limited to, disobedience, aggression, delinquency, poor self-esteem, antisocial behaviors, and depression.

Key factors for healthy adjustment include appropriate parenting, access to both parents, parenting plans that are developmentally appropriate, and most importantly low parental conflict via co-parenting or parallel parenting.

Visitation of fathers has increased during the past 20 years. Research generally finds that there is no relationship between frequency of father contact and child adjustment post-divorce, BUT the quality of visits is what counts.

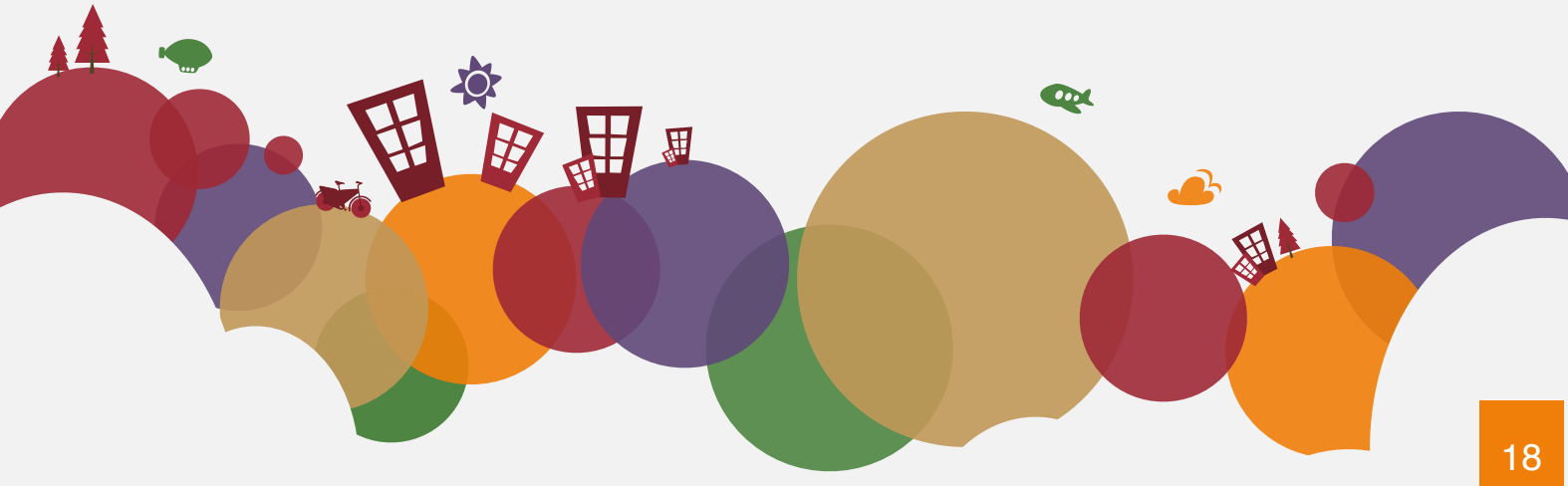
For example, children of divorced families with fathers who help with homework, coach, take kids out of doors, and listen to their children's problems have more positive academic achievement and fewer behavioral problems.
http://www.apa.org/about/gr/issues/cyf/divorce.aspx

American Psychological Association

Kid Feelings Film-

What Parents Need to Know

www.listen2kids Film
"The High Cost of
High Conflict Divorce for Children"



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American Psychological Associated

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- Low Conflict
- Positive Modeling
- Parents who Parent
- Routines, routines, routines…

Let's review the section in the back of your workbook, *"Divorce Experience for Children and Teens."*

Kids Need…

- Discipline as in "expectations and guidelines"
- Parents who focus on needs of kids
- Listening and Acceptance

Children - Grief and Loss

Please turn to the handout in the back of your workbook regarding children's grief response based on age.

This class is intended to help you acquire the skills to communicate in public or via electronics

The next three pages include checkable boxes so you can assess your current difficulties and set goals. Under “High Conflict” please check every box that applies to you OR the other parent. Then under “Parallel” and “Co-Parenting” please check boxes that apply to your goals.

