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## What's the Difference?

### Co-Parenting Counseling

This neutral conflict intervention is designed to help co-parents learn how to redefine their co-parent relationship and manage expectations around it. It is a **brief intervention** (6-8 sessions) for parents who have a low-moderate level of conflict, this six-session model offers psychoeducational components, as well as coaching interventions to teach and model proper boundaries in the co-parent relationship, as well as how to set boundaries with children so that they can be free of their parents' conflict and worries. This is a natural next step after the court-ordered Basic Navigating Family Change seminar to expand on the concepts taught in the class, providing customized help from a trained therapist. Because of the brief nature of this intervention, there is no interaction with legal representatives (other than prior to getting involved) and **it is a confidential process, so the therapist is not expected to report or testify for the court or for either party.** If parties desire to extend the counseling for longer than six sessions, they may, however, the goal is for the co-parent counselor to provide skills and tools to the parents to use on their own without the ongoing help of the counselor.

### Parenting Coordination

This neutral court-ordered conflict management intervention is designed to help high-conflict co-parents learn how limit communication and execute their court-ordered parenting plan in a business-like way, utilizing a parallel parenting style. This is a natural next step after the Advanced Navigating Family Change class to give co-parents ongoing coaching and help with their negative communication patterns and interactions. **A 6-18-month intervention**, parenting coordination is meant to give co-parents tools and skills that will prevent them from returning to the court system as their means of conflict resolution. **This is an intervention designed for moderate-high conflict co-parents who desire the accountability of knowing the parenting coordinator could report to the court or testify about the co-parents in the PC process.** The PC may discuss the case with other professionals involved with the family (attorneys, therapists, guardians ad litem, custody evaluators, etc.) in order to act as a case manager with regard to co-parent communication and to insure all professionals are working toward the same co-parent goals. The PC may or may not meet with the children depending on the circumstances, and may invite other family members (grandparents, step-parents, etc.) if it seems helpful to do so. As in co-parent counseling, the goal is for the parenting coordinator to wean the co-parents from the PC process over time, with the co-parents only returning to parenting coordination when conflict arises that they cannot resolve on their own. The hope is that the co-parents will use the services of a PC to try to resolve their future differences as a first resort before calling their attorneys to initiate a court proceeding.