

Goals of Co-Parent Counseling

Because the amount of conflict between parents during and after a divorce can have such negative impacts on all involved, especially children, it's wise to take steps to reduce that conflict. Children are known to show their distress during this time socially, academically and emotionally. I think of them like sponges that absorb the toxicity of their environment when their parents don't get along. Parents may witness regressive or rebellious behaviors, falling grades, difficulty with friends and loved ones and withdrawal, isolation, changes in sleep and appetite, depression or rage.

Fortunately there is something you, the parents, can do about this. By meeting with me in the office you will learn to speak up, be heard and to listen to one another. The aim is to reduce conflict, improved cooperation by improving communication, the development of negotiation skills, parenting education and support as well as to bring awareness to each home's structure, boundaries, expectation, consequences, follow through and consistency. It is normal for children to test and if they find the rules are not enforced or enforced consistency they will continue to push and to test them. Parents can make parenting easier on themselves and their kids if they understand this is normal and to be prepared for it. Having support can make all the difference in being the best parent you can be, especially during difficult times.

Co-Parent Counseling is a respectful process whereby I assist clients in having better relationships. It is never to be used as fuel for a litigated divorce. I will not compromise my relationships, take sides or otherwise be unfair. Trust is of the utmost importance. If you believe I can be of assistance to you in this way, please do not hesitate to call. Thank you.

Sincerely,

Colleen Holbrook, LICSW, CMHS