High Conflict Parenting Continuum

HIGH CONFLICT | PARALLEL | CO-PARENTING

- High parental anger, vengeful & impulsive.
- No communication regarding child's needs or welfare.
- Different child rearing plan/values, fail to respect the other parent's plan.
- Violate basic codes of human conduct, (i.e. cursing, intimidation, harassment, passive/ aggressive, etc.).
- Disrespect the Court plan, re-litigation, contempt, etc.
- Sabotage each other's parenting time.
- May expose children to DV or intense verbal abuse.
- Communicate only through attorneys, police, or mail.
- Over involve children in conflicts.
- Misuse of family resources (i.e. excessive financial resources continuously used for litigation).
- Use police to settle disputes.
- Allegations of child abuse/neglect made by one parent against the other.
- More significant behavioral regression in children.
- Children at high risk for significant emotional, social, and behavioral problems.

Parallel Parenting Continuum

HIGH CONFLICT | **PARALLEL** | CO-PARENTING

- High sadness, parents feel defensive, moving away from high/intense anger. Individual therapy appropriate.
- No communication regarding child's needs or welfare, unless structured (i.e. parent staff meetings/ appropriate electronic correspondence).
- Different childrearing plan, but parents do not denigrate each other's plan.
- Almost always exhibit most basic civil codes of conduct (i.e. no cursing or intimidation, use "E-messages" to communicate, use “I” messages in verbal communication).
- Follow and respect Court’s plan and other parent’s time.
- No domestic violence / safer atmosphere, no allegations of abuse or neglect between parents.
- Rarely involve children in conflicts, resolve disputes via mediation, co-parenting consultation, etc.
- No misuse of family income on protracted litigation.
- Children have limited emotional freedom due to “compartmentalization”. Children rely on this defense when they are not able to experience their emotions freely between homes.
- Mild to moderate risk of emotional, social and behavioral problems. Overall adjustment is significantly better with only some risk to the child.

Co-Parenting Parenting Continuum

HIGH CONFLICT | PARALLEL | **CO-PARENTING**

- Resolved anger and sadness. Parent's value child's relationship with the other parent and family.
- Parent's share and consult on a childrearing plan.
- Parent's use the most basic code of civil conduct and apologize when necessary.
- Do not use the Court past initial Orders, respect and share other parent's time (attend functions comfortably).
- Healthy atmosphere, not just safe, but with good communication.
- Rarely involve the children in any parental conflicts and apologize to children when they do.
- Have good skills to resolve differences or look to counseling / mediation for assistance.
- Wise use of family resources, cooperative planning for children's needs, (i.e. sports camps, college, tutoring, gifts to the child, etc.)
- Parental support to openly express feelings for both parents (positive and negative) without fear that one parent will use a negative statement from the child against the other parent.
- Minimal to no risk for long-term emotional, social, or behavioral problems

Things You Should Do

PERMISSION	NEUTRAL	PARALLEL	PREDICTIBILITY
DO give children **permission** to love and miss the other parent.	DO make positive or **neutral** statements about the other parent.	Do establish **two homes & respect** the other parent's time & day to day decision making.	DO provide **predictabilit y,** stability, and routines, especially just before & after

Name three behaviors you could start that would fit the parallel parenting model:

1. _____

2. _____

3. _____

Adult Feelings

What Parents Need to know about themselves - Are you struggling because of your own history of trauma?

WHAT IS YOUR ACE SCORE?

CHECK BOX IF "YES"

- ❑ Emotional Abuse by parent or caregiver
- ❑ Physical Abuse by parent or caregiver
- ❑ Sexual Abuse by anyone
- ❑ Emotional Neglect by parent or caregiver
- ❑ Physical Neglect
- ❑ Parental Separation or Divorce
- ❑ Witness your mother treated violently
- ❑ Parent or caregiver addicted
- ❑ Parent or caregiver depressed or mentally ill

✓Google: Adverse Childhood Experiences or look on https://www.cdc.gov/violenceprevention/acestudy/index.html

Ground breaking study that connects Adverse Childhood Experiences with Teen and Adult health problems. According to the **CDC website**:

