

## Seminar Information

<b>Letter to Leaders</b> .....	v
<b>Crossroads of Coparenting Overview</b> .....	vi
Goal of the Seminar .....	vi
Benefits of the Seminar .....	vii
Learning Objectives of the Seminar .....	vii
<b>Legal Terminology</b> .....	viii
<b>Setting up Your Seminar</b> .....	ix
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
<i>Crossroads of Coparenting</i> Activities Summary .....	xiii
<b>About the Authors</b> .....	xiv

## Crossroads of Coparenting Seminar

<b>Welcome</b>	
A. Introduction .....	2
B. Why are you here? .....	2
Activity: What is a divorce? .....	2
Activity: Greatest Influence .....	4
C. Emotional abuse? .....	5
<b>STEP 1: Keep Your Child Out of the Middle</b> .....	6
A. How it Feels in the Middle .....	6
Activity: Forced to Choose .....	7
B. Ways a Child Can Get Caught in the Middle .....	9
OPTIONAL Activity: Self-esteem Balloon .....	12
C. Step 1 Summary .....	18
D. Divorce & Separation Rules .....	18
<b>STEP 2: Allow Your Child to Love Both Parents</b> .....	19
A. Value the other parent .....	20
Activity: Positive Parenting Qualities .....	21
Activity: Two are better than one .....	21
OPTIONAL Activity: Chair Activity .....	22
B. Avoid negative assumptions .....	23
C. Respect your child's need for the other parent .....	25
D. Show acceptance of the other parent .....	26
E. Show acceptance for two homes .....	27
OPTIONAL Activity: Respecting the Parent-in-Charge .....	28
F. Step 2 Summary .....	24

# Table of Contents

<b>STEP 3: Work on Your Own Recovery</b>	29
A. Give yourself permission to grieve.....	30
B. Let go of the past .....	31
C. Disengage from your former partner.....	32
OPTIONAL Activity: Engaged through Revenge .....	33
i. Remaining Engaged: Focus on getting even. ....	34
ii. Remaining Engaged: Play the role of victim. ....	35
D. Value your positive memories .....	36
Activity: Two are better than one .....	37
E. Manage your anger .....	37
OPTIONAL Activity: I Can't.....	38
F. Step 3 Summary.....	40
<b>STEP 4: Develop New Communication Skills</b>	41
A. Creating New Expectations around Communication.....	42
B. Communication Techniques .....	44
C. Reactions to Being Attacked .....	46
OPTIONAL Activity: Cost-Benefit of Blaming.....	47
D. "I" Statements.....	48
Activity: Practicing "I" Statements.....	49
E. Reflective Listening .....	50
Activity: Reflective Listening Practice .....	51
F. Learning to Negotiate .....	53
Role-play: Review (Who Does What by When) .....	57
Activity: Negotiating Agreements.....	59
G. Step 4 Summary.....	61
<b>STEP 5: Create a New Relationship as Coparents</b>	62
A. Realign as coparents.....	63
Demonstration: The Difficulty of Change .....	64
B. Minimize negative influences. ....	65
C. Use a business relationship as a model.....	65
D. Clarify boundaries. ....	66
OPTIONAL Activity: Clarifying Boundaries.....	66
E. Be dedicated to the future.....	67
Shielding Children from Financial Stress .....	69
Coparenting Rules .....	72
OPTIONAL Activity: Your Legacy .....	73
F. Step 5 Summary.....	73
G. Closing .....	74
OPTIONAL Activity: Certificate Ceremony.....	74
<b>HANDOUTS</b>	75