

High Conflict Diversion Program



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THE PHILOSOPHY

Key to the philosophy of the High Conflict Diversion Program (HCDP) is that only one parent needs to understand the driving factors behind high conflict and implement strategies that shift the dynamics of the interaction with the other parent to prevent escalation. Even when only one parent initiates the changes in behavior, the conflict can be vastly reduced. When substance abuse, personality disorders or other issues of this nature (such as a spouse who can't or won't "disengage") are involved, these strategies still work but require special and more individualized approaches. The High Conflict Diversion Program incorporates these key elements and represent a major focus of the HCD Program.

THE GOAL

The goal of our High Conflict Diversion Program is to start working with parents, therapists, attorneys, and Family Court Services at the beginning of the divorce process (when possible), even before papers are filed, in order to identify the potential for High Conflict relationships that tend to escalate as the legal process takes its course. Even if a parent (or parents) start the High Conflict Diversion Program after a High Conflict scenario has begun, strategies for resolution frequently succeed in shifting the dynamic away from continuing the conflict and restoring the peace.

The concepts and strategies we use are as follows:

1. By starting early in the divorce process, potential "red flags" for High Conflict can be recognized. Certain behaviors, personality styles, and activities associated with substance abuse and domestic violence are often correlated with a High Conflict situation.
2. By working with attorneys in the early stages of potentially High Conflict divorces, the probability of obtaining a settlement agreement before the proceedings collapse and costs escalate is markedly increased.
3. The HCD Program emphasizes communication skills to help parents recognize the behavior patterns that escalate into high conflict. They then learn to responsibly manage the "triggers" that lead to conflict. These skills are not only critical during the divorce and post-divorce parenting, but also enhance the success of new relationships and the parent-child relationship. These communication skills also aid the attorney-client relationship as communications stay clear, focused, and on track.
4. Helping parents think "outside the box" empowers them to rely on their inner resources, (as opposed to the court system), to remedy the situation for the sake of the children.
5. Parents experience an opportunity to examine their beliefs and conflict triggers while learning coping mechanisms and survival strategies that promote positive efforts to disengage from the High Conflict situation(s) and facilitate their ability to move on with their lives and the lives of their children.
6. Parents learn centering and relaxation techniques to slow down...cool down prior to, during, and after exposures that might otherwise lead to high conflict. Examples include encounters with a non-cooperative former spouse in depositions, meetings with attorneys, court appearances, and exchanges with the children.

Not sure if you fit the profile for a High Conflict Divorce!
Check out the top 20 indicators located on the back of this form.

(Note: FCS = Family Court Services; CPS = Child Protective Services)

Contact Debra now 1-800-743-1973 or info@relationshipsthatmatter.com