

Parenting Coordination: The First 6 Weeks

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Primary Goals for PC

Resolve Disputes



Effectively implement the Parenting Plan



Teach parents how to resolve disputes in the future

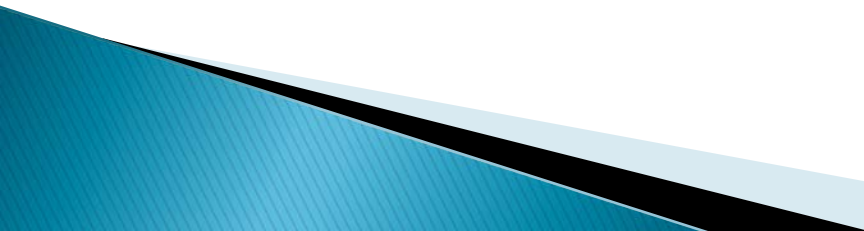


Reduce stress on parents and children

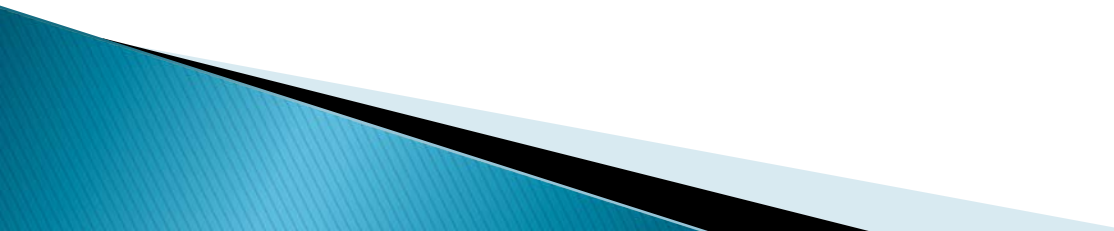


Reduce entrenched destructive conflict and reorganize a more effective co-parental relationship

Goals for the first 6 weeks

- ▶ Calm the waters!
 - Address immediate issues effectively
 - Make sure a time sharing plan is in place
 - Let parents know we have a plan for proceeding
 - ▶ Set proper client expectations
 - ▶ Prioritize issues and set a proper agenda
 - ▶ Establish clear boundaries for the process and the role of the PC
 - ▶ Incorporate children's voices
 - ▶ Understand past communication patterns and sources of conflict
 - ▶ Identify barriers to success and develop plan for addressing
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Goals for the first 6 weeks (cont.)

- ▶ Begin the shift to individual accountability
 - ▶ Begin modeling co-parent communication as well as boundaries, transparency , etc.
 - ▶ Introduce clients to communication and conflict resolution concepts
 - ▶ Infuse some reality into the situation
 - ▶ Increase client interest in and commitment to the PC process
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Services the first 6 weeks

Initial parent interviews

Review communication records

Time sharing calendar

First joint session with parents

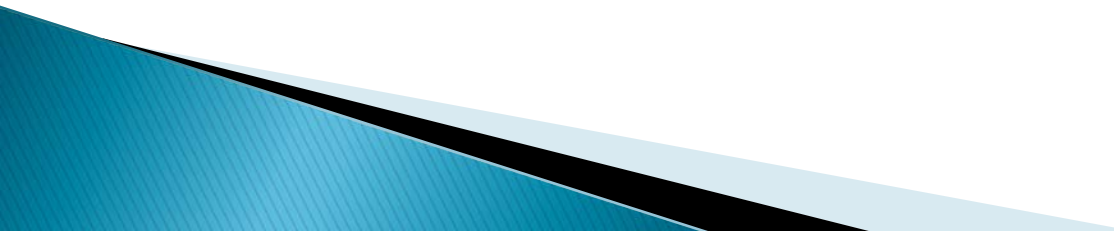
Individual interviews with children (optional)

