



Online Parenting Programs

12 Hour Online High-Conflict Behavioral Skill Training*

Welcome

- Welcome
- Tips To Success
- About the Author

Defining Conflict

- Understanding the Differences
- Anger
- Anger Management
- Conflict
- Conflict Management
- Practice Quiz

Quick Conflict Management Techniques

- Quick Conflict Management Tips
- Effective Conflict Management Thinking
- Benefits of Conflict Management Skills
- Know Your Conflict Style
- Danger vs. Opportunity
- Conflict and Your Health
- Practice Quiz

Conflict and Your Family

- High-Conflict Separation and Divorce
- Triggers to High-Conflict Families

- Litigation and Conflict
- Effects of Conflict on Your Children
- Conflict, Separation and Your Children
- Co-Parenting and Domestic Violence
- Communication With Your Children
- 10 Tips for Resolving Family Conflict
- Effects of Substance Abuse on Families
- Substance Abuse Impacts Your Life
- Fetal Alcohol Spectrum Disorders
- Practice Quiz

Conflict and Society

- Challenging Personalities
- Conflict and the Workplace
- Cultural Rules and Conflict
- Practice Quiz

Decision Skills

- What Will You Learn
- BIFF Responses
- Calm Yourself with Encouraging Statements
- Making Proposals
- Applying Skills to Decisions
- 4 Skills for Mediation

De-Escalating Conflict

- De-Escalating Conflict or Violence
- Responses to Conflict
- Being Defensive
- Triggers
- Irrational Behaviors, The Facts
- Conflict Behavior
- Find the Difference Between Position and Interest/Need

- Conflict Negotiation
- Understanding Emotions
- Developing Emotional Awareness
- Practice Quiz

Conflict and Personal Growth

- Reframing Communication
- Five Types of Conflict
- Measuring Your Conflict Style
- Do You Identify?
- Conflict and Self Esteem
- What it Means to Be Assertive
- Most of What You Say is Nonverbal
- How to Be Assertive
- Facts About Communication
- Practice Quiz

Conflict and Recovery

- What Will You Learn
- Grudges and Forgiveness
- Myths/Facts About Forgiveness
- Help Forgive Yourself and Others
- The Family System
- Understanding Trust and Betrayal
- Transform Your Relationships
- Are You Ready to Make Changes
- Apply Conflict Management Steps
- Developing Maturity
- Keep Your Relationships Alive
- Analyze Your Life
- Wisdom of Dr. John Gottman:
- How to Handle Relapse
- Summary

- Practice Quiz

Universal Declaration of Human Rights

- Responsibility
- Universal Declaration of Human Rights

Final Exam

- Final Exam

Survey

- Survey

Completion

- Completion