***Co-Parenting Divorce Coaching***

*As a Co-Parenting Divorce Coach, I work with individual parents who are having difficulties parenting after divorce. The issues and challenges facing parents after divorce are too vast and often too complex to provide an exhaustive list of how I help, however, a few common areas of focus include improving conflict resolution skills (dealing with that impossible parent), learning ways to manage stress, lowering fears and worries, and ways to keep your children out of the middle of the parental conflict. In addition, many parents realize after they develop their parenting plan on paper that it does not work in their lives. I assist parents develop the skills required to implement their parenting plan effectively, putting their children first.****This is not therapy****, but I do consider the impact mental health issues have on the parent's functioning and develop strategies to accommodate the needs of the parent.*  
  
***Co-Parenting Boot Camp Coaching Package***  
*This coaching package has been designed for individual parents who are either considering divorce or who have started the divorce process.*

***You will learn how to:***

* *Take care of yourself*
* *Create a child-focused parenting plan*
* *Avoid common co-parenting pitfalls*
* *Communicate effectively*
* *Resolve and/or avoid conflict*
* *Keep your EX from pushing your buttons*
* *Keep your children out of the middle*

***Cost: $1300.00***

* *1- 90 minute initial consultation to identify your goals and unique co-parenting challenges*
* *4- 60 minute private coaching sessions (1 session a week for 4 consecutive weeks)*
* *4- 15 minute check-in phone calls for support and accountability in-between coaching sessions*
* *Weekly homework/exercises to practice learned skills and accelerate your progress*
* *Co-parenting templates, forms, and resources*
* *Access to private Facebook group*
* *Certificate of Completion*

*\*Co-parents who need additional support and accountability, can purchase unlimited daily email support for an additional charge of* **$400.00**  
  
***Co-Parenting with an Uncooperative EX coaching package***

*This coaching package has been designed for individual co-parents struggling in a high conflict co-parenting relationship.*  
  
***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 and/or uses them as pawns?*
* *Just doesn’t get it?*
* *Was unwilling to work with you despite court orders and/or parenting coordination?*

***You will learn:***

* *How to take care of yourself*
* *How to avoid common co-parenting pitfalls*
* *Stop co-parenting on "egg shells"*
* *Setting limits and boundaries*
* *How to keep your EX from pushing your buttons*
* *Stop being controlled by the other co-parent*
* *Communication Skills*
* *Conflict-Resolution Strategies*
* *Recognizing dysfunctional relational patterns*
* *Cognitive-Behavioral Techniques to improve mood and behavior*
* *Ways to keep your children our of the middle*
* *Repairing damage caused by the other co-parent*
* *How to respond to the negative experiences your children may be having with the other parent*

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***Cost: $2700.00***

* *1- 90 minute initial consultation to identify your goals and unique co-parenting challenges*
* *12- 60 minute private coaching sessions (3 month period)*
* *12- 15 minute check-in phone calls for support and accountability in-between coaching sessions****(FREE)***
* *Weekly homework/exercises to practice learned skills and accelerate your progress*
* *Co-parenting workbook/journal*
* *Co-Parenting forms, templates, and resources*
* *Access to our private Facebook page*
* *Certificate of Completion*

*\*Co-parents who need additional support and accountability, can purchase unlimited daily email support for an additional charge of* **$600.00**

***Parenting Coordinator (court ordered only)***

[***Parenting Coordination***](http://weebly-link/143486127664998467)*is a court-ordered process appointing a impartial third person (parent coordinator) to assist divorced or separated parents develop and implement parenting plans, facilitate the resolution of disputes, provide education, make recommendations, and with prior approval of both parties and the court, make non-substantive decisions.*  
  
***Reunification Therapy***

*Reunification Therapy (RT) is typically a court ordered service designed to help repair the child-parent relationship, which has been damaged by a high conflict divorce.  RT can be implemented during times when the parenting plan is not being followed, when parent alienation is present, when a child is resistant to maintaining a relationship with one parent, when there is a problematic relationship with a parent.  (Please call for more information about the process).*​

***Collaborative Divorce Facilitator (Coach)***

[***Collaborative Divorce***](http://www.collaborativepractice.com/)*is a form of Alternative Dispute Resolution. It is a way for divorcing couples to resolve disputes respectfully and without going to court. The collaborative team is typically made up of your attorneys, financial specialist, and a mental health facilitator all agreeing to work together to maintain open communication and information sharing to negotiate a mutually acceptable settlement without the court having to decide issues.*  
  
***Child Specialist in Collaborative Divorce***

*Serves the Collaborative Team as an independent and neutral representative of the child/children's needs.   Use of a child specialist allows parents to have new information to help them make better decisions as they make important lifetime decisions. It allows parents to validate that they are on a healthy path in their divorce process, an opportunity to consider the special needs/concerns/perspectives of each child, to discuss anticipated difficulties inherent in co-parenting through the divorce process and beyond, and to receive any recommendations / suggestions / information that may help them when developing their Parent Plan with their coaches.*  
  
***Florida Supreme Court Certified Family Mediator***

*Family Mediation (FM) is a form of Alternative Dispute Resolution. My role as a family mediator is to help families resolve family disputes as a neutral and impartial facilitator. Mediators assist parents identify interests and needs to reach mutually acceptable resolutions. FM allows parents the opportunity to maintain control over the divorce process and reduce the need for expensive litigation.****There are many benefits of having a mediator with a psychological background****, including, but not limited to, having knowledge about the needs of children pre- and post-divorce in order to develop and implement a child-focused parenting plan.****Parent Training***

*One of the hardest and most fulfilling jobs we have in life is being a parent.  However, there is no manuals to learn how to do it.  Yes, there are plenty of books out there telling you what you should do to be a good parent. Unfortunately, there are as many ways to parent as there are books.  Despite the authors good intentions, it typically leads to more confusion or frustration because the advice is not specific to your situation or does not provide practical ways to implement the parenting techniques they are suggesting.   Parent Training is appropriate for any parent(s) who want to raise healthy and well-adjusted  children.  Before starting to work with parents, Dr. Vick takes a full history of  the presenting problems and all the factors  that maybe contributing to the cause and  maintaining  of the  problem(s) this includes, but may not be limited to , interviewing  the parent(s) and child(ren) (separately).  The purpose of the interviews is to better understand the special needs of family members, identify barriers for change, and to develop and individualized plan.*

***Individual Therapy (Ages 6 - 55), Couples Counseling, & Family Therapy***

*My treatment approach is primarily*[***Cognitive-Behavioral Therapy (CBT)***](http://www.nacbt.org/)*. However, I have been trained in a number of different treatment approaches that can be utilized to meet your mental health needs. As a clinical psychologist, my role is to diagnose and treat mental illnesses and conditions. However, there are times in which I can assist in differential diagnosis but do not specialize in the treatment of a particular issue and/or disorder. In these situations, I work with clients to better understand their problems, provide applicable resources, and make referrals to other professionals.*

[*Psychological & Psycho-educational Testing*](http://weebly-link/153064750732176799)

*ADHD Evaluations, Behavioral / Emotional Evaluations, Comprehensive Personality Testing*, *Gifted Testing, Learning Disability, Student with Disabilities (College Accommodations), Brief Neuropsychological Screenings, and Vocational Rehabilitation Testing (through the Department of Vocational Rehabilitation).*