Online Parenting Programs

4 Hour Online Children Of Divorce - Coping With Divorce

Welcome to CoD-CoD!
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Tell Us About Yourself
- Tell Us About Yourself
- Tell Us About Yourself II
- Tell Us About Yourself III

Module 1: Divorce Related Feelings
- Intro: Hello Paintballs!
- Facts About Feelings
- Identifying Feelings
- Why We Feel What We Do
- Identifying Feelings In Others
- Identifying Feelings Practice
- More Feelings Facts
- Feelings Related To Divorce and Parental Separation
- Stress = Strong Feelings
- What Concerns You Most?
- Hidden Feelings
- What Feelings Do You Hide?
- Creating Your Program Goal
- Make CoD-CoD Work For You
- Module 1 Quiz
- Breakout Game
- Congratulations!

Module 2: Inside Tools
- Home Practice Check-In
- Home Practice Feedback
- Program Goal Check-In
- Program Goal Progress
- Module 2 Intro: Hello Pond
- Thoughts Affect Feelings
- Controlling The Cycle
- Hurtful vs. Hopeful Thinking
- Identifying Hurtful Thoughts
- Identifying Hopeful Thoughts
- Feel The Power of Thoughts
- Hopeful Thoughts Practice
- Hopeful Thoughts Practice 2
- Hurtful Thought Awareness
- Hurtful Thought Awareness 2

- Hopeful Thought Awareness
- Hopeful Thought Awareness 2
- Types of Thoughts
- Become A Superhero!
- Thoughts YOU Can Believe
- Creating Hopeful Thoughts
- 4-Step Hopeful Thoughts
- Practice the 4-Step Model
- Remembering Hopeful Thoughts
- New Skill: The Relaxing Breath
- New Skill: Deep Relaxation
- New Skill: Give Me a Break
- Inside Tools Review
- Home Practice: Inside Tools
- Module 2 Quiz
- Curveball Game
- Congratulations!

Module 3: Outside Tools
- Home Practice Check-In
- Home Practice Feedback
- Program Goal Check-In
- Program Goal Progress
- Module 3 Intro: Hello Frog
- Using Outside Tools
- Is The Problem Yours To Fix?
- Your Events = Your Job?
- Outside Tool: Communication
- 4 Parts of Good Communication
- Find The Right Time To Talk
- Figuring Out What You Want
- Using iMessages
- End Well
- The 3 Parts of iMessages (1)
- The 3 Parts of iMessages (2)
- The 3 Parts of iMessages (3)
- The 3 Parts of iMessages (4)
- Showing Others Understanding
- You-Messages: Natural Enemy of iMessages
- Identifying You-Messages
- Identifying You-Messages (2)
- Solve it with an iMessage
- Skills Practice: iMessages
- Outside Tools In Action
- Outside Tools In Action Feedback
- The Tools You've Added
- Outside Tools Demo
- Home Practice: Outside Tools
- Home Practice: Outside Tools 2
- Home Practice: Outside Tools 3
- Module 3 Quiz

- Light Bikes
- Congratulations!

Module 4: The SWIFT Action Plan
- Home Practice Check-In
- Home Practice Feedback
- Program Goal Check-In
- Program Goal Progress
- Module 4 Intro: Hello Hammer
- The SWIFT Action Plan
- 2 Reasons To Trust SWIFT
- SWIFT IRL: STOP
- SWIFT IRL: What Do I Want?
- SWIFT IRL: IN Your Toolbox?
- SWIFT IRL: Feel It Out
- SWIFT IRL: TRY It Out
- How I Got Off Mt. Shasta
- Memorizing SWIFT: #Sorry!
- Activity: Survive with SWIFT
- Activity: Survive with SWIFT Feedback
- What Have We Learned?
- Home Practice: Use SWIFT
- Module 4 Quiz
- Rhythm Game
- Congratulations!

Module 5: Putting It All Together
- Home Practice Check-In
- Home Practice Feedback
- Program Goal Check-In
- Program Goal Progress
- Module 5 Intro: Hello Crash
- Caught Up In Hotdogs #1
- Caught Up In Hotdogs #2
- Caught Up In Hotdogs #3
- Caught Up In Hotdogs #4
- Caught Up In Hotdogs #5
- SWIFT Your Concerns
- SWIFT Your Concerns - S
- SWIFT Your Concerns - W
- SWIFT Your Concerns - I
- SWIFT Your Concerns - F
- SWIFT Your Concerns - T
- Play the Helicopter Game
- SWIFT the Helicopter Game S
- SWIFT the Helicopter Game W
- SWIFT the Helicopter Game I
- SWIFT the Helicopter Game F
- SWIFT the Helicopter Game T
- Helicopter Game: Round 2

- Round 2 Debrief
- Just Rewards
- Helping Things Grow
- The CoD-CoD Difference
- Final Exam
- Congratulations!

The Follow-Up Module: Checking In
- Don't Be Like Jesse
- Program Goal Check-In
- Program Goal Progress
- Keep The Program Going
- Congratulations!

Completion
- Completion

Guide To Using SWIFT
- Guide To Using SWIFT - S
- Guide To Using SWIFT - W
- Guide To Using SWIFT - I
- Guide To Using SWIFT - F
- Guide To Using SWIFT - T