

HIGH CONFLICT DIVERSION PROGRAM

STRATEGIES FOR COMMUNICATION AND NEGOTIATING HIGH CONFLICT DIVORCE

INSTRUCTORS: Brook Olsen H.H.P. / S.E.P.

Nicola Ranson L.C.S.W. / S.E.P.

MEETING DAYS: 2nd & 4th Thursday of every month

Meeting Time: 7:00pm - 9:00pm

MEETING LOCATION: 227 N. El Camino Real, Encinitas, Suite 103

COST: \$35

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, often because neither of the parents have a sense of safety or any semblance of control over the circumstances surrounding their situation.

The purpose of this support group is to:

- Impart effective communication skills required to negotiate high conflict divorce.
- Help redirect the thinking and beliefs of at least one parent.
- To get the parent/parents to direct their attention to the growth and parenting of the children.
- To give the children a sense of safety and continuity in their world, and
- To 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. As such, little time is spent tending to the needs of the children. If the parent's focus can be diverted away 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.

The court system creates an atmosphere and culture of distrust and victimization. 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 ex-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).
 - Clean up court orders (i.e.: clarify times and dates for holidays and vacations so there isn’t room for “interpretation”).
 - Working through professionals (counselors, doctors, etc.) in order to obtain professional 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, or call (760) 402-6082.

Note: Parents do not attend this class on the same day. If both parents choose to attend this class, they will attend on alternate weeks. This is a six week certificated class and a certificate is issued reflecting their completion of the program at the end of six weeks of attendance.