



Online Parenting Programs

52 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

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

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
- Breaking A Habit
- Do You Identify?
- Conflict and Self-Esteem
- Being Assertive
- Benefits of Being Assertive
- 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
- Statistics
- Conflict Management Tips
- De-Escalating Conflict
- Being Defensive
- Position vs. Interest
- Conflict Negotiation
- 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
- Restorative Conversations
- Conflict and the Workplace
- Boundaries
- Cultural Rules and Conflict
- Cultural Issues Surrounding Domestic Violence
- Identifying Cultural Conflicts
- 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

Regulating Emotions

- What You Will Learn
- Emotional Control
- Emotional Intelligence (EI)
- Stress Management
- Anger Management
- Anxiety Management
- Mindfulness and Meditation
- Cognitive Restructuring
- Assertiveness Training
- Positive Psychology
- Self-Care
- Emotion Regulation in Relationships
- Practice Quiz
- End of Unit Reflection

Personal Accountability

- What You Will Learn
- Accountability and Ownership
- Accountability
- Why Accountability Is Important
- Ownership
- Empowerment
- Trust
- Blame Shifting
- Improve Accountability
- Review
- Practice Quiz
- End of Unit Reflection

Boundaries

- What You Will Learn
- Positive vs. Negative
- Awareness
- Self-Worth
- Clarity and Communication
- Emotional Well-being
- Respect for Autonomy
- Balance and Harmony



Online Parenting Programs

- Preserving Personal Energy and Boundaries
- In Conclusion
- Practice Quiz
- End of Unit Reflection

Mastering Decision-Making

- What You Will Learn
- Personal Well-Being
- Interpersonal Relationships
- Academic or Professional Performance
- Financial Consequences
- Legal Issues
- Social and Community Impact
- Long-term Effects
- In Conclusion
- Practice Quiz
- End of Unit Reflection

Navigating Social Media

- What You Will Learn
- Social Exposure

- Misinterpretation
- Distraction
- Isolation
- Comparison and Envy
- False Representation
- Escalation of Conflict
- Legal Implications
- Impact on Children
- Final Thought
- Practice Quiz
- End of Unit Reflection

Making Changes

- What Will You Learn
- Change
- Self-Care
- Regulating Emotions
- Empathy
- Resolving Conflict
- Accountability
- Tips to Support Children
- Provide Options

- Respond Don't React
- Forgiveness
- Forgiveness Exercise
- Forgiveness Facts
- Avoid a Relapse
- Transform Relationships
- 7 Habits of Highly Effective People
- Positive Encouragement
- 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