

# Reducing The Impact of High Conflict Marriage and Divorce on Children

This dynamic 3-hour seminar provides mental health professionals with essential tools to support families in conflict—whether couples are married, divorcing, or never married. Drawing on decades of clinical, mediation, and non-adversarial divorce experience, Dr. Zimmerman blends real-world strategies with clinical insight to help attendees become more effective in high-conflict family situations. Participants will gain exposure to a range of alternative dispute resolution models, learn about the effects of conflict on children, and receive actionable guidance on managing professional stress in this demanding field.

| Target Audience            |                |            |
|----------------------------|----------------|------------|
| Psychologists              | Social Workers | Counselors |
| Therapists                 | Psychiatrists  | Nurses     |
| Course level: Intermediate |                |            |

## Learning Objectives

- At the end of this seminar, participants will be able to:
1. Describe the impact of parental conflict on children’s psychological and emotional development.
  2. Identify core paradigms and principles for working with high-conflict couples and co-parents during and after divorce.
  3. Distinguish between the roles and functions of mediator, co-parenting counselor, parenting coordinator, and collaborative divorce family specialist.
  4. Describe the application of integrative and transtheoretical approaches to help families in conflict.
  5. List ethical and self-care challenges faced by professionals working in high-conflict family systems.

## Seminar Schedule

Typically begins at 12:00 PM and ends at 3:20 PM Eastern time. There is one 15 minute break. However, check the webinar schedule.

## Outline

Webinar Begins 1 PM ET

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|-------------|--|
| 1-1:10      | Welcome and Framing the Day                            |
| 1:10 - 1:25 | The Impact of Parental Conflict on Children            |
| 1:25 - 1:50 | Working with High-Conflict Couples                     |
| 1:50 - 2:00 | Break #1   |
| 2:00 -2:20  | The Complexity of Divorce and Post-Separation Conflict |
| 2:20 - 2:50 | Alternative Dispute Resolution Models                  |
| 2:50 - 3:00 | Break #2   |
| 3:00 - 3:20 | Working with Children in High-Conflict Families        |
| 3:20 - 3:30 | Integrative Concepts and Intervention Principles       |
| 3:30 - 3:45 | Ethical Challenges and Reducing Burnout                |
| 3:45 - 3:55 | Q&A  |
| 3:55 - 4:20 | Need for additional research and Close                 |

Our seminars are available in two formats. The first is a live, interactive webinar. If the webinar time is not convenient for you, you can purchase the Home Study version. It is a recorded version of the webinar. You will have to pass a test to earn CE's for both the live webinar and the Home Study version.

### Continuing Education Credit

To earn CE's, you must attend the entire webinar. No partial credit is available. For both the webinar and the home study version, you will have to pass a post-test with 80% correct and complete a seminar evaluation to earn the certificate. You can take the test up to three times.. Participants will earn 3 CE's for attending once they have completed these requirements.

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## The Presenter

Jeff Zimmerman is a practicing psychologist in New York, Massachusetts, and Connecticut. He has been in practice since 1981. In addition to running and managing a large group practice for 22 years, he is a founder of The Practice Institute (TPI). TPI guides mental health professionals in building ethically responsible thriving practices by helping them learn practice management skills that serve as the foundation for the delivery of clinical services.

Jeff has also focused on conflict resolution for over 40 years helping for-profit and not-for-profit organizations, couples, and divorcing families reduce conflict and achieve resolution when conflict appears to be irreconcilable. He is a frequent presenter and has taught conflict resolution and practice management techniques in both the U.S. and China. He is co-author and co-editor of multiple articles and books (on divorce and professional practice). Jeff is also the editor of the journal Practice Innovations.

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LICSW, Daphne Fatter, Ph.D., and Loreen Yearick, MSN, RN. This approval expires on March 1, 2025.

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