Positive Solutions for Shared Parenting class

Individual session with each parent

Second joint session with parents


Individual parent interview–Why

- ▶ Adjust client expectations for process
 - ▶ Set boundaries for the process
 - ▶ Understand client perspective
 - ▶ Identify others on the family team
 - ▶ Assess parent and co-parent skills
 - ▶ Assess communication skills
 - ▶ Assess insight into their conflicts
 - ▶ Assess insight in to own behavior
 - ▶ Assess insight in to other parent's concerns
 - ▶ Goals for the process
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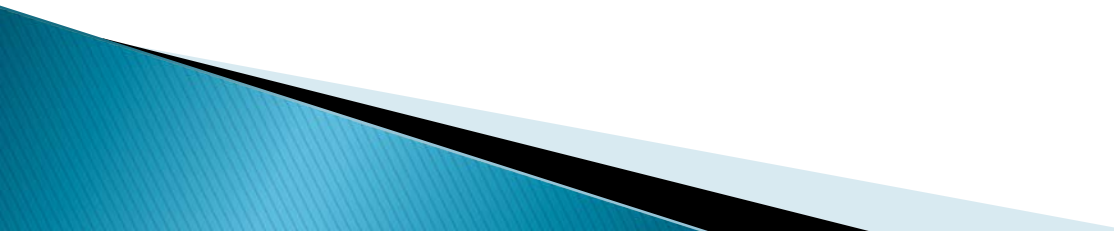
Individual parent interview–How

- ▶ Appointment confirmation
 - List of documents to bring
 - Goals
 - Court order
 - Retainer agreement
 - PC agreement
 - Contact info for doctors, teachers, lawyers, etc.
 - List of documents to bring to future sessions
 - Child and Adult history forms
- ▶ Traditional MH interview with informed consent, rapport building, and history taking

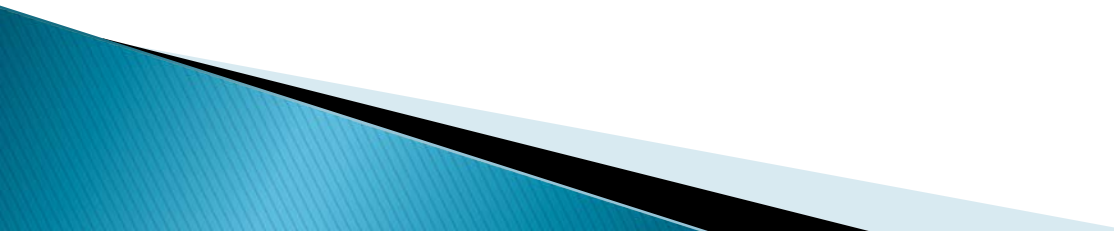
Individual parent interview–How

- ▶ What is PC?
 - ▶ Review the Court Order, PC agreement, Retainer agreement
 - ▶ Do not review their documents then
 - ▶ Do not review their history forms then
 - ▶ History focused on co-parenting relationship and the children
 - ▶ What will the other parent say about you?
 - ▶ Develop list of goals / Review and compare with list parent brought in
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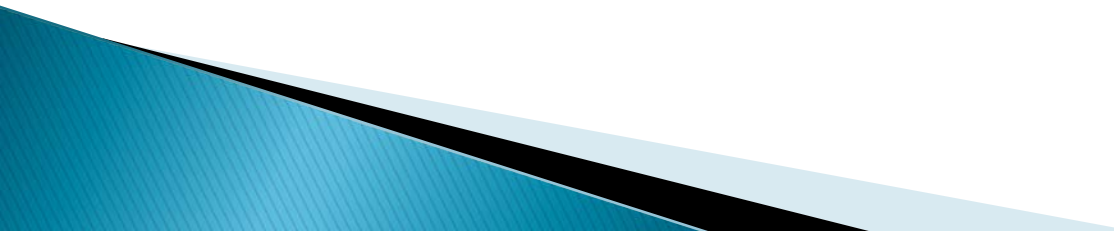
Review records–Why

- ▶ How have they really been behaving?
 - ▶ How far will they go?
 - ▶ Pattern of communication
 - ▶ Types of conflict
 - ▶ Prevailing emotions
 - ▶ Positive communication
 - ▶ Individual communication problems and strengths
 - ▶ Children's exposure
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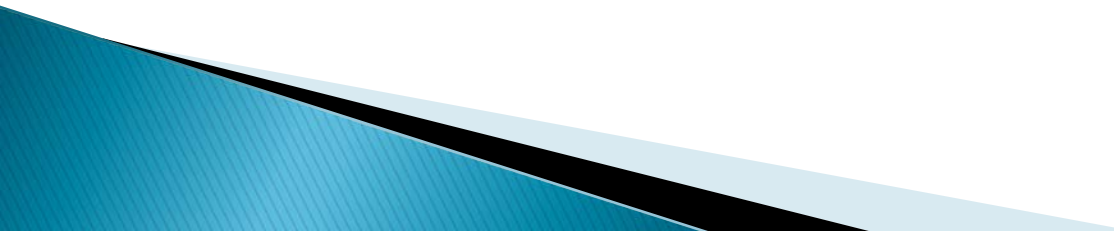
Review records–How

