



## COURSE OVERVIEW

# Contentious Relationships

✓ Available in workbook

ITEM # W 116



## COURSE DESCRIPTION

The main objective of this course is to change the hearts and minds of contentious couples, thereby reducing the harm to their children. It was also designed to speed up the court process, thereby reducing costs.

The purpose of this cognitive lifeskills workbook is not necessarily to keep couples together, but to reduce damage to the children. Secondly, it offers cognitive skills that can minimize the impact of the strong emotional feelings that usually accompany contentious divorces. This workbook is also an excellent resource that defines domestic violence and explains how to break the strong emotional cords that bind couples in unhealthy ways. It also demonstrates how to go through the door and resolve conflicts.



## LEARNING OBJECTIVES & SKILL DEVELOPMENT

- Managing negative emotions
- Healthy parenting mindset
- Forgiveness
- Children triangulation avoidance
- Satisfying emotional hierarchy of needs



## RECOMMENDED USES

- **Self-Directed**—Student does most of the course work independently with a peer or mentor
- **Group**—To be completed in a group setting with a facilitator
- **Hybrid**—A combination of self-directed learning and group instruction



## COURSE INFORMATION

Course Format: Printed Workbook  
 Scientific Model: Cognitive Restructuring  
 Author and Publisher: ACCI Lifeskills

Item Number: W 116  
 Workbook Pages: 48  
 Course Length: ~8 hours



## COURSE CONTENT

### UNIT 1: BEGINNINGS

We can't control our beginnings, but we can control our endings.

### UNIT 2: PERSONAL WAY OF BEING

Determines if we will be happy in life.

### UNIT 3: DIVORCE

We can divorce each other, but not our children.

### UNIT 4: ANGER MANAGEMENT

Forgiveness is pardoning without resentment.

### UNIT 5: DOMESTIC VIOLENCE

There are many ways to commit domestic violence.

### UNIT 6: CHILDREN

Children's suffering is often expressed over a lifetime.

### UNIT 7: HOW TO BE HAPPY

Nine steps to success.

### UNIT 8: HOW TO IMPROVE

We must change ourselves before changing others.



## LEARNING ACTIVITIES

- Self-assessments
- Scenario-based learning
- Application and skill building
- Self-reflection
- Role playing
- Discussion with coach
- Focused journaling
- Knowledge check