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High-Conflict Co-Parenting *Syllabus*



Parent & Co-Parenting Class Course Content

This course syllabus is for all parenting and co-parenting class programs. The duration of programs includes the same topic headings but vary in depth of information on each topic. Quizzes to reinforce the material are interwoven skill-building activity exercises. The final exam ensures a quality educational experience.

Chapter 1

1. Orientation
2. Introduction to Program
3. Purpose and Benefits
5. Course Enrollment Certificate
6. Receiving Course Credit
7. Course Evaluation

Chapter 2

1. Better Co-Parenting Through Communication
2. Effects of Divorce
4. Transitioning for Spouses to Co-Parents
5. Boundaries Parallel and Co-parenting Plans
6. (7) Apps to keep You Out of Court
7. Parenting Styles

Chapter 3

1. What Does Healthy Co-parenting Look Like?
2. Helping Kids Manage Their Feelings
3. Children and Divorce
4. Repairing a Relationship with Your Child After Divorce
- 5.) Coping with Divorce Stress and How to Help Kids
- 6.) Keys to Mindful Co-Parenting
- 7.) Mindful Co-parenting Tips

Chapter 4

1. Recognizing Stress in Kids
2. Stress Symptom Checklist
3. Defining stress and its causes
4. The effects of stress on your productivity
5. How your body responds to stress
6. Stress-related symptoms and costs
7. Increase your resilience by taking control
8. Changing behaviors, attitudes, and feelings
9. Changing your habits and lifestyle
10. Managing stress with self-help techniques
11. Breathing exercises

Chapter 5

1. What is assertiveness?
2. How assertive are you?
3. Setting goals for assertive behavior
4. How to be assertive
5. Skills for providing corrective feedback
6. Skills for coping with criticism
7. Strategies for dealing with anger
8. Dealing with your own anger
9. Dealing with other people's anger
10. The assertiveness pitfall

Chapter 6

1. Common Parenting Mistakes

Chapter 7

1. Putting It All Together
Examination

