

Overview

The program consists of ten 50-minute sessions. Parents receive their own program notebook to track personal goals and develop their co-parenting skills in a business-like format.

Parental Involvement

- Parents meet together or individually for the initial session.
- Parents, stepparents, and significant others attend the remaining sessions.
- All participants agree to basic rules to make the sessions safe and productive.
- All participants do "homework" to help learn co-parenting skills.

Selecting a Certified SPSP Therapist

Only trained and licensed mental health professionals who have completed an authorized SPSP workshop can claim to be certified SPSP therapists. Call 916-924-1202 for a list of certified SPSP therapists.

How attorneys and therapists can help

- Inform clients about the program
- Recommend SPSP as part of the parenting plan order
- Support clients during the program

If your attorney or therapist does not know about SPSP, ask them to contact Carol Greenfield, MFT, 916-924-1202

History

Frank Leek, Ph.D., a Clinical and Forensic Psychologist developed the Shared Parenting Support Program (SPSP) in 1991. Ms. Greenfield has co-facilitated training groups for therapists with Dr. Leek for several years. Dr. Leek has now retired and Ms. Greenfield is available to assist you in finding an appropriate therapist for your family.

SPSP has been presented at numerous conferences and conventions and is described in several publications. It has received national and international recognition.

Many family law attorneys and therapists have attended SPSP Workshops. Call 916-924-1202.

For appointments or further information, please contact:

Jack D. Love, M.A., MFT
Certified SPSP Therapist
1828 Tribute Road, Suite L
Sacramento, CA 95815

Tel 916-929-5765
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Shared Parenting Support Program

SPSP®

A structured therapy providing a protected environment where parents can learn effective co-parenting skills

Moving from the conflict of divorce to the business of shared parenting



Shared Parenting Support Program

WEBSITE

WWW.SHARED-PARENTING.COM

Goals

Learn how to regularly discuss the following issues in a business-like manner:

- Childcare
- Behavior problems
- Counseling needs
- Clothing issues
- Custody and visitation schedules
- Contact with the extended family
- Monitoring friends and classmates
- Avoiding outside interference
- Medical and dental care
- Moral and religious needs
- Parent-child communication
- Appropriate parent-child boundaries
- Child safety
- Quality education
- Sexual and gender development
- Transportation
- Holiday and vacation schedules
- Transition trauma

Agenda

Session 1

- Understand program overview
- Set ground rules
- Self-evaluate parenting skills
- Define parenting goals

The first session is for parents only. Stepparents and significant others attend sessions 2-10.

Sessions 2-4

- Identify needed co-parenting skills
- Discuss your children's needs

Sessions 5-7

- Learn structured communication system

Sessions 8-9

- Discuss co-parenting issues
- Practice new skills

Session 10

- Review progress
- Determine future needs

Registration

You'll be asked the following questions when you call to enroll in the Shared Parenting Support Program:

- Do you have a child custody and visitation plan in place?
- How long since your separation?
- What are the names and ages of your children?
- Do you have a significant other that will attend the sessions with you?
- When was your last court appearance?
- Did the court order you to participate?
- Who are both parents' attorneys?

Appointments

You can schedule an appointment if you and the other parent are ready to participate. If you want to discuss the program before committing to a date, you can schedule a tentative appointment.

It is best for the children if both parents are at the initial session, but if either parent chooses not to participate in the first joint session, schedule individual initial sessions to prepare to work together during the rest of the program.

If the court ordered both parents to go through the Shared Parenting Support Program, the therapist will send a letter to the attorneys and to the court stating who attended the initial session.

CO-PARENT'S BILL OF RIGHTS AND RESPONSIBILITIES

Frank Leek, Ph.D.

When parents decide to divorce, the law ensures that neither parent is at fault...the relationship could not be saved. After separation parents have certain rights that will permit them to work toward meeting the best interest of their children. Those rights are:

