



Online Parenting Programs

24 Hour Online High-Conflict Behavioral Skills

Welcome

- Welcome
- Tips To Success
- Your Supports

Anger and Conflict

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

Anger Responses

- 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
- End of Unit Reflection

Anger and Your Emotions

- 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
- End of Unit Reflection

Anger and Cognitive Distortion

- What You Will Learn
- What is Cognitive Distortion
- Self-Reflection on Personal Cognitive Distortions
- Challenging and Reframing Cognitive Distortions
- Empathy-Building and Understanding the Impact of Abuse
- Accountability and Reflection on Progress
- Practice Quiz
- End of Unit Reflection

Anger and Family Dynamics

- What You Will Learn
- High-Conflict Families
- Triggers
- Effects of Conflict on Children
- Communication With Your Family
- The Family System
- Resolving Family Conflict

- Domestic Violence
- Personal Protection Orders
- Substance Use and Your Life
- Substance Abuse and Families
- Litigation
- Practice Quiz
- End of Unit Reflection

Anger and Societal Conflict

- What You Will Learn
- Challenging Personalities
- Restorative Conversations
- Conflict and the Workplace
- Cultural Rules and Conflict
- Identifying Cultural Conflicts
- Practice Quiz
- End of Unit Reflection

Anger Techniques

- What You Will Learn
- Dealing with Angry People
- Understanding the Energy Curve
- De-Escalation Techniques
- Calming Anger with EAR
- Avoid Responding with Anger
- When to Back Away and What to Do Next
- Practical Illustration
- Practice Quiz
- End of Unit Reflection

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
- End of Unit Reflection

Resources

- Helpful Resources

Sources

- Sources

Final Exam

- Final Exam

Survey

- Survey

Completion

- Completion