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YouTube Coparenting and High Conflict Intervention Course-Dr.Deena Stacer

This course is designed for parents who are struggling over child sharing and child custody disputes. The course teaches parents to learn the difference between Cooperative and Conflictual Coparenting styles of parenting. Offering parents the alternative of “Parallel Parenting” instead of working toward coparenting (which is doomed to fail with these custody cases). The course helps parents who want to end the conflict to learn that it only take one of the parents to end the conflict and that parenting to the 100th power helps them focus on their own power to end the conflict with the other parent. Parents also learn two rules to control contact and communication with the other parent to reduce conflict.

Parents learn how to disengage from the other parent and learn instead to focus on creating a wonderful bond by getting into their children’s imagination by “Stringing Pearls” with them, finally teaching the parents one important skill of offering them empathy for the struggles they experience as children involved in conflict and often being parented by a parent with a high conflict personality.

- Video 1 Introduction to Online Coparenting Courses** <http://youtu.be/3-8Wam44kHQ>
- Video 2 Defining Cooperative Coparenting** <http://youtu.be/NNC319vZaGI>
- Video 3 Defining Conflictual Coparenting** http://youtu.be/DEkTO0hC_WI
- Video 4 Parallel Parenting Part 1** <http://youtu.be/Tj9zCQgLnxA>
- Video 5 Parallel Parenting Part 2** <http://youtu.be/E413aaOCQAg>
- Video 6 It Only Takes 1 Parent to End the Conflict** <http://youtu.be/umWdEn8toh0>
- Video 7 Parenting to the 100th Power** <http://youtu.be/gS74f7XK2UE>
- Video 8 Rule 1- Controlling Face to Face Contact** <http://youtu.be/9OgEx9daS-s>
- Video 9 Rule 2-Controlling Communication in Writing** <http://youtu.be/Nextqdivpil>
- Video 10 Disengaging From the Other Parent Part 1** <http://youtu.be/ewfQ0aYdpyc>
- Video 11 Disengaging From the Other Parent Part 2** http://youtu.be/E4ASMFo8_sk
- Video 12 Disengaging From the Other Parent Part 3** <http://youtu.be/TkxhhDGhhN4>

Video 13 Stringing Pearls with Your Child Part 1 <http://youtu.be/R83f8mcOyrg>

Video 14 Stringing Pearls with Your Child Part 2 http://youtu.be/7pLIDw_-s1Y

Video 15 The 8 Steps of Empathy <http://youtu.be/OiYHbvb9WhI>

Suggested Questions for Conflictual Coparenting You Tube Video Course

I. Questions for Video 2 - Defining Cooperative Coparenting

1. The conflictual couple:

- A. is able to put their differences aside for the benefit of the children because they loved each other once
- B. Believes that the other parent is defective as a parent
- C. Needs the court's intervention to assist with child sharing issues
- D. Both B & C

Answer: D

2. Cooperative Coparenting can be described as:

- A. Both parents believe that the other parent has the best interests of the children at heart
- B. Both parents need the court's intervention to assist with child sharing issues
- C. Both parents working together to implement their agreement without badmouthing or undermining the other parent.
- D. Both A and C are correct

Answer: D

3. Cooperative Coparents believe that:

- A. both parents, in spite of heated debate, will eventually reach a child sharing agreement and both will support it.
- B. Parental conflict is an unnatural part of coparenting
- C. The other parent is a worthy and capable parent.
- D. A and C are correct

Answer: D

II. Questions for Video 3- Defining Conflictual Coparenting

1. You are in a conflictual breakup and your 5 year old daughter is not allowed to see PG-13 rated movies in your home. Your EX allows her to see them, would you:

- A. Have your attorney draft a letter to them insisting that they stop allowing your child to see the PG-13 movies.
- B. Tell the child that the other parent is disrespecting you and hurting them.
- C. Call your EX's mother and ask her to speak to you.
- D. Write a brief note to your EX regarding the issue. Ask the counselor for suggestions on handling your concerns. Let it go if it doesn't get resolved through these methods.

