



sierra agapé center  
holistic therapeutic services

**11209 Brockway Rd – Suite 206, Truckee CA**  
[www.sierraagape.org](http://www.sierraagape.org) - Tel: 530-414-1885

### **“HARMONIA” - A SIX-WEEK COURSE FOR CO-PARENTS**

**Facilitated by Kimball C. Pier, Ph.D., LMFT**

**WHAT:** This is a six-week course for divorcing or divorced parents or partners who have either been court ordered to participate in co-parent counseling or are self-referred. Each session lasts 90 minutes.

**PURPOSE:** The course’s focus is to teach skills for productive, healthy communication, and to give parents the skills and tools for cooperating as co-parents without depending on the court or attorneys to resolve their disputes. The intention is for parents to learn how to manage their emotions and disagreements skillfully, with patience and a focus on resolution; and to model healthy relationship behaviors for their children.

**WHO:** Parents or partners who are divorcing or divorced or no longer sharing a home. Parents must attend sessions together. Each course is limited to four sets of parents.

**WHEN:** TBD (summer 2016)

**WHERE:** Sierra Agape Therapeutic Services -11209 Brockway Road Suite 206 – Truckee, CA  
**Tel: 530-414-1885.**

**COST:** The initial intake interview is \$90 and will take approximately one hour. The six-week series is offered at \$650 **per person** (reading materials included) payable at the time of registration. A sliding fee scale beginning at \$350 **per person** is available for those who have a demonstrated need. Need is established in the initial intake interview.

**HOW TO SIGN UP:** Both parents should call **530-414-1885** to coordinate and schedule a joint intake interview with Dr. Pier. If the intake interview determines that the class is not a good fit for either parent, I will offer them private co-parent counseling sessions, or refer them to other resources.

**NOTE: Parents for whom I have previously provided individual therapy or mediation will be referred to other resources for co-parenting courses or parenting coordination.**

# CURRICULUM OUTLINE FOR HARMONIA CO-PARENTING COURSE

## I. Introduction – Session I

- a) Guidelines and group commitment to confidentiality
- b) Respectful communication during group
- c) Honesty and transparency

### Questions and Concerns

#### Getting to know each other:

- a) What would you most like people to know about you?
- b) What would people be very surprised to know about you?

#### Developing a mission statement:

- 1.) What are your strengths as a parent? Describe yourself as you see yourself right now.
- 2.) What would you like your children to learn from you?
- 3.) What would you like your child to say about their experience of you as their parent?
- 4.) What habits and behaviors do you want to replace with healthier ones in order to serve your mission as a parent?

## III: Understanding Parental Alienation

Reading: Lowenstein Article

- 1.) What is Parent-Child Alienation and how does it affect children?
- 2.) How to identify whether you are engaging in behaviors that alienate your children from the other parent
- 3.) Reviewing the Children' Bill of Rights in Divorce
- 4.) What to do to help yourself and your children – healing and prevention

## IV: The Basics of Non-Violent Communication

Readings: “Non –Violent Communication” by Marshall Rosenberg, Ph.D

“The Gifts of Imperfection,” by Brene Brown

- 1.) Defining NVC and why it’s effective and useful for you and your family
- 2.) Identifying needs - Owning responsibility for your feelings and how you choose to express them
- 3.) Communicating without judgment, blaming, criticism or defensiveness
- 4.) Basic problem solving skills:
  - a.) Stating the problem without the emotional load
  - b.) What is the desired outcome?
  - c.) Learning and boundaries – what is mine/what is yours /what is the children’s

## V: Developing New Family Rituals

- 1.) The ritual of endings – explaining endings to your children
- 2.) Patience and compassion with the new family – allowing your children to speak truthfully without repercussions
- 3.) The changing role of parenting with teens
- 4.) Step-parenting and new partners – what to practice for successful integration

## VI: When and how to use the court system

- 1.) The realities of what the court can and cannot do
- 2.) Using mediation skills in your family and in your life
- 3.) Avoiding ongoing litigation by using skills for negotiating and being solution-focused “If not this, then what?”

### Required and Recommended Reading:

#### Required:

1. Non-Violent Communication by Marshall Rosenberg, Ph.D
2. Children’s Bill of Rights in Divorce-  
(<http://www.divorcenet.com/states/texas/txart32>)

3. Problems Suffered as a Result of Parental Alienation Syndrome – Ludwig Lowenstein
4. Mom’s House Dad’s House
5. Mom’s House-Dad’s House for Kids

**Recommended:**

The Gifts of Imperfection – Brene Brown  
Step-Coupling

**Online resources for parents for planning and communicating:**

1. <http://www.divorcenet.com/states/texas/txart32>
2. <http://parentingtime.net/>
3. <https://www.ourfamilywizard.com/co-parenting>
4. <https://www.2houses.com/en/tools/>
5. **Family Law Code for California-**  
<http://leginfo.legislature.ca.gov/faces/codesTOCSelected.xhtml?tocCode=FAM&tocTitle=+Family+Code+-+FAM>