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Co-Parent Coaching Contract

Rationale for Co-Parenting Coaching

The amount of conflict between parents during and after separation is the most powerful predictor of poor mental health in children in divorced families (Kelly, 2005; Pruett, Williams, Isabella, & Little, 2003; Schick, 2002).

Hello and welcome. If you are reading this, you have probably come to this office for Co-parent Coaching. The Co-Parent Coaching offered by this office closely follows the research findings, structure, philosophy, and procedures found in the scientific, legal, and professional literature. Please do not hesitate to ask questions about the process.

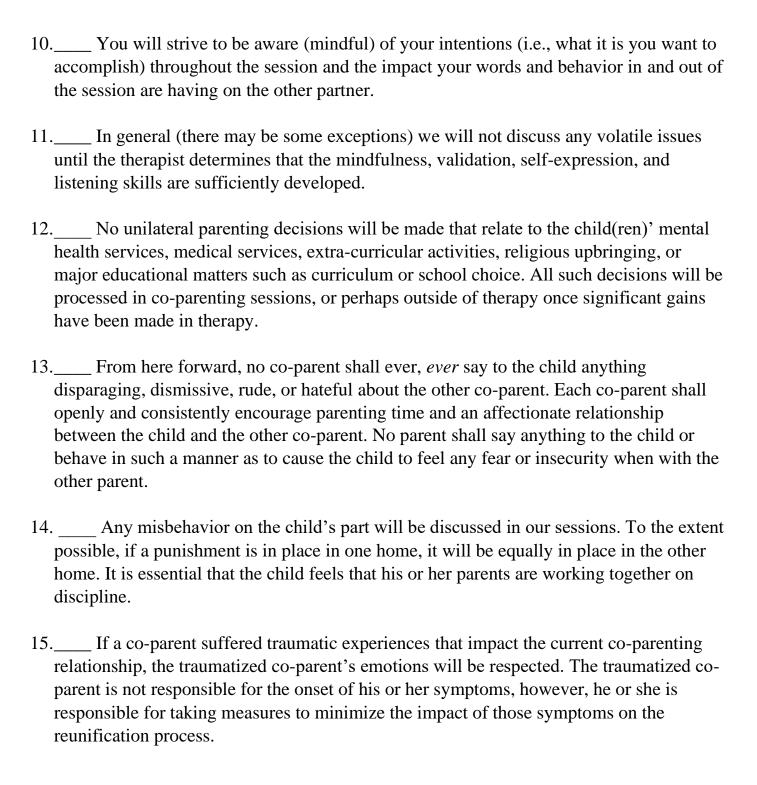
Below are several features of Co-Parent Coaching which must be understood and accepted by the co-parents before proceeding. Please carefully read the entire document and *write your initials in the space to the left of each of the items* to document that you have read, understood, and agree to the conditions of Co-Parent Coaching. In addition, please date and sign where indicated. You may have your attorney review this agreement before signing it.

1.	This is an agreement between Dr. Kevin R. Byrd, Ph.D., HSPP, from here on		
	referred to as the therapist, and, from here on referred to as	the	
	co-parent, for the therapist to render the professional services described below.		
	Modifications to this agreement must be made in writing and signed by all relevant		
	parties.		
2.	When parents divorce or separate, the co-parenting relationship must be normali	ized	
	and stabilized so that the child 1) feels that he or she is more important than any hostil	lity	
	between the co-parents, 2) does not feel responsible for difficulties in the co-parent	•	
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3. ____ When discussing current problems, co-parents often want to dwell in the past. They falsely believe that it is important for the therapist to know how treacherous, violent, deceitful, hostile, abusive, resistant to change, or harassing the other co-parent has been. However, Co-Parent Coaching requires almost exclusive focus on the present and future well-being of the child. 4. ____ Neither co-parent will diagnose the other through reading books, the internet, magazine articles, et cetera. Neither will either parent share even a professionally determined diagnosis of the other with friends or relatives. Medical and mental health records are private. 5. Both co-parents will understand that this form of therapy is based on education, problem-solving, and skill building. You will receive a binder with the relevant materials that should be brought to every session. 6. ____ Each co-parent will obtain a copy of Co-Parenting 101 by Deesha Philyaw and Michael D. Thomas (\$11.18 on Amazon.com). Between-session readings will be assigned. 7. ____ You will focus on listening to and validating the concerns of your co-parent. We will talk a lot about validation – accepting and understanding the other person's feelings and the reasons for them. 8. ____ There will be no "mind-reading," once Co-Parent Coaching begins. Mind-reading is presuming to know the intentions, motivations, thoughts, or feelings of your co-parent. Likewise, there will be no "crystal ball reading," that is predicting how your partner will behave in the future. 9. No defensiveness, disdain, self-centered diatribes, arguing, blame, accusations, or hostility will be tolerated. The therapist will be respectful but direct in cutting off unhealthy verbal and non-verbal communication between co-parents. This includes behaviors such as rolling one's eyes, interrupting, or any utterances and facial expressions that convey disdain or disengagement.

relationship, 3) does not feel a need to take sides, and 4) does not grow up feeling the

conflict inside him or herself.



16. A therapist cannot help parents build	d a cooperative, trusting, good-faith co-	
parenting relationship while the parties ar	e waging legal battles. Co-parents are	
encouraged to suspend all litigation during	g the Reunification Process. If litigation persists	
or ensues, Co-Parent Coaching may be suspended until such matters are resolved.		
Co-parent Signature / Date	Co-parent Printed Name	