

The Course Curriculum

Getting Started

Welcome Video

Module One: From Spouses to Coparents

Lesson One: Crisis

Lesson Two: The Dissolution of the Relationship

Lesson Three: Unresolved Issues

Lesson Four: Emotions

Lesson Five: The Child Inside Us

Lesson Six: The 'I've Got to be (super) Kind to Myself' Strategy

Module Two: Your Children

Lesson One: Children's Needs

Lesson Two: Protection from Harm

Lesson Three: Talking to Them

Lesson Four: Your Children's Emotions

Lesson Five: Parenting through Crisis

Module Three: Coparenting in Action

Lesson One: The Coparenting Relationship

Lesson Two: Decision Making

Lesson Three: Communication

Lesson Four: The Two Home Family

Lesson Five: Holidays and Special Occasions

Lesson Six: Finances

Lesson Seven: Public Events

Lesson Eight: New Partners

Bonus

How to Mediate