- ➢ 87% of individuals who reported one ACE reported at least one additional ACE.
- ➢ The number of ACEs was strongly associated with adulthood high-risk health behaviors (smoking, alcohol and drug abuse, STD infection, and severe obesity).
- ➢ ACE's are correlated with ill-health including depression, heart disease, cancer, lung disease, and shortened lifespan.
- ➢ Compared to an ACE score of zero, having four adverse childhood experiences was associated with a seven-fold increase in alcoholism, double risk of being diagnosed with cancer, and a four-fold increase in emphysema.
- ➢ An ACE score above six was associated with a 30-fold increase in attempted suicide.
- ➢ Children who are exposed to adverse childhood experiences may become overloaded with stress hormones, leaving them in a constant state of arousal and alertness to environmental and relational threats. Therefore, they may have difficulty focusing on school work, and consolidating new memory, making it harder for them to learn.
- ➢ One in three or four children have experienced significant ACEs. A study by Washington State University found that students with at least 3 ACEs are three times as likely to experience academic failure, six times as likely to have behavioral problems, and five times as likely to have attendance problems. These students may have trouble trusting teachers and other adults, and may have difficulty creating and maintaining relationships.

Parents model feelings & behaviors for their children whether they are conscious of doing this or not.

If adults cannot process their own feelings, the children feel a need to reverse roles and care for the parent.

Children's adjustment directly parallels adult adjustment.

Adult Feelings & Actions

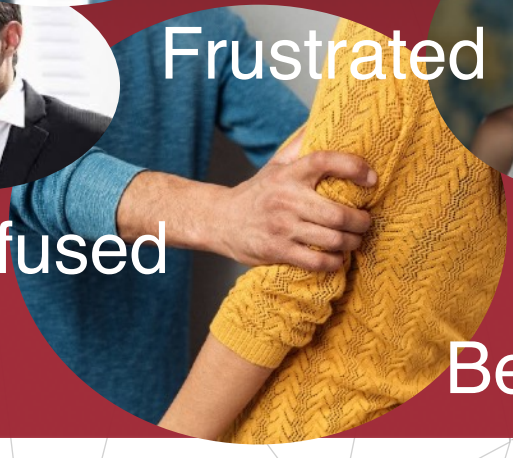
- Resolve ACE's to protect your health and the health of your children.

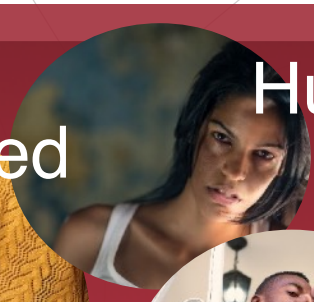
Referral Options:

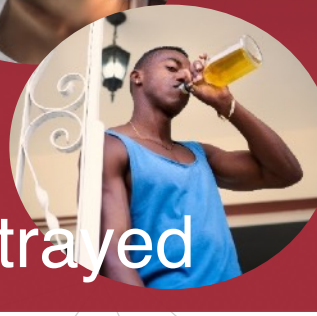
- Talk with your Primary Care Physician, many doctor's offices now have integrated behavioral health for brief intervention.
- Check with your HR department at your place of employment. Most large employers (private and government) offer 4-6 free counseling sessions through an EAP (your employer won't know you use this).
- Your insurance plan will likely cover so counseling costs. Talk with your insurance company, check online for their providers or check with your instructors.

ANGER

HIDES THE REAL EMOTIONS







EMOTIONS IMPAIR OUR ABILITY TO THINK AND JUDGE ACCURATELY

- You may hear or perceive things inaccurately.
- You may need a reality check (friends & family won't be your reality check unless you ask).
- Learning & memory are affected by intense emotions.
- Problem solving and creative thinking are impaired.
- Consider counseling or some form of support group

FLOODING DEFINITION

A state of physical arousal where it becomes impossible to focus on what another person is saying.

- When we feel threatened, our body responds by pumping adrenaline into the bloodstream.
- We become "flooded" much like a car engine that won't start.
- Average heart rate for men is 72 and for women 82.
- If your heart rate goes up to 90-100 you are in "fight or flight" and you are incapable of logical thought.
- Anxiety and anger can increase your heart rate to this level.

American Psychological Association

MINDFULNESS EXERCISES – Very Effective at First Sign of Flooding or Just Prior to Transitions

- Three Diaphragmatic Breaths
- Three things I see
- Three things I hear
- Three things I sensory experience – not emotional/physiological.

