

FAMILY FOCUSED



GARIN DOUGLAS VICK, P.SY.D.

CLINICAL & FORENSIC PSYCHOLOGY

## CO-PARENTING WITH AN UNCOOPERATIVE EX

### **Are you trying to co-parent with an EX who:**

- You don't trust and/or respect?
- Works against you no matter what you try?
- Puts his/her needs over the needs of your children?
- Allows his/her feelings toward you cloud their judgment?
- Talks badly about you in front of the children?
- Puts the children in the middle?
- Just doesn't get it?
- Was unwilling to work with you despite court orders and/or parenting coordination?

### **Then this group is for you.**

You are not alone. There are many parents struggling (privately) with the frustrations and challenges of co-parenting with an uncooperative EX.

### **Some things you will learn in this group...**

How to take care of yourself  
Common coparenting pitfalls  
Setting limits and boundaries  
Communication Skills  
Conflict-Resolution Strategies

1463 OAKFIELD DRIVE, #136 BRANDON, FL 33511 (813) 689-2525 (813) 689-4433fax  
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Recognizing dysfunctional relational patterns  
Cognitive-Behavioral Techniques  
How to keep your EX from pushing your buttons  
Ways to keep your children out of the middle

I know by now, you are likely not too optimistic about anything helping your co-parenting situation, but I will show you how these goals and much more can be accomplished **without the cooperation of the other co-parent.**

### About the Groups:

- Limited to 4 parents per group (*This size allows the curriculum to be modified to meet the specific needs of each parent*)
- **Not** designed for divorced couples to attend together
- 2-hour sessions, meet once a week for 4-6 weeks
- Cost \$75 per (2-hour) session

### In addition to the weekly groups, members will receive:

- Co-parenting workbook/journal
- Weekly check in with Dr. Vick to support and encourage practice of learned co-parenting skills

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- Co-parenting forms and templates
- Access to our private facebook page:
  - Where group members interact with other supportive Co-parents.
  - Participate in Q & A sessions with Dr. Vick and other invited divorce professionals.
  - Also, have access to Facebook Live events with Dr. Vick and other invited divorce professionals
- 20% off future products and services
- Certificate of Completion (to provide to court, if applicable)

Please call (813) 689-2525 for more information about our groups and other services provided by Dr. Vick.

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