Answer: D

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2. One of the rules for conflictual couples to follow is:

- A. The best child exchange location is at the police station
- B. Parents must exchange a child sharing journal between them for all communication
- C. No face to face communication for a minimum of two years
- D. The parents must give at least one positive compliment to the other parent in writing whenever they communicate

Answer: C

3. Conflictual couples frequently fail at coparenting because:

- A. One of the parents believes the other parent is deficient in skills or has character flaws.
- B. One of the parents is unwilling to share the children
- C. One of the parents demeans or undermines the other parent
- D. All of the above

Answer: D

III. Questions for Video 4 and 5 - Parallel Parenting Parts 1 and 2

1. Parallel parenting is defined as:

- A. A style of coparenting which allows parents to reduce their communication with each other regarding the children.
- B. Giving each parent control over their own parenting time.
- C. Parents not consulting the other about daily routines, rules, or daily decisions regarding the children.
- D. All of the above

Answer: D

2. Parallel parenting can be defined as:

- A. Each parent parents the children in their own way, abiding by their own rules, without constant communication with the other parent
- b) The parents continually communicate with each about minor and major child sharing issues
- c) One parent makes all the decisions, the other parent follows their advice
- d) The child's attorney makes all the decisions

Answer: A

3. Children are best served by:

- a. both parents working together
- b. both parents ending the conflict
- c. conflictual parents parallel parenting
- d. all of the above

Answer: D

4. Traditional approaches to child sharing (coparenting) create conflict because:

- a. the parents are unable to cooperate with each other

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- b. Parents often use the coparenting information to snipe at the other parent
- c. get an adrenalin rush from staying connected to the ex

- d. all of the above

Answer: D

5. Coparenting differs from parallel parenting in the following ways:

- a. coparenting requires that parents talk to each other
- b. coparenting requires that parents agree on their parenting approach
- c. parallel parenting encourages the parents to use their own rules and standards for discipline, homework and parenting.
- d. All of the above

Answer: D

6. One of the parenting strategies in parallel parenting is called:

- a. Early Bird Gets the Worm
- b. Mom's World-Dad's World
- c. He said-She said-off to bed
- d. Don't sweat the small stuff

Answer: B

7. Parallel parenting means that:

- a. Mother and Father create their own rules for bedtime, bath time and homework time
- b. Father and Mother agree on the same rules for both of their homes
- c. Mother and Father have a joint meeting with the children and lay out the rules for the two homes
- d. Father lets mother make up the rules for his home too.

Answer: A

IV. Questions for Video 6 - It Only Takes 1 Parent to End the Conflict

1. In order for conflictual parents to calm down:

- a. they need to take a yoga class
- b. they need to self-medicate
- c. they need to eliminate face to face contact and communication with the ex
- d. they need to do coparenting counseling

Answer: C

T/F

2. Parents are often relieved when they learn that it only takes one parent to save the children and to end the conflict.

V. Questions For Video 7 - Parenting to the 100th Power

1. Parents are often so focused on reacting to the other parent they do not realize that they are giving the other parent all of their energy.

A: Parents can stay focused on the fight to prove to the court professionals that they love their children more than the other parent.

B: Parents can walk away from their children and allow the other parent to raise them because they believe fighting for them will cause more conflict.

C: Parents can disengage emotionally from their children when they are with them so they can stop engaging with the other parent, however they also are emotionally distanced from their children

D: Parents can learn to focus their energy on getting closer to their children and using their time with the children to get into their imagination, teach them skills and pay attention to them when they are together.