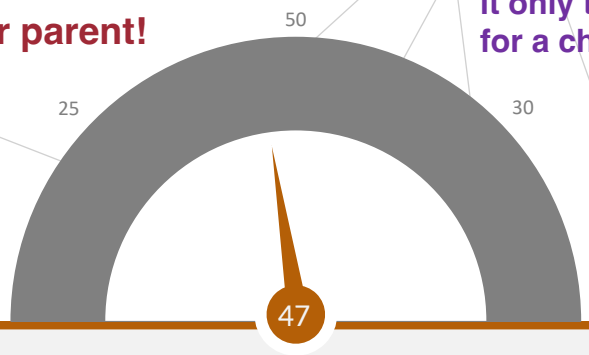
Remove Adrenaline
- ❑ Exercise
- ❑ Meditation
- ❑ Mindfulness
- ❑ Time Out

When you are flooded, never, never communicate with the other parent!

You are in charge of building your child's trust in adults, even if the other parent can't or won't let go, it only takes one good role model for a child to learn great things!

What is your anger covering up?
- ❑ Lonely
- ❑ Hurt
- ❑ Anxious
- ❑ Depressed

Get on with your life! Why would you turn so much control of your future, over to a person you no longer trust?



Minimal Self Awareness | Maximum Self Awareness

Let go of the past, live in the present, look forward to the future.

So how do you move on?

Put your child first.

Take care of yourself, eat right, make new friends, laugh, get enough sleep, don't self medicate with alcohol or drugs.

If you were ever going to start that new work out plan, now is the time!

Moving forward…

- Work within the system, follow the rules of the court and the rules of civility.
- Make only positive or neutral statements about the other parent and their family members.
- Stick to your agreements, trust is built on predictability over time.

Maintain a business relationship with these skills….

KEEP FEELINGS OUT OF INTERACTIONS WITH OTHER PARENT

HAVE CLEAR EXPECTATIONS

AVOID MAKING PERSONAL DISCLOSURES TO OP OR TO CHILDREN ABOUT OP

BE POLITE, TREAT OTHER PARENT LIKE YOU WOULD A STORE CLERK.

PUT EVERYTHING IN WRITING

IF POSSIBLE, MAKE PHONE APPOINTMENTS TO DISCUSS ISSUES.

CONTACT OP DURING REASONABLE HOURS

USE AN APP LIKE TALKING PARENTS

KEEP TRYING, EVEN IF OP RESISTS, TAKE THE MORAL HIGH GROUND.

Communication… *Skill based strategies…*

Communicate with the OP…..

SCHEDULE | **FINANCIAL** | **HEALTH & SAFETY** | **SCHOOL/ CHILDCARE/ XC**

If it affects the parenting time schedule.

If it affects financial arrangements (child support, medical insurance, XC activity costs, etc.).

If it involves basic safety and health (if you notify others about emergency before you call the OP, you have failed in this basic requirement). RO is exception.

If it involves school or childcare. Even if you have MDM, you should still solicit opinion of other parent via email.

Parent communication software…

The higher the conflict the better off you will be if you use a parent communication app. Courts are ordering these tools to help decrease conflict and increase accountability.

- www.ourfamilywizard.com
- www.talkingparents.com
- www.2houses.com
- www.sharekids.com

Email…

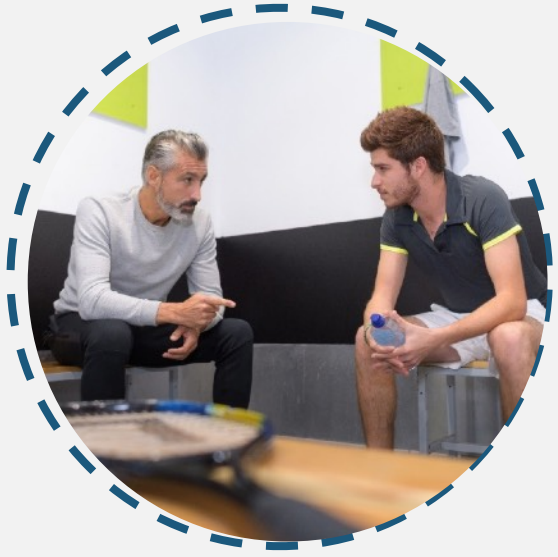
Not as structured as parent communication software but much preferred than text or phone. We recommend that the parent who has the children send an email to the OP a night or two before children transition. An example will follow that can be used in a parent app or email...

