Cooperative Parenting and Divorce

**TARGET AUDIENCE**

This program is delivered to parents who are separating or divorcing and who are experiencing mild to moderate levels of parental conflict and is intended to impact parents and their child(ren).

**SUMMARY**

Cooperative Parenting™ and Divorce, a video-based program, is designed to improve co-parenting skills and strengthen co-parenting relationships.

**EVIDENCE**

Results from one pre-test / post-test study demonstrated that parents participating in the program experienced improvements in perceived overall relationships and co-parenting abilities and behaviors.

**COMPONENTS**

This program intends to help parents transition from spouse to co-parent; explore the effects of parental conflict on child development; learn anger management, communication, and conflict resolution skills; and explore children's issues in divorce. The course covers the following topics:

- Child Focused or Out of Focus: Commitment to Caring - Learn to be child-focused and explore how conflict hurts children;
- Plan for Peace or Tug of War: Allowing My Child to Love Both Parents - Equalize child's sense of loyalty for each parent;
- Letting Go or Holding On: Changing My Long-Term Role - Disengage from old roles and explore grief and forgiveness;
- Make it Better or Keep it Bitter: Choosing My Personal Path - Create a new, healthy co-parenting relationship;
- Neither Fight Nor Take Flight: Managing My Anger - Explore feelings of anger and learn healthy ways of managing angry feelings;
- Defuse or Light the Fuse: Taking Control of Conflict - Learn conflict management skills;
- All a Winner or Winner Take All: Negotiating Agreements - Learn negotiation skills; and
- Cooperation or Conflict: Co-Parenting is Forever - Strengthen commitment to a future of co-parenting.

The Cooperative Parenting Institute offers classes, or materials are available to purchase for individuals or groups.

**PREVIOUS USE**

Previous use information was unavailable.
Cooperative Parenting and Divorce

TRAINING
No training is required. This program is offered as a service by the Cooperative Parenting Institute or materials can be purchased for individual or group use.

CONSIDERATIONS
Considerations for implementing this program include understanding that program materials will need to be purchased; acquiring participant buy-in; and finding suitable times that both parents can participate, if holding group sessions.

The Clearinghouse can help address these considerations. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

IMPLEMENTATION
If you are interested in implementing Cooperative Parenting and Divorce, the Clearinghouse is interested in helping you! Please call 1-877-382-9185 or email Clearinghouse@psu.edu

TIME
This program consists of 8-weekly, 2-hour classes.

COST
Parent workbooks cost $19.95 each for orders of up to 24 copies. The Cooperative Parenting and Divorce Group Kit for Professionals costs $349 each. For more information on the cost of additional materials, please visit www.cooperativeparenting.com/divorcekit.html

EVALUATION PLAN
To move Cooperative Parenting and Divorce to the Promising category on the Clearinghouse Continuum of Evidence, at least one evaluation should be performed demonstrating positive effects lasting at least one year from the beginning of the program or at least six months from program completion.

The Clearinghouse can help you develop an evaluation plan to ensure the program components are meeting your goals. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

CONTACT
Contact the Clearinghouse with any questions regarding this program.
Phone: 1-877-382-9185 Email: Clearinghouse@psu.edu

You may also contact The Cooperative Parenting Institute of Georgia by mail 1936A North Druid Hills, Atlanta, GA 30319, phone 1-404-273-3370, fax 1-404-982-0006, or email cpiandfamilysolutions@gmail.com or contact The Cooperative Parenting Institute of Pennsylvania by mail 301 West Grove Street, Clarks Summit, PA 18411, phone 1-570-586-5669, fax 1-570-585-6807, email coparent@yahoo.com, or visit www.cooperativeparenting.com/contactus.html

SOURCE
www.cooperativeparenting.com/index.html

www.militaryfamilies.psu.edu

This material is the result of a partnership funded by the Department of Defense between the Office of the Deputy Assistant Secretary of Defense for Military Community and Family Policy and the USDA's National Institute of Food and Agriculture through a grant/cooperative agreement with Penn State University.