

## **High Conflict Diversion Program**

Taught by Brook Olsen  
2<sup>nd</sup> and 3<sup>rd</sup> Thursday of every month

The purpose of this support group is to help redirect the thinking and beliefs of at least one of the parents, to get them 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.

When a high conflict divorce occurs, as it does in nearly 1 in 3, the children have no sense of safety, often because neither of the parents have a sense of safety. The parent's lives are spent in a high state of alert and as such little time is spent tending to the needs of the children. During this time of chaos and upheaval, if we can divert the parent's focus away from the fight and toward the wellbeing of the children, everything can begin to settle. The Attorneys and the court system create an atmosphere and culture of distrust and victimization. When we can get the parents involved in away that they can see that they are not powerless, that they can take control of the situation outside of the court system they begin to focus on the future and begin to think outside of the box that has kept them stuck in the fight.

The Major concepts taught in this program are:

- Non contact 2ith the other parent
  - 72 hours of spin happens with every contact
  - Fewer contact points during week with child exchanges
  - Clean up court orders
  - Working through professionals
  
- Parallel Parenting

- Moms house (Rules)
- Dads house (Rules)
  
- Empowerment
  - Parent
    - Letting go
    - Planning for the new future
    - New ways of thinking
    - Healthy boundary setting
    - Healthy Communication with your children
  - Child
    - Positive anticipation
    - Parenting Skills
    - Boundary setting for the children
    - Planning futures

For Information on this program contact Brook Olsen @  
[brook@brookolsen.com](mailto:brook@brookolsen.com) or call (760) 402-6082