



# Online Parenting Programs

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

### Welcome

- Welcome
- Tips To Success
- Your Supports

### Pre-Class Assessment

- Pre-Class Assessment

### Understanding Domestic Violence

- What You Will Learn
- Introduction to Domestic Violence
- Common Warning Signs
- Understanding Domestic Violence
- Recognizing the Signs
- Recognizing Dangers in Domestic Violence
- Statistics
- Who May Become A Victim?
- Impact of Domestic Violence on Children
- Cycle of Abuse
- Coercive Control
- Cognitive Restructuring
- Emotional and Psychological Abuse
- Safety Planning
- Conflict Resolution and Mediation
- Why Stay?
- Practice Quiz
- End of Unit Reflection

### Managing Anger

- What Will You Learn
- Terms
- Anger
- Types of Anger
- Anger Events
- Unhealthy Means of Expressing Anger

- Anger Management
- Conflict
- Conflict Management
- Benefits of Conflict Management
- Conflict and Your Health
- Practice Quiz
- End of Unit Reflection

### Internal Conflict in Domestic Violence Perpetrators

- What Will You Learn
- Introduction to Conflict and Domestic Violence
- Understanding Emotions
- Emotional Awareness
- Denial & Blame
- Your Conflict Style
- Measuring Your Conflict Style
- Your Conflict Style Results
- Conflict and Self-Esteem
- Emotional Intelligence
- Nonverbal Communication
- Framing Communication
- Who is in Control
- Responses
- For Thought
- Practice Quiz
- End of Unit Reflection

### Responding to Your Anger

- What Will You Learn
- Aggression Cycle
- Dangerous Habits
- Conflict Management Tips
- Being Defensive
- Practice Quiz
- End of Unit Reflection

### Domestic Violence and Family

- What You Will Learn
- The Family System
- High-Conflict Families

- Triggers
- Effects of Conflict on Children
- Communication With Your Children
- Resolving Family Conflict
- Domestic Violence
- Personal Protection Orders
- Codependency
- Substance Use and Your Life
- Substance Abuse and Families
- The Addict's Wake
- Litigation
- Practice Quiz
- End of Unit Reflection

### Societal Transitioning

- What You Will Learn
- Challenging Personalities
- Boundaries
- Analyze Your Life
- Effects of Distorted Thinking
- Responsibility
- Handling Defensiveness
- Building Healthy Relationships
- Developing Maturity
- Grief and Grief Recovery
- Practice Quiz
- End of Unit Reflection

### Making Changes

- What Will You Learn
- Self-Care
- Regulating Emotions
- Empathy
- Resolving Conflict
- Accountability
- Forgiveness
- Avoid a Relapse
- Transform Relationships
- Commitment Contract
- Building Supports
- Summary
- Practice Quiz

- End of Unit Reflection

### Resources

- Helpful Resources

### Sources

- Sources

### Final Exam

- Final Exam

### Post-Class Assessment

- Post-Class Assessment

### Survey

- Survey

### Completion

- Completion