Letters, Notebook, Memos

Similar to parent communication app or email but the information travels back and forth with child. Mostly appropriate with an infant or toddler, who also goes to daycare. Pros - Notebook travels in diaper bag and each parent and day care adds updates. Cons - it can get lost, less reliable as compared to electronic communication.

Neutral 3rd Party…

This can be a reasonable option but BOTH parents have to agree as to the 3rd Party. Can be a family friend or relative, who both individuals trust. It can sometimes be a family therapist or clergy member. Intended to be a brief intervention. However, there are cases where a Parenting Time Coordinator is appointed and assumes this role longer term.



Texting is a bad idea for high conflict parents, talking by phone is worse!

… Text is too informal, you may quickly deteriorate emotionally and verbally. Email is a much better option. Consider leaving email in draft box if you are upset when you write to OP. Review email before sending. The only acceptable Text is an FYI Text. For example…

- *FYI, I am running 10 minutes late, Sam's baseball practice ended late.* This text is informational, IT DOES NOT REQUIRE A RESPONSE BEYOND… *"Got It"* or *"Thanks"*

- *FYI, Katie complained about your girlfriend's son being mean to her, I told her to bring this up to you.* Response is *"Got It" or "Thanks"*

- *FYI, Tonight is the band concert and Tanner's black slacks are at your home. Please confirm that you will bring them 30 minutes early to the concert and give them to him. He has his phone on to meet you.* Response is *"I will be there".*

(Use your workbook and write an email using the structure provided in workbook)

Electronic Communication

WEEK OF 09-15-2017

- ***Physical Health: Gillian complained of a sore throat last night, her best friend has strep… Also, can I get a copy of her new insurance card?***
- ***Emotional Health: Teacher said Gillian was crying at school Tuesday, she also had the divorce group that same day.***
- ***School: She has spelling, needs reading log signed on your week.***
- ***Social: She was invited to her cousin's birthday party (during your parenting time). This is your decision.***
- ***XC: I signed her up for soccer, your half is $35.00, I sent in my portion yesterday.***
- ***Belongings: If she left the red sweater at your house, please return.***
- ***Schedule: I will have her Tuesday night since it is my birthday, I will get her from school and return her by 7:30 pm to your house.***
- ***Other: She is asking about a dance class. I told her we had not emailed about the class and until we could decide, she needed to be patient. Our decision is needed by 10-01-2017.***

WEEK OF 09-15-2017

- ***Physical Health:***

- ***Emotional Health:***

- ***School:***

- ***Social:***

- ***XC:***

- ***Belongings:***

- ***Schedule:***

- ***Other:***

When either parent chooses to avoid contact

RO **IF NECESSARY, USE PROFESSIONAL SUPERVISED VISITATION OR EXCHANGE.**

PICK A NEUTRAL LOCATION, STAY IN YOUR CAR.

RO **USE A IMPARTIAL THIRD PARTY TO SUPERVISE EXCHAGES AT YOUR HOME.**

RO **USE NATURAL TRANSITIONS IN THE DAILY ROUTINES (SCHOOL, CHILDCARE, ETC).**

AVOID USING LAW ENFORCEMENT PARKING LOT AS IT STRESSES CHILDREN - CHOOSE A BUSINESS THAT HAS VIDEO SURVEILANCE.

RO = Appropriate choice for cases that involve Restraining Orders or Protective Orders.

When you have legitimate fears for you or your child's safety.

TYPE OF DANGER	CONSIDER….	WHO CAN PREVENT PARENTING TIME	ACTION
✓ General and long term concern? ✓ Immediate and life threatening?	✓ You must balance the child's safety with court orders, the rights of the OP, and your child's need for the OP.	✓ Judge or Magistrate ✓ Child Protection ✓ Police	✓ Immediate danger, call 911, request welfare check. ✓ Call Child Protection ✓ Call Attorney

DO . . .