Answer: D

VI. Questions for Video 8 and 9 Controlling Contact and Communication

1. One rule for communicating in a conflictual relationship is:

A. The parents must sit next to each other at all child sharing activities

B. Always tell the other parent what is on your mind

C. Have your new mate write all letters/emails from you to the EX, but you sign them

D. Communicate in writing only, with one subject per note or email keeping it to the facts only

Answer: D

2. High conflict couples:

A. Need frequent contact with each other to get over their anger towards each other

B. Most often benefit from six coparenting counseling sessions

C. Should attend parent/teacher conferences together

D. Should practice non-face to face child sharing exchanges (not at the police station)

Answer: D

3. When a parent is "spinning," this can best be defined as:

A. When one of the parents is unable to concentrate on the tasks at hand

B. Physical symptoms which can include: a racing heart, nausea, vibrating, skin crawling

C. Taking a bicycle class to reduce the negative energy you have because of the EX

D. Both A and B

Answer: D

4. Initially, it takes approximately _____ to calm down after every interaction with the other parent.

A. 1 hour

B. 2-3 days

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C. 2 weeks

D. You don't ever calm down

Answer: B

5. Conflictual couples frequently fail at coparenting effectively together because:

A. They don't talk often enough to each other

B. They need more coparenting counseling sessions together

C. They have not yet learned to communicate effectively with each other

D. They are unable to calm down enough to learn to parallel parent instead of coparent

Answer: D

6. One way to end the conflict for the conflictual parents is to

a. Give them a 50/50 child sharing schedule

b. Control their contact and communication

c. Encourage one of the parents to remarry.

d. Both a and c

Answer: B

7. Conflict =

a. contact + communication with the ex

b. one or both parents unable or unwilling to let go of the other

c. parents needing the court's intervention to resolve their child sharing issues

d. all of the above

Answer: D

8. Rules for writing notes:

a. use simple words, write 3-4 letter words, write 5-6 sentences

b. write in a memo format, write the facts only

c. write one subject per note

d. all of the above

Answer: D

9. The rules for calming the conflict down are:

a. eliminate all face to face communication

b. all communication should be in writing

c. Have your attorney write your letters for you

d. a and b

Answer: D

Video 10-12 Disengaging From the Other Parent Parts 1, 2 and 3

1. Doing something differently helps you to change your perception about a normal everyday habit and:

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Answer A: It helps you end the conflict. When you deliberately change routines in any area of your life, you create a ripple effect in other areas of your thinking. All of these answers are good reasons to begin doing something different this week.

Answer B: It changes your unconscious thinking patterns, so you can pay better attention to the thoughts you are not aware of thinking. This helps you become aware of what reactions and thoughts you can change. You can move from feeling powerless to becoming powerful.

Answer C: It helps shake up your routines, so that you can think of a new routine that may be more productive. New routines help you be more efficient in how you manage your life, your children, your work life and your habits.

Answer D: It helps you begin thinking of new ways to react to the other parent, because your old routine of reacting to them has not been productive. By changing a routine in another area of your life, you are freed up with mental ram to change the patterns in all areas of your life, including your thoughts and reactions to the other parent.

Answer: A

2. To change your perception of your ex you can:

- a. Do something different every day
- b. Spend more time enjoying life
- c. Respond to your ex in an entirely different way than you normally do
- d. all of the above

Answer: D

3. One of the important strategies for ending the conflict is to:

- a. change the way you react to your ex
- b. file a request to be given sole legal custody and supervised visits to the other parent
- c. Meet weekly with the ex to discuss the children
- d. Have your family get involved

Answer: A

4. The recommendations for ending the conflict are:

- a. Stop calling or emailing the other parent unless it concerns a specific child sharing change or announcement
- b. hold family meetings to plan activities with your children
- c. go back to school, take a class, read a book or learn a skill that will improve your confidence
- d. All of these

Answer: D

VII. Questions for Video 13 and 14 Stringing Pearls with Your Child Parts 1 and 2

1. When children participate in stringing pearls with you:

Answer A: They will share a closeness with you because they are excited about being with you "forever". They will want to keep doing more pearl stringing because they like the way they feel when they are with you. All of the other answers are correct ones too.

Answer B: They will love being given a voice and a vote in the planning of activities together. They get to make decisions together and share their reasons with you for their choices. They feel listened to and important.

