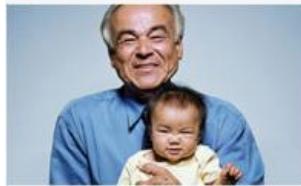


# AFCC eNEWS



Improving the lives of children and families through the resolution of family conflict



**November 2021**  
**VOL. 16 No. 11**

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## AFCC Online Training Programs Return November 29th!

AFCC is pleased to offer comprehensive online training programs again this year!

### Join us for one or both of these in-depth learning experiences

- Conducted online by a team of leading international practitioners and trainers.
- Takes place in two segments per day, two hours each.
- Earn up to 24 hours of continuing education credit if you attend both programs.
- Registration includes access to recordings of all training program sessions.\*

#### The training team includes:

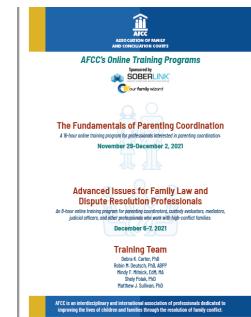
- Debra K. Carter, PhD
- Robin M. Deutsch, PhD, ABPP
- Mindy F. Mitnick, EdM, MA
- Shely Polak, PhD
- Matthew J. Sullivan, PhD

\* Continuing education credit is available only for programs attended live.

### The Fundamentals of Parenting Coordination November 29, 2021 - December 2, 2021 Register now!

This 16-hour training program, based on the 2019 AFCC

#### AFCC Online Training Programs



*The Fundamentals of Parenting Coordination*  
Nov. 29 - Dec. 2, 2021

*Advanced Issues for Family Law and Dispute Resolution Professionals*  
Dec. 6-7, 2021

**AFCC 59th Annual Conference**  
**Chicago, Illinois**  
**May 11-14, 2022**

*Guidelines for Parenting Coordination and the Recommendations for Comprehensive Training of Parenting Coordinators*, will include a comprehensive overview of the PC process; an overview of family dynamics; specific PC strategies, techniques, and interventions; implications of intimate partner violence; cultural considerations; ethical issues; and use of technology.

## Advanced Issues for Family Law and Dispute Resolution Professionals

December 6-7, 2021

[Register now!](#)

This program addresses the challenges often associated with the most intractable family disputes, including intimate partner violence, parent-child contact problems (including parental alienation), the voice of the child, and providing virtual services.

[Visit the training portal](#) for more information!

## Ask the Experts

### Ten Tips for the Holidays

*Robin M. Deutsch, PhD, ABPP*

As family law professionals, we know our clients often exhibit increased anxiety and stress around the holidays. During the past almost-two years, the pandemic has heightened those feelings for many of us. These tips for the holidays were published in 2018, and we think they are still relevant today. I often think our role as a family law professional is to provide options, opportunities, reframes, and calm. These were written with that in mind. [Read more](#).



[Save the date!](#)

## AFCC Chapter Conferences

### Missouri Chapter Annual Conference

November 19, 2021

Being held virtually

### Arizona Chapter Annual Conference

January 21-23, 2022

Sedona, Arizona

### Colorado Chapter Annual Conference

February 4-5, 2022

Being held virtually

### California Chapter Annual Conference

February 4-6, 2022

San Francisco, California

### Louisiana Chapter Annual Conference

March 18, 2022

Baton Rouge, Louisiana

## Plan to Attend the AFCC 59th Annual Conference in Chicago!

### The Use, Misuse, and Abuse of Technology in Family Law: Practical, Ethical, Safety, and Procedural Challenges

Chicago, Illinois

May 11-14, 2022

## Save the Date

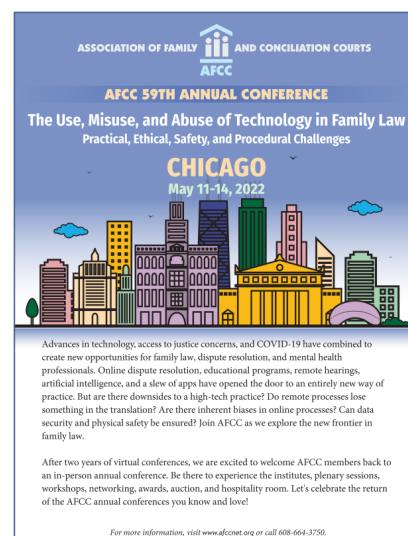
**Include AFCC in your 2022 plans!** Set aside May 11-14, 2022 (which is *not* Mother's Day weekend!) to attend the AFCC 59th Annual Conference at the Chicago Marriott Downtown Magnificent Mile.

