

## TRAINERS' CHECKLIST

### 14-HOUR FAMILY RELATIONS COURSE CHECKLIST

#### 1. Conceptualizing the Family

- a. Definitions of family; types of family structure
- b. Canadian family demographics
- c. Family trends
- d. Genograms and family analysis

#### 2. Family Dynamics

- a. Overview and key concepts
- b. Understanding the 'family of origin'
- c. Cross generational conflict
- d. Grandparents / extended family / siblings
- e. Step-parents / new partners / blended families

#### 3. Family Systems Theory

- a. Overview and key concepts
- b. Behaviour and conflict through a family systems lens
- c. Parent-child relationships through a family systems lens
- d. Culture, family systems, and family dynamics

#### 4. Attachment Theory & Parent-Child Relationships

- a. Attachment theory and key concepts
- b. The evolution of attachment theory
- c. Role of fathers
- d. Adult attachment; attachment through the life cycle
- e. Attachment and culture
- f. Parent-child contact problems; estrangement & alienation

#### 5. Child Development

- a. Ages and stages of development; developmental tasks
- b. Models of child development
- c. Children's needs / best interests
- d. Parenting types / parenting post separation & divorce
- e. Special needs cases

#### 6. Impact of Divorce on Children

- a. Impact across ages and stages (emotional, psychological, relational, behavioural)
- b. Impact across lifespan; qualitative research and longitudinal studies (adult children of divorce)

#### 7. Mental Health

- a. Understanding mental health & mental illness; key concepts & definitions
- b. Mood and anxiety disorders; trauma disorders; neurodevelopmental disorders
- c. Personality disorders
- d. Thought distortions
- e. Mental health and conflict
- f. Working with and responding to mental health issues
- g. Implications of mental health in the ADR process

#### 8. Grief

- a. Definitions and concepts
- b. Stages of grief
- c. Children and grief
- d. Responding to grief and managing grief in the ADR process

## 9. Emotion

- a. Definitions and key concepts
- b. Emotional regulation
- c. Emotional Intelligence
- d. Culture and emotional expression

## 10. The Complex Separation and Divorce

- a. Causes of separation and divorce
- b. Trauma and domestic violence
- c. Infidelity
- d. Impact of relational breakdown and trespass
- e. Divorce and separation – statistics and trends; cultural and historical perspectives; gray divorce
- f. Impact of divorce and separation (economic, relational, social, familial, psychological)
- g. Impact of continued conflict post divorce
- h. Recovery process post separation and divorce

## (Additional 7 hrs / Day 3 for 21-hour course)

### Approaches and Strategies

- a. Narrative and transformative mediation
- b. Therapeutic family mediation
- c. Motivational interviewing
- d. Solution focused approaches
- e. Resources in supporting the recovery process after separation
- f. Restructuring the family post-separation