- ▶ Focus on 6 to 12 months of communication records
 - ▶ Psychological evaluations
 - ▶ Guardian ad Litem reports
 - ▶ Therapist records
 - ▶ School records
 - ▶ Lawyer correspondence
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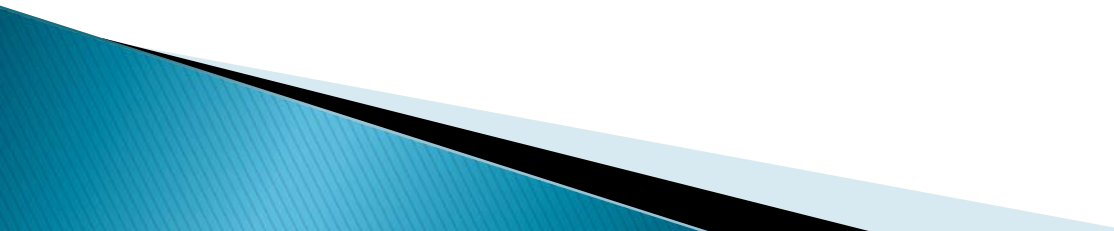
Time sharing calendar–Why

- ▶ Give us some room to work
 - ▶ Avoid last minute holiday crises
 - ▶ Identify confusing or contradictory language in the Parenting Plan
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Time Sharing Calendar–How

- ▶ Carefully review the Parenting Plan
 - ▶ Become familiar with the calendar system the parents are using
 - ▶ Develop an initial calendar on paper, online, on computer
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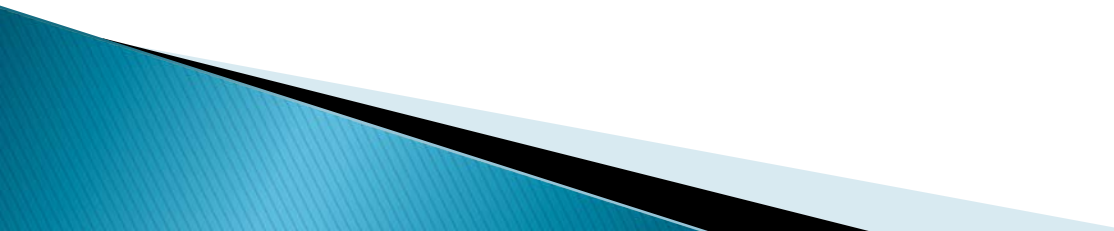
First joint session with parents– Why

- ▶ Set framework and expectations again
 - ▶ Assess how the parents do in the room together
 - ▶ Create a Master Agenda for the process
 - ▶ Resolve immediate issues
 - ▶ Teach and model (i.e., setting agendas, using bullet points, listening, not interrupting, etc.)
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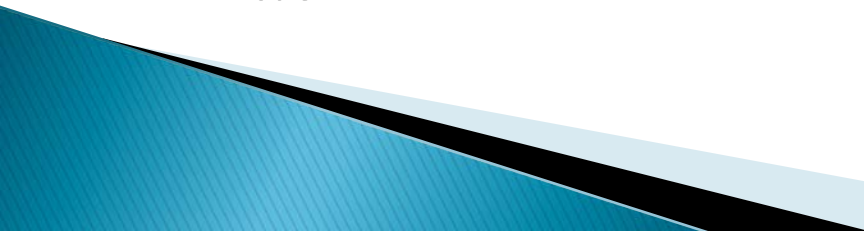
First joint session–How

- ▶ Discuss in session behavior
- ▶ Share goals with each other
- ▶ Establish initial parameters for their communication system
- ▶ Prepare for the second joint session
- ▶ Resolve immediate issues
- ▶ The notebook:
 - personal calendar
 - MSA or other governing documents
 - school calendar
 - all PC agreements
 - any other necessary item for any discussion

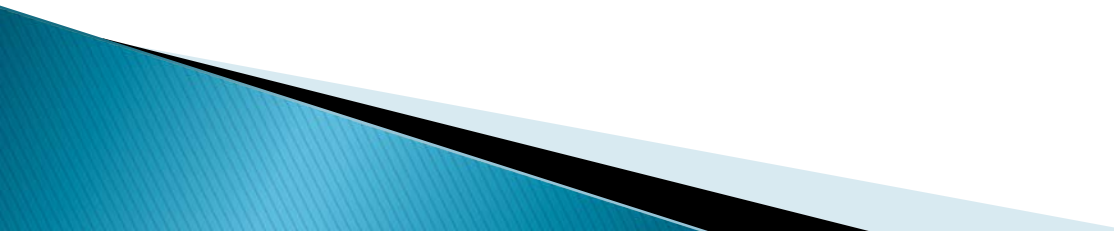
Interviews with children–Why

- ▶ View of the conflict
 - ▶ View of relationship with each parent
 - ▶ Effect of the conflict
 - ▶ Sometimes specific questions about the children or their desires
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Interviews with children–How