Share the news by posting a **save-the-date flyer** in your office! You might encourage your colleagues to join you.

During the conference, you can reconnect with colleagues, meet new people, earn continuing education credit, and learn from experienced, knowledgeable professionals.

With meditation and yoga available, you can also work in some self-care!

Attend for your professional development, your career, and yourself. We can't wait to see you there!



The poster for the AFCC 59th Annual Conference in Chicago, May 11-14, 2022. It features a colorful illustration of the Chicago skyline. The title "AFCC 59TH ANNUAL CONFERENCE" is at the top, followed by "The Use, Misuse, and Abuse of Technology in Family Law Practical, Ethical, Safety, and Procedural Challenges". Below that is "CHICAGO" and the date "May 11-14, 2022". A small paragraph about the conference's focus on technology and its impact on family law follows. At the bottom, it says "For more information, visit [www.afccnet.org](#) or call 608-664-3750."

## Exhibit, Sponsor, or Advertise with AFCC!

If your customers include family law professionals, please consider exhibiting with us in Chicago! AFCC already has several sponsors and exhibitors lined up for the conference, but we would welcome more! Confirming early lets you take advantage of lower prices, secure a better table location, and more.

Space is limited. Don't miss out on your chance to promote your business to AFCC members. **Read the prospectus** and contact **Gina Wentling** to sign up to sponsor or exhibit at the annual conference.

## Donate to the AFCC Scholarship Fund

The AFCC Scholarship Committee provides financial support to help family law professionals from all corners of the world convene at AFCC conferences. These scholarships provide important face-to-face access to top-flight continuing education along with an amazing network of collegial professionals.

AFCC plans to deliver the magic of in-person events at the 59th Annual Conference, set for May 2022 in Chicago, Illinois. With your help, the Scholarship Committee can send more worthy professionals to the conference.

The committee wishes to thank you for your continued support of the Scholarship Fund. If you have yet to contribute, we hope this is the year you choose to give back! If you need assistance, please contact the AFCC staff at [afcc@afccnet.org](mailto:afcc@afccnet.org) or 608-664-3750. **Learn more** or **donate now!**

## AFCC Webinar Corner

### Unbundling Legal Services

Tami Moscoe, LLB and Lorna Yates, LLB  
December 15, 2021 | 1:00-2:00pm Eastern Time US/Canada  
Registration closes on December 14, 2021 at 9:00am Eastern Time US/Canada.

While access to family law services remains a challenge across North America and beyond, there have been several significant developments in this area over the last five years, including several private family bar innovations. In this webinar, we will explore recent developments in the provision of unbundled family law services in Ontario, including Toronto's Advice and Settlement Counsel (ASC) project, an innovative project established by leaders of the family law bar with support from Ontario's Family Law Limited Scope Services Project as well as the Superior Court of Justice. This project, which now runs completely virtually, helps family litigants to obtain affordable summary legal advice in connection to their family court hearings, based loosely on publicly funded

duty counsel service model that is available in Ontario in limited locations.

**Tami Moscoe** provides advice to Chief Justice Geoffrey Morawetz and Senior Family Justice Stevenson on all issues relating to family law, family court processes and the Unified Family Court. Tami also advises on improvements to the Family Law Rules and family justice innovations, working closely with representatives of the Ministry, the family law bar and other stakeholders. She was also instrumental in the recent Unified Family Court expansion in Ontario as well as the recent launch of Ontario's Family Law Limited Scope Services project. Tami joined the public service in 2006 after 8 years of family law practice at Torkin Manes. She also became an Accredited Family Mediator (Ontario Association for Family Mediation) during her time in private practice.



**Lorna Yates** is a founding partner at Cohen Alves Peeters Yates LLP. Lorna has experience in all areas of family law, including negotiation of complex marriage contracts, separation agreements and parenting plans. She is an author for four (4) chapters of the Law Society of Ontario's Bar Admission Materials for Family Law. She is the past-Chair of the Ontario Bar Association's Family Law Section and past-Chair of the Family Law Practice Group at The Advocates Society. Lorna is proud of her work as a panel member on the Office of the Children's personal rights panel since 2004. She is also an active member of the Superior Court of Justice Family Working Group. Lorna sits on the board of the George Herman House, an organization that provides transitional housing and support to women with emotional and psychiatric issues.



#### Registration

Members: \$15

Non-Members: \$50

#### Certificate of Attendance

Members: \$15

Non-Members: \$20

This webinar is **not eligible** for continuing education for psychologists. Continuing education credit *may* be available for other professionals. [Read more](#).

