



# Online Parenting Programs

## 8 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

### Final Exam

- Final Exam

### Survey

- Survey

### Completion

- Completion