ROOTED Assessment & Therapy Centre

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Information Leaflet on Co-Parenting Facilitation Services

1. Empowering Co-Parenting Harmony

At Rooted we understand the complexities of co-parenting after separation or divorce. Our tailored Co-Parenting Facilitation services offer a collaborative approach, ensuring the well-being of your children while fostering a supportive and stable environment.

2. Understanding Co-Parenting

We believe that Co-parenting is similar to a collaborative partnership within a professional setting. It involves shared responsibilities, effective communication, and joint decision-making toward successful outcomes. Just as professionals collaborate for a harmonious workplace, co-parents work together to provide a nurturing environment for their children.

3. Our Approach: Facilitating Co-Parenting Success

Our structured facilitation process empowers parents with effective skills and strategies for successful co-parenting. Through individual and joint sessions, we address communication, cooperation, and collaboration, enabling parents to navigate challenges and create a harmonious environment for their children's well-being.

4. Insights with Shadowmatch

We incorporate Shadowmatch, an innovative online system mapping behavioural patterns. This tool offers insights into individual behaviours, facilitating personal development and enhancing relationships. By generating comprehensive Personal Reports, it aids self-awareness and guides personal success within the co-parenting relationship.

5. Optimizing Collective Success through Insightful Understanding

Managing the complexities within co-parenting dynamics is crucial. Shadowmatch creates a visual map of behavioural patterns, offering a deeper understanding of habits and aiding in predicting future behaviour. This process allows for optimizing the Co-Parenting relationship through identifying opportunities for personal and collective success.

6. Emotional Regulation

Emotional reactions can impede effective communication and decision-making. Our focus on emotional regulation techniques equips parents with skills to manage emotions, ensuring clearer communication and a more constructive co-parenting experience.

7. Your Path to Successful Co-Parenting

At Rooted, our aim is to empower you with the tools needed for successful co-parenting. By understanding behavioural dynamics and managing emotional responses, our facilitation services pave the way for a supportive, stable environment for your children's well-being.

Disclaimer: Behavioural insights provided by Shadowmatch serve as a tool for personal development and relationship enhancement, not as a judgment of competence or inadequacy.

8. Outline and costs: Co -Parenting Facilitation (CPF)

- Session 1: Introduction to the therapeutic process and methods used. Expectations of the therapeutic intervention and goal setting. (Individual session.)
- Session 2:Perception of the reason for the CPF (FAST). Emotional Regulation (Individual session.)
- Session 3:Discussion of the Parenting Plan (If applicable). Shadowmatch Personal report. (Individual session.)
- Session 4:Joint discussion: Shadowmatch Relationship report. (Joint session)
- Session 5:Working on identified challenges. (Joint session)
- Session 6:Working on identified challenges. (Joint session)
- Session 7:Working on identified challenges. (Joint session)
- Session 8:Finalizing the process. (Individual session)