[Register today!](#)

#### Register Now for AFCC's January webinar!

##### [Interviewing Children with Non-Normative Needs and Unique Considerations](#)

Ann Ordway, JD, PhD

January 12, 2022 | 1:00-2:00pm Eastern Time US/Canada

[Register now!](#)

#### Chapter News

**Justice Andrea Himel**, AFCC member from Newmarket, Ontario, is the 2021 recipient of the Dena Moyal Award, an honor given by the Ontario chapter of AFCC. Andrea received her BA from McGill University and her joint LLB/MSW degree from the University of Toronto. Prior to

her judicial appointment, she was a sole practitioner with a focus on family law, mediation, child protection and children's law. In 2020, Andrea was appointed to the Superior Court of Justice of Ontario, Family Court Branch in Newmarket. She was a major contributor to the development and marketing of AFCC-O's Parenting Plan Guide (the "PPG") and Template. Andrea remains one of AFCC-O's greatest champions.



## Member News

**Bill Eddy, LCSW, Esq., and Megan Hunter, MBA,** AFCC members from San Diego, California, have launched a podcast titled *It's All Your Fault: The High Conflict Institute Podcast*. The podcast explores the five types of people who can ruin your life—people with high conflict personalities and how they weave themselves into our lives in romance, at work, next door, at school, places of worship, and just about everywhere, causing chaos, exhaustion, and dread for everyone else. Future episodes will include interviews with several AFCC members. [Learn more](#). Congratulations, Bill and Megan!



**Benjamin Garber, PhD**, AFCC member from Nashua, New Hampshire, and frequent presenter at AFCC conferences, has written a new book, *Mending Fences: A Collaborative, Cognitive-Behavioral Reunification Protocol Serving the Best Interests of the Post-Divorce, Polarized Child*. AFCC member Bill Eddy wrote the book's foreword. *Mending Fences* is an essential guide for family law and mental health professionals that will support your work in the difficult process of family reunification. [Learn more](#). Congratulations, Ben!



**Do you have a notable achievement to share?** Email [Gina Wentling](#) with your story and a professional head shot or book image (PNG preferred), if you have one, to be featured in next month's Member News!

## AFCC eNEWS

The AFCC eNEWS is the monthly e-newsletter of the Association of Family and Conciliation Courts. The eNEWS provides up-to-date information for professionals including practice tips, international news, and the latest initiatives in family law and conflict resolution. The AFCC eNEWS is provided at no charge to you; anyone can subscribe. [Subscribe here](#).

AFCC members are free to share eNEWS content.

### EDITOR:

**Ann Ordway, JD, PhD**

**ASSOCIATE EDITOR:**  
**Gina Wentling**





ASSOCIATION OF  
FAMILY AND  
CONCILIATION COURTS



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## Ask the Experts: Ten Tips for the Holidays

*Robin M. Deutsch, PhD, ABPP*

As family law professionals, we know our clients often exhibit increased anxiety and stress around the holidays. During the past almost-two years, the pandemic has heightened those feelings for many of us. These tips for the holidays were published in 2018, and we think they are still relevant today. I often think our role as a family law professional is to provide options, opportunities, reframes, and calm. These were written with that in mind.

- 1. Have a very specific plan for the holidays so there is no opportunity for confusion or conflict.** Parents may alternate or split holidays, but when there is disagreement about this plan, consider the longer view of alternating holidays by even and odd years. Holidays are often a time of heightened emotions, and the reality of the loss associated with separation or divorce is no more apparent than when parents must spend a holiday without their children or without old traditions. Predictability is key to managing these emotions.
- 2. Try to continue traditions of the past for the children.** If they are accustomed to spending Christmas Eve with one extended family, try to continue that tradition, if not every year then in alternate years. Parents should consider maintaining some of the family traditions the first year after the separation, and alternating beginning the following year.
- 3. If you can continue some traditions together, make them clear, attending to details of who, what, where, when, and how.** Some families are able to be together without conflict arising, but parents often have different expectations about the experience itself, as well as the amount of time they will be together. The most important thing for the children is that they do not experience conflict between their parents.
- 4. Create new traditions that feel special to the children and family.** This is an opportunity for the new family configuration to establish new traditions for the holidays including creation of a special holiday celebration or experience on a day other than the actual holiday. It is also an opportunity for the adult who does not have the children, to establish new practices such as time with friends, volunteering, movie days, and travel.
- 5. Think long-term**—what do you want your children to remember about holidays when they have their own children? For children, holidays are magical. It is often the little rituals and practices that are most memorable, such as baking a pie, playing a game, or lighting the fire.

**6. Remember, children's memories include all senses—what they saw, heard, smelled, tasted, and touched.** To the extent possible, create a memory that involves each of these