- 1. TO KNOW WHERE YOUR CHILDREN ARE.**
- 2. TO KNOW WHO YOUR CHILDREN ARE WITH.**
- 3. TO KNOW WHEN YOUR CHILDREN WILL BE RETURNED TO YOU.**
- 4. TO KNOW THAT YOUR CHILDREN ARE SAFE.**
- 5. TO KNOW THAT YOUR CHILDREN ARE RECEIVING STRUCTURE AND DISCIPLINE IN A POSITIVE AND LOVING WAY.**
- 6. TO KNOW YOU WILL BE CALLED IMMEDIATELY IF YOUR CHILD IS SERIOUSLY INJURED OR BECOMES SERIOUSLY ILL.**
- 7. TO HAVE APPROPRIATE TELEPHONE CONTACT WITH YOUR CHILDREN WHEN THEY ARE WITH THE OTHER PARENT.**
- 8. TO HAVE INFORMATION ABOUT YOUR CHILDREN'S ACTIVITIES WHEN THEY ARE WITH THE OTHER PARENT.**
- 9. TO HAVE CURRENT KNOWLEDGE OF SCHOOL AND EXTRACURRICULAR ACTIVITIES AND A SCHEDULE OF ALL MEETINGS IN WHICH YOUR CHILDREN WILL RECEIVE AWARDS AND HONORS.**
- 10. TO RECEIVE REALISTIC AND USEFUL INFORMATION IF YOUR CHILD IS HAVING A PROBLEM, AND BE INCLUDED IN THE PROCESS OF CHANGE AND IMPROVEMENT.**
- 11. TO ALWAYS KNOW IF YOUR CHILD IS BEING SEEN BY A THERAPIST OR COUNSELOR AND HAVING THE RESPONSIBILITY TO SHARE IN THE COST, TRANSPORTATION AND THERAPEUTIC ACTIVITIES.**
- 12. IF YOUR CHILD IS IN THERAPY, TO HAVE A THERAPIST WHO FOLLOWS THE BASIC ETHICAL RULES OF TREATMENT, DOES NOT HAVE A PERSONAL OR PROFESSIONAL RELATIONSHIP WITH ANY OF YOUR CHILDREN'S CARETAKERS, AND WHO INCLUDES YOU IN THE TREATMENT PROCESS AS NEEDED.**
- 13. TO BE APPROPRIATELY INVOLVED IN CURRENT AND LONG TERM PLANNING OF SCHOOL AND EXTRACURRICULAR ACTIVITIES, FRIENDSHIPS, RELATIONSHIP WITH FAMILY FRIENDS AND RELATIVES.**
- 14. FOR YOU AND YOUR CHILDREN TO NOT BE SUBJECTED TO VERBAL, EMOTIONAL OR PHYSICAL ABUSE. TO KNOW YOUR CHILD WILL NOT BE SPANKED OR PHYSICALLY PUNISHED BY ANYONE OTHER THAN THE TWO PRIMARY PARENTS AND IF ONE PARENT IS AGAINST CORPORAL PUNISHMENT, NEITHER PARENT WILL USE SUCH PUNISHMENT.**
- 15. TO HAVE YOUR PARENTING PLAN HONORED BY PROMPT EXCHANGES WITH EVERYONE ON TIME.**
- 16. TO PRESERVE THE COPY RIGHT TO THE TITLES "MOM" AND "DAD".**

**A CHILD'S BILL OF RIGHTS
WISCONSIN SUPREME COURT**

THE RIGHT TO:

- 1. A CONTINUING RELATIONSHIP WITH BOTH PARENTS.**
- 2. TO BE TREATED NOT AS A PIECE OF PROPERTY, BUT AS A HUMAN BEING RECOGNIZED TO HAVE UNIQUE FEELINGS, IDEAS, AND DESIRES CONSISTENT WITH THAT OF AN INDIVIDUAL.**
- 3. CONTINUING CARE AND PROPER GUIDANCE FROM EACH PARENT.**
- 4. NOT TO BE UNDULY INFLUENCED BY EITHER PARENT TO VIEW THE OTHER PARENT DIFFERENTLY.**
- 5. EXPRESS LOVE, FRIENDSHIP, AND RESPECT FOR BOTH PARENTS: FREEDOM FROM HAVING TO HIDE THOSE STATED EMOTIONS OR MADE TO BE ASHAMED OF SUCH.**
- 6. AN EXPLANATION THAT THE IMPENDING ACTION OF DIVORCE WAS IN NO WAY CAUSED BY THE CHILD'S ACTIONS.**
- 7. NOT TO BE THE SUBJECT AND/OR SOURCE OF ANY AND ALL ARGUMENTS.**
- 8. CONTINUING, HONEST FEEDBACK WITH RESPECT TO THE DIVORCE PROCESS AND ITS IMPACT ON THE CHANGING RELATIONSHIP OF THE FAMILY.**
- 9. MAINTAIN REGULAR CONTACT WITH BOTH PARENTS AND A CLEAR EXPLANATION FOR ANY CHANGE IN PLANS AND/OR CANCELLATIONS.**
- 10. ENJOY A PLEASURABLE RELATIONSHIP WITH BOTH PARENTS, NEVER TO BE EMPLOYED AS A MANIPULATIVE BARGAINING TOOL.**