- ✓ Do tell the children about the divorce/separation together, if possible.
- ✓ Do answer the children's questions honestly, while avoiding unnecessary details or putting down the other parent.
- ✓ Do reassure the children that they are not to blame for the divorce.
- ✓ Do tell the children they are loved and will be taken care of.
- ✓ Do encourage a relationship between the child and the other parent.
- ✓ Do give the child permission to love the other parent, do this repeatedly.
- ✓ Do make positive statements about the other parent.
- ✓ Do establish two homes for the children with two fully involved parents.
- ✓ Do include the other parent in school and other activities.
- ✓ Do provide predictability, stability, and routines.
- ✓ Do develop a workable parenting plan that gives the children access to both parents.
- ✓ Do remember that as children age they may need changes to their parenting time plan.
- ✓ DO LET CHILDREN BE CHILDREN.

DON'T . . .

- ✓ Don't argue in front of the children.
- ✓ Don't speak negatively about the other parent in front of or around the child. They will overhear you!
- ✓ Don't use children as pawns to hurt the other parent.
- ✓ Don't use the children to carry messages back and forth.
- ✓ Don't pump the children for information about the other parent.
- ✓ Don't ever ask a child to take something from the other parent's home, even if the item is yours.
- ✓ Don't put the children in the position of having to take sides.
- ✓ Don't use the children as friends or confidants.
- ✓ Don't try to control the other parent.
- ✓ Don't discuss issues of child support or property with the children.
- ✓ Don't use wedge issues to drive into the relationship between the child and the other parent.
- ✓ Don't play the blame game.
- ✓ Don't have the children sit with you at extra curricular activities when it is not your parenting time. After a few minutes, send them back.

SAFETY OPTIONS

There are situations where a parent is not safe around the other parent nor where a child is safe with that parent.

ADDICTION-

- Attempt to obtain Court Order for monitoring, move to a graduated/ less restrictive plan, as appropriate. Request Order for updates from professionals that OP is treatment and/or medication compliant.
- Addiction is a disease process, not a character flaw- children need protection (3rd party monitoring, breathalyzer, hair follicle, saliva, etc.).
- Attend your own therapy and get your children some help as well.

DV/STALKING-

- Attempt to obtain Court Order/Protection Orders (supervised, monitored transition, 3rd party exchange, treatment, etc.).
- Do not relax plan unless you have gone back through Court.
- Use Parent Communication APP,
- Seek out your own therapy and get your kids in treatment as well.

MENTAL ILLNESS-

- Attempt to work with Court or family members- most MI waxes and wanes, be flexible, if possible when OP is stable.
- Educate yourself and children about MI, if age appropriate.
- Treatment (Request Court Order that provides you with professional updates that OP is treatment and medication compliant).

SEVERE JEALOUSY-

- Do not bring BF/GF to transition the children, this only incites hostility and makes everyone unsafe. Use other options for support during transition.

NAÏVE ALIENATORS

- ❑ Majority of parents do this briefly, they know better, but say negative things to children, rarely act out.
- ❑ Lasts a short time, usually during initial separation.
- ❑ Capable of separating their feelings from children.
- ❑ Secure in their relationship with children.
- ❑ Respect Court's Orders for access & parenting time.
- ❑ Ability to let anger and hurt heal and not allow it to interfere with the child's relationship with the other parent.
- ❑ Have the ability to be flexible and work with the other parent when not angry or hurt.
- ❑ Have the ability to allow the other parent to share in child's activities.
- ❑ Have the ability to share medical and school records.

ACTIVE ALIENATORS

- ❑ Know better, but impulsively make statements or act out in such a way that their children hear negative and hostile things about OP.
- ❑ Later, Active Alienator parent feels guilty about their actions and may attempt to improve their behavior at next transition. Often cyclical, but can be chronic, unlike Naïve Alienators.
- ❑ They lash out at the other parent in front of children.
- ❑ They have difficulty with self control and impulsiveness.
- ❑ After calming down they know they were wrong. They usually try to repair the damage with the child, but they don't apologize to OP.
- ❑ They can be very comforting and supportive of the child's relationship and feelings about the other parent when feeling more secure.

