Seminar Information

Letter to Leaders

Crossroads of Parenting & Divorce Overview	vi
Overall Goal of the Seminar	vi
Benefits of the Seminar	vii
Learning Objectives of the Seminar	vii
Legal Terminology	viii
Setting Up Your Seminar	X
Length of the Seminar	X
Attendance	X
Seminar Size	xi
Preparation of the Room	xi
Seating Arrangement	xi
Sensitivity to Parent Differences	xi
Using the Leader's Guide	xii
Materials & Equipment	xii
Crossroads of Parenting & Divorce Seminar Activities Summary	xiii
About the Authors	xiv
Crossroads of Parenting & Divorce Seminar Step 1: Keep Your Child Out of the Middle	1
Welcome	
A. Introduction	2
B. Why Are You Here?	
Activity: What Is a Divorce?	
Activity: What is a Divoice:	
C. "So, what exactly is divorce abuse?"	
•)
Step 1: Keep Your Child out of the Middle	_
A. How it Feels in the Middle	
Activity: Forced to Choose	
B. Ways Children Get Caught in the Middle	
OPTIONAL Activity: Self-Esteem Balloon	
C. Step 1 Summary	
D. Divorce Rules	
D. Divorce rules	10
Step 2: Allow Your Child to Love Both Parents	17
A. Value the Other Parent	
Activity: Positive Parenting Qualities	
OPTIONAL Activity: Two Are Better than One	
B. Avoid Negative Assumptions About the Other Parent	
C. Respect Your Child's Need for the Other Parent	
D. Show Acceptance of the Other Parent	
E. Show Acceptance for Two Homes	
F. Step 2 Summary	

Table of Contents —

Step	3: Work on Your Own Recovery	25
Α.	Give Yourself Permission to Grieve	
	Let Go of the Past	
	Disengage from Your Former Partner	
	OPTIONAL Activity: Engaged Through Revenge	
	i. Remaining Engaged: Focus on Getting Revenge	
	ii. Remaining Engaged: Focus on Winning	
	iii. Remaining Engaged: Focus on Control	
	iv. Remaining Engaged: Play the Role of the Victim	33
D.	Value Your Positive Memories	34
	Activity: Positive Memories	34
E.	Manage Your Anger	
	OPTIONAL Activity: I Can't	
F.	Step 3 Summary	36
tep	4: Develop New Communication Skills	37
A.	Creating New Expectations around Communication	38
В.	Communication Techniques	39
C.	Reactions to Being Attacked	41
D.	"I" Statements	42
	Activity: Practicing "I" Statements	44
E.	Use Reflective Listening	45
	Activity: Reflective Listening Practice	45
F.	Learning to Negotiate	47
	Activity: Negotiating Agreements	52
F.	Step 4 Summary	54
		55
A.	Re-align as Co-Parents	56
	Demonstration: The Difficulty of Change	56
В.	Minimize Negative Influences	57
C.	Use a Business Relationship as a Model	57
D.	Clarify Boundaries	
	OPTIONAL Activity: Clarifying Boundaries	
E.	Be Dedicated to the Future	60
F.	Step 5 Summary	62
G.	Closing	63
	Activity: Certificate Ceremony	63