



# Online Parenting Programs

## 34 Hour Online High-Conflict Behavioral Skills Plus+

### Welcome

- Welcome
- Tips To Success
- Your Supports

### Defining Conflict

- What Will You Learn
- Terms
- Anger
- Anger Events
- Anger Management
- Conflict
- Conflict Management
- Benefits of Conflict Management
- Conflict and Your Health
- Practice Quiz

### Responding to Conflict

- What Will You Learn
- Aggression Cycle
- Dangerous Habits
- Statistics
- Conflict Management Tips
- De-Escalating Conflict
- Being Defensive
- Position vs. Interest
- Conflict Negotiation
- Conversations
- Responses
- For Thought
- Practice Quiz

### Conflict and Self

- What Will You Learn
- Understanding Emotions
- Emotional Awareness
- Your Conflict Style
- Measuring Your Conflict Style
- Your Conflict Style Results
- Breaking A Habit
- Do You Identify?
- Conflict and Self-Esteem
- Being Assertive
- Benefits of Being Assertive
- Nonverbal Communication
- Framing Communication
- Who is in Control
- For Thought
- Practice Quiz

### Conflict and Family

- What You Will Learn
- High-Conflict Families
- Triggers
- Effects of Conflict on Children
- Communication With Your Children
- The Family System
- Resolving Family Conflict
- Domestic Violence
- Personal Protection Orders
- Substance Use and Your Life
- Substance Abuse and Families
- Litigation
- Practice Quiz

### Conflict and Society

- What You Will Learn
- Challenging Personalities

- Restorative Conversations
- Conflict and the Workplace
- Cultural Rules and Conflict
- Identifying Cultural Conflicts
- Practice Quiz

### Understanding Domestic Violence

- Introduction to Domestic Violence
- Understanding Domestic Violence
- Recognizing Dangers in Domestic Violence
- Coercive Control
- Cognitive Restructuring
- Who May Become A Victim?
- Recognizing the Signs
- Statistics
- Why Stay?
- Emotional and Psychological Abuse
- Effects of Distorted Thinking
- Impact of Domestic Violence on Children
- Tips to Support Children
- Empathy
- Accountability
- Emotional Intelligence
- Handling Defensiveness
- Building Healthy Relationships
- Safety Planning

### Moving Forward

- What Will You Learn
- Change
- Resolving Conflict
- Responsibility
- Provide Options
- Respond Don't React
- Forgiveness
- Forgiveness Exercise
- Forgiveness Facts

- Conflict Resolution and Mediation
- Avoid a Relapse
- Developing Maturity
- Analyze Your Life
- Transform Relationships
- 7 Habits of Highly Effective People
- Positive Encouragement
- Summary
- Practice Quiz

### Resources

- Helpful Resources

### Sources

- Sources

### Final Exam

- Final Exam

### Survey

- Survey

### Completion

- Completion