

# ***HIGH CONFLICT DIVERSION PROGRAM***

## ***STRATEGIES FOR COMMUNICATION AND NEGOTIATING HIGH CONFLICT DIVORCE***

- INSTRUCTORS:** Brook Olsen, HHP / SEP  
Nicola M-L Ranson, MSW  
Licensed Clinical Social Worker
- MEETING DAYS:** Wednesday or Thursday Evenings
- MEETING TIME:** 7:00 pm - 9:00 pm
- MEETING LOCATION:** Wednesday: 3343 Fourth Ave., San Diego, CA 92103  
Thursday: 227 N. El Camino Real, Suite 103,  
Encinitas, CA 92024
- COST:** \$35 per week
- CERTIFICATE:** Certificates are issued upon completion of the program which requires six weeks of attendance.

Note: If both parents choose to attend this class, they will attend on alternate weeks or days.

This High Conflict Diversion Program offers strategies for effective communication and negotiation for families experiencing divorce. Nearly one in three divorces results in high conflict. When a high conflict divorce occurs, the children involved have no sense of safety.

The purpose of this program is to:

- impart effective communication skills required to negotiate high conflict divorce.
- help redirect the thinking and beliefs of at least one parent.
- get the parent/parents to direct their attention to the growth and parenting of the children.
- give the children a sense of safety and continuity in their world.
- help empower the parents to empower the children to express themselves in a healthy and more appropriate manner.

In a high-conflict divorce, the lives of the parents are spent in a state of high alert. If the parents' focus can be diverted from the issues surrounding the divorce, and redirected

towards the well-being of the children during this time of chaos and upheaval, the issues surrounding the conflict can start to settle.

When parents are involved in their divorce process in a manner that enables them to realize that they are not powerless, and have control of their situation outside of the court system, they begin to focus on the future and to think in terms that support their involvement in a positive manner.

The major concepts taught in this program are:

- Communication skill sets for dealing with a high conflict former spouse.
- Non-contact with other parent (visual or verbal).
  - Every contact equals 72 hours of “spin”.
  - Fewer contact points during week with child exchanges (pick-up and drop-off).
  - Working through professionals (counselors, doctors, etc.) in order to obtain statements regarding “state-of-mind” or circumstantial situations.
- Parallel Parenting
  - Mom’s house (Rules)
  - Dad’s house (Rules)
- Empowerment
  - Parent
    - Letting go
    - Planning for the future
    - New ways of thinking
    - Healthy boundary setting
    - Healthy communication with your children
    - Parenting skills
  - Child
    - Positive anticipation
    - Clarifying new boundaries
    - Planning the future

For additional program information and registration, please contact Brook Olsen at [brook@brookolsen.com](mailto:brook@brookolsen.com), or call (760) 402-6082.