Answer C: They will be drawn into your imagination and you will be drawn into theirs. You will share your ideas about what is important to you and they will share what is important to them. They will

Answer D: Your children will connect more closely to you because they are included in the plans you make together. They will be motivated to behave so they can keep making plans with you.

Answer: A

2. Positive Anticipation can be defined as:

Answer A: Weaving activities together with your children. Creating events, activities and plans with the children so they come to your home excited about being together with you. All other answers also describe positive anticipation.

Answer B: Looking forward to Friday at 5 p.m. when you will be whisked away by a famous movie star who wants to wine you and dine you all weekend long. You are so excited about going with them for the weekend that all you can think about is this coming Friday at 5 p.m.

Answer C: When minor things go wrong during the week but you are not upset by them because you have something so exciting, and motivating that these problems seem insignificant to you.

Answer D: Stringing action steps together that all relate to a positive event that you are planning with your children. You and your children are so excited about this event that you overlook the EX's behavior as ridiculous and stupid, but not worth giving them your time.

Answer: A

3. One of the powerful reasons that Stringing Pearls works is that:

A: Getting into the children's imagination is a fun way to bond with the children.

B: It allows parents to disengage from the other parent. It allows parents to focus their energy on the children instead of the fight.

C: It allows parents and children to win with each other and develop strong connections with each other now and forever.

D: All of the above are valuable reasons that Stringing Pearls is a powerful tool for ending conflict.

Answer: D

VII. Questions for Video 15 - The 8 Steps of Empathy

1. Teaching your children the 8 steps of empathy will help them become nurturing and caring people themselves. When they have a parent who role models caring and empathy, and they are given healthy emotional support while young, they will continue to display this kind of behavior to others as they mature.

a. Teaching your children the 8 steps of empathy helps them understand that you care about their pain and that you are there to help them handle the heavy emotions that may accompany bad experiences, especially if they have a high conflict parent in their lives.

b. Teaching your children the 8 steps of empathy allows your children to feel safer with their emotions. You teach them that they can handle the fear and the rejection that accompanies bad experiences by giving them skills and empowering them.

c. When bad things happen to your children, they will have the capacity and the skills to handle the negative feelings by themselves. They will know how to calm themselves down and how to soothe themselves, when they are being discounted or dismissed by a high conflict or negative person.

d. All of these answers are correct choices.

Answer: D

2. What is step one in the Empathy Chain, and why do we instruct you to say these words?

Answer A: Step one is to say, "Ooh, Ah, and Oh," to your children when they start revealing their painful experiences. The reason you want to use these terms with your children is because you will open the door for them to start sharing their worries, hurts and pain with you, without jumping to fixing the problem before they feel heard.

Answer B: Step one is to say, "Quit being so upset, honey." The reason you say this is because you want them to know that you see they are upset.

Answer C: Step one is to say, "Get over it!" The reason you want to say this to your child is to help them stop being so emotionally fragile.

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Answer D: Step one is to say, "Your Dad/Mom is such an idiot to upset you like this." The reason you want to tell your children this statement is because you want to help them dismiss the other parent's power to hurt them in the future.

Answer: A

3. What are the reasons to tell your children, "This may happen again?"

Answer A: When you say, "This may happen again," you prepare your children to accept that life has its ups and downs. Your children will learn not to be upset when things upsetting happen in their life because they have the skills to handle rough emotions and situation. All of these answers are correct.

Answer B: When you say, "This may happen again, you are telling your children the truth about life. Some experiences are bad or terrible, and some are great and wonderful. You give your children skills to handle these bad situations. You help them stop being victimized and caught by surprise when a new negative event occurs.

Answer C: When you say, "This may happen again," you help your children to build confidence by preparing for and teaching them how to handle numerous negative situations in the future. You help them to think quickly on their feet and to react appropriately without getting hurt.

Answer D: When you say, "This may happen again," you help your child become emotionally prepared to handle scary feelings and heavy emotions because you have taught them how to handle emotions in a safe way.

Answer: A