

# BeH<sub>2</sub>O

A Child Focused Joint Parenting Approach

## Learn to “be water” and extinguish the flame of parental conflict

Parental conflict is like a fire that burns through the security, self-esteem and emotional health of our children. As one parent holds a match, the other approaches the situation with a can of gasoline and the fire they ignite can wreak havoc on the lives, wellbeing, and security of their children for years. Research shows that the duration and degree of parental conflict is the greatest indicator of children’s ability to be healthy and well-adjusted later in life. This is why parents MUST learn to “be water.” The BeH<sub>2</sub>O Program empowers parents to implement the “be water” strategy when approaching co-parenting conflict to put out the fire, and thus reduce the collateral damage to their children.

### THE IMPACT OF THIS GROUP AFFECTS BOTH PARENTS AND CHILDREN

#### PARENTS

Parents may find themselves feeling emotionally exhausted and overwhelmed by the conflict they engage in with their co-parent. In the BeH<sub>2</sub>O Program, they will learn to develop effective communication skills and problem-solving strategies, so they are able to navigate disagreements in a productive and child-focused manner. Parents will also learn to develop insight into their contributions to the parental conflict and healthy boundaries within their co-parenting relationship. This program is designed to put the focus on the well-being of the children by encouraging the development of productive, child-focused cooperative parenting. Parents will feel insightful as they recognize their contributions and empowered as they implement strategies to create positive change within the co-parenting dynamic.

#### CHILDREN

Children will feel a sense of relief as they see their parents working on their conflictual relationship. They may also experience feelings of hope as their parents work to improve their relationship, and feel loved knowing their parents are doing this for them. Children will begin to have a stronger sense of security as their parents begin to work productively to solve problems and communicate regularly without the emotional charge. Ultimately, children will know how important they are to both of their parents as they watch their parents create healthy change.

## KEY COMPONENTS

This is a 16-week course that meets weekly, and concludes with the presentation of a parenting contract to the children.

### WEEKS 1 - 8

During the first eight weeks, parents are required to meet in a group setting with others experiencing similar issues in addition to meeting in joint sessions. The program begins with a group session that occurs every other week for eight weeks with the joint sessions occurring on the weeks in between.

The first eight weeks center around identifying personal contributions to conflict, managing emotions, utilizing coping skills, and learning problem solving strategies.

### WEEKS 9 - 16

During the second eight weeks, parents meet every other week in joint sessions with the therapist to continue work specific to their relationship focus, as well as attend four 2-hour group sessions providing psychoeducation.

The second eight weeks focus on improving communication, setting healthy boundaries, taking responsibility for individual contributions to parental conflict, and developing a co-parenting contract which is presented to the children by the parents.

## BEH20 PRICING

\$100/week for 16 weeks per participant, plus \$150.00 intake fee.

Intake fee is waived if all sessions are paid for up front.

Additional sessions are offered at a reduced rate of \$200.00/session.