



## The Hoffman Bausek Gr

### **Two Homes, One Family:**

#### **Co-Parent Communication Consulting Program**

This Communication's Consulting program is an interdisciplinary approach to providing parents professional aid in navigating co-parenting challenges. Consultants will work concurrently with parents to educate on three core components of communications in co-parenting: establishment of ground rules in communication; creation of common narrative, creation of co-parenting ground rules. In contrast to Bridging Two Homes, parents will receive individual aid from coaches between sessions to ensure tools and ground rules are being adhered to. This program provides a component where significant others of parents are given an opportunity to participate. In addition, this program will offer a confidentiality component to parent's who have voluntarily agreed to participate. For those court ordered, consultants will provide reports like those generated in other co-parent programs.

#### I. Overview

- a. Initial individual intake will be held with each co-parent to develop both repertoire and understanding to the specific needs and concerns of the parent. During this session, parent and Consultant will review a Safety Screening form and go over structure of program with the co-parent(s). Consultants may meet with parties individually at the Consultant's discretion. Consultants will also conduct individual check-ins with the co-parents.
- b. Co-parent group sessions with other co-parents will create a linear framework, where consultants will work with parents to understand the mechanics of constructive communication leading toward the establishment of common understanding meant to promote the creation and implementation of ground rules.
- c. After individual and group sessions, the co-parents may meet together with the consultants to collaborate and identify barriers and successes that is tailored to their specific needs.

- II. Session Topics
  - A. Establishment of ground rules in communication
    - i. Discussing the creation of beliefs
      - 1. Emotion-driven narrative
        - i. Impact of emotion on beliefs
        - ii. Impact of beliefs on defining terms in co-parent dynamic
          - A. Defining “Conflict”
          - B. Defining “Power” vs. “Empowerment”
          - C. Defining “Influence”
          - D. Defining “Truth”
          - E. Defining “Narrative”
        - iii. Impact of court on beliefs
      - 2. Assigning emotions to correlating beliefs
        - i. Healthy correlation of emotion to beliefs
        - ii. Addressing confidence
        - iii. Addressing identification of self and co-parent
      - 3. Identifying which beliefs will aid in communication
      - 4. Properly addressing beliefs with co-parent
    - ii. Framework for healthy communication
      - 1. Concept of “Inviting Conversation”
        - i. Creating a safe space for communication by:
          - A. Identification of topic
          - B. Identification of sub-topic
          - C. Provision of acknowledgement
          - D. Provision of timeframe for response
      - 2. Concept of Active Listening
        - i. Dismantling fear-based communication by:
          - A. Implementing acknowledgment and validation in communication
          - B. Implementing the dispute resolution tool of “reflecting”
            - a. Demonstration of active engagement
            - b. Discipline of mindfulness in recognition of emotional response.
          - C. Implementing the dispute resolution tool of “reframing”
            - a. Demonstration of a willingness to hear and address core concerns.
            - b. Discipline of not reacting to an emotionally-driven statement.
          - D. Implementing the dispute resolution tool of “refocusing”
            - a. Demonstration of ability to remain focused toward solution.
            - b. Discipline of maintaining healthy boundaries within communication.
- B. Creation of Common Narrative
  - i. Utilizing tools of Active Listening to develop narrative

1. Introduction of topic for conversation utilizing “inviting conversation”
  2. Practice of utilizing grounded vs. reactionary chart.
  3. Identification of concern voiced by parent
    - a. Utilizing the tool of “reframing” to address core issue.
    - b. Utilizing the tool of “reflecting” to ensure core issue has been properly identified
    - c. Utilizing open-ended questions to work toward compromise on topic.
    - d. Taking compromise and creating ground rule.
  4. Identification of concern voiced by child to parent
    - a. Utilizing tools of active listening with children
    - b. Inviting conversation to parent for clarification on communication.
    - c. Unified solution to address concern
  5. Healthy accountability
    - a. Necessity of maintaining ground rules
    - b. Necessity of maintaining boundaries in communications
- C. Creation and implementation of ground rules
- i. Why are ground rules important?
    1. Representation of unified co-parent front to children
    2. Predictability in structure for children
    3. Aiding children in transition between households
    4. Exemplifying to children healthy communication dynamics
  - ii. What ground rules are important?
    1. Ground rules in communication with the parent
    2. Ground rules in approaching decisions for the children
    3. Ground rules in changing decisions for the children
    4. Ground rules in communication with the children
  - iii. Strengthening Parent Plan
- D. Review and creation of Parenting Plan (Optional)