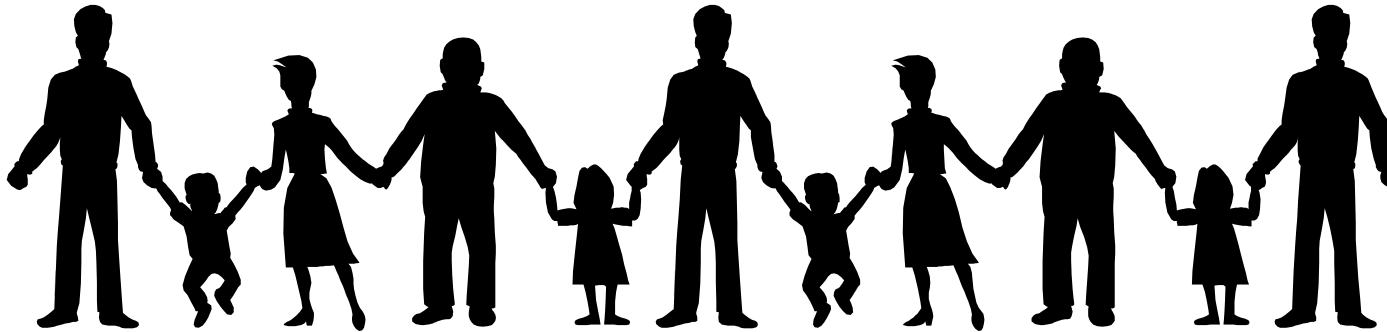
- ▶ Individual meetings
 - ▶ Parent consent to confidential communication
 - ▶ Offer confidentiality of communication to the child but . . .
 - “Help me help your parents”
 - ▶ What do you want Mom and Dad to know
 - ▶ What do you want Mom and Dad to do differently
 - ▶ Make a list together to take back to Mom and Dad
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Class-Why

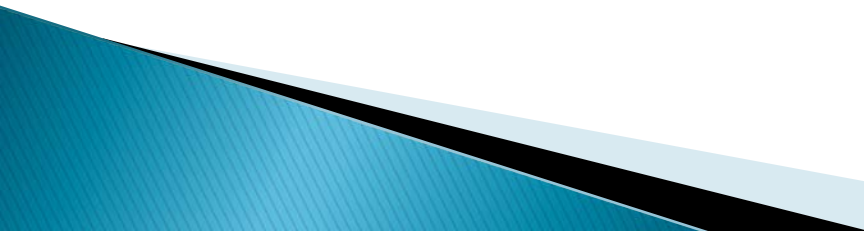
- ▶ Need to learn common concepts related to divorce and co-parenting
 - ▶ Need to begin making perceptual and attitudinal shifts
 - ▶ Need to be introduced to new skills for conflict resolution
 - ▶ Why not in sessions, through books, etc.?
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Class-How?

- ▶ Positive Solutions for Shared Parenting (PSSP)
- ▶ Developed with Dr. Barbara Kelly