CHECK ANY BOXES THAT APPLY TO YOU OR OTHER PARENT

OBSESSIVE ALIENATOR:
This is the most serious form of psychological abuse – one judge has referred to "Obsessive Alienators" as – "Parental Terrorists"

Subtype III OBSESSIVE ALIENATOR

- **Obsessed with destroying the child's relationship with the rejected parent. They have succeeded in enmeshing the child's personalities and beliefs about the other parent with their own.**
- **Children ages 8-12 the most vulnerable for alienation.**
- **The rejected parent and often the child cannot tell you any legitimate reasons for the child's feelings and behaviors.**
- **No one, especially the Court can convince the Obsessed Alienator that they are wrong. Anyone who tries will be the enemy.**
- **Enlist the support of family members, quasi-political groups, churches, or friends- convince others the children have been victimized by the OP.**
- **They have an unquenchable anger because they believe the targeted parent has victimized them and the child. They state an unwavering intent to do "whatever is necessary" to protect their child.**
- **They have a desire for the Court to punish the other parent with Court Orders that interfere with the relationship with the child.**
- **They are frequently consumed about the property or money that the rejected parent may obtain from the divorce.**
- **<u>The Court's authority does not intimidate or impress them</u>.**

Thank you for coming- key points to take on your new journey towards lower conflict

In Parallel Parenting each parent assumes total responsibility for the children during the time they are in his/her care.

To keep conflict low, adopt a business like manner for all communication. Transitions should always be times of low conflict.

Each parent follows a policy of "Non-Interference" with the other parent, even if child wants to be with the other parent.

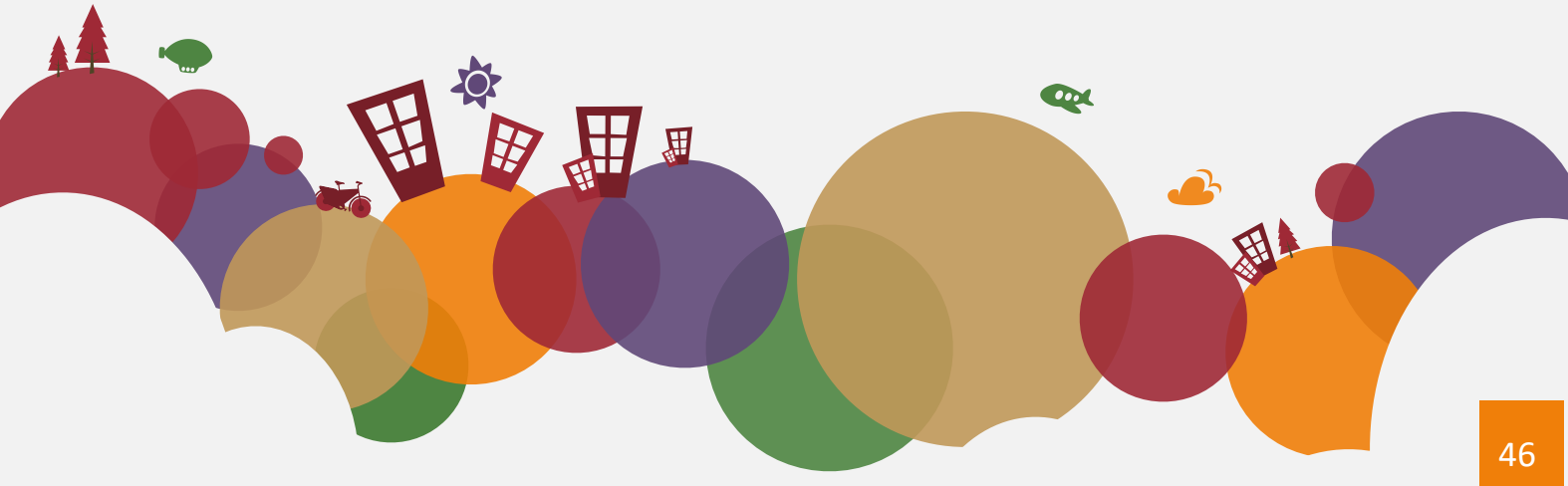
Only the court, child protection, or the police can make a decision to prevent parenting time.

Parallel Parenting is Adult Focused / Co-parenting is Child Focused. You have to get good at Parallel before you can move to Co-Parenting.

Children can heal if you heal with them, if you don't promote healing the consequences can last a life time.

Thank you for attending-

Please complete the evaluation form and pick up your graduation certificate.

Please remember it is your responsibility to file your graduation certificate with the court.

Best wishes to you and your family!