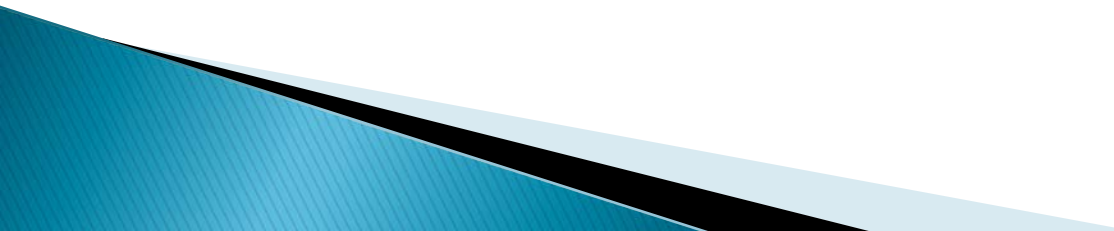
PSSP: ROADMAP FOR YOUR COPARENTING RELATIONSHIP

- ▶ *Change from an intimate to a co-parenting relationship*
 - ▶ *Determine your personal issues that interfere with co-parenting*
 - ▶ *Learn to manage your emotions*
 - ▶ *Become child-focused and allow your child to love both parents*
 - ▶ *Learn specific skills to reduce conflict and negotiate agreements*
 - ▶ *Apply concrete changes to your everyday co-parenting life*
 - ▶ *Have a well written Parenting Plan*
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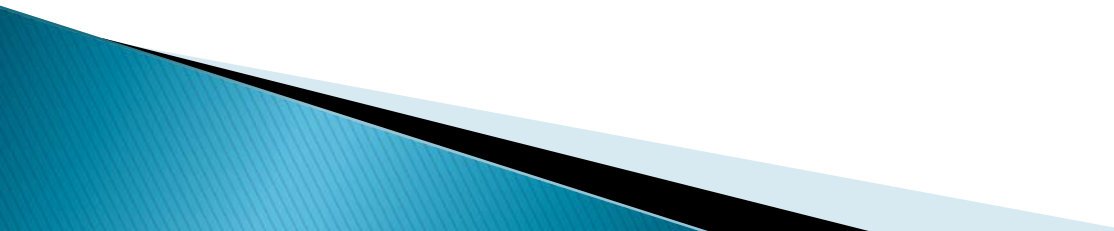
Individual Parent Session–Why

- ▶ Begin to articulate the plan for making long term changes in the co-parenting relationship

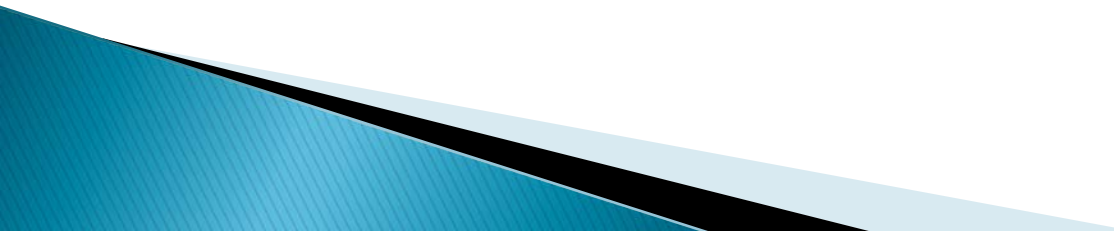
Individual Parent Session–How

- ▶ Only permit discussion about the parent in the session
 - ▶ Give feedback on that parent's conduct in the joint session
 - ▶ Give feedback on that parent's contribution to communication problems
 - ▶ Describe improvements that parent needs to make and how to do that
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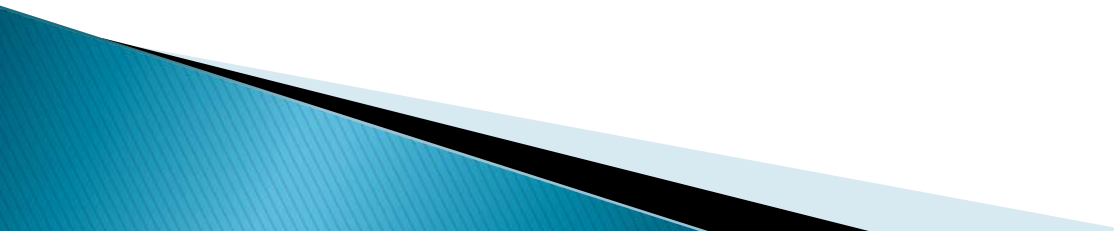
Second joint session – Why

- ▶ Main purpose: Develop time sharing calendar for 3 to 9 months
 - ▶ Begin identifying problem language in the Parenting Plan
 - ▶ May also resolve immediate, time sensitive issues
 - ▶ Determine future of PC sessions
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Second joint session–How

- ▶ New agenda items
 - ▶ Practice bullet point
 - ▶ Select items for discussion
 - ▶ Resolve time sensitive issues
 - ▶ Complete the calendar for at least 3 months
 - ▶ Discuss future of PC
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Problems

- ▶ Fees
 - ▶ Timing of interventions
 - ▶ Scheduling conflicts or cancelled appointments
 - ▶ Class scheduling
 - ▶ This just gets you started!
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Summary

- ▶ PC needs to be a structured process
 - ▶ Be ready to work intensively immediately
 - ▶ Have clear ideas for why you are using the interventions you are and what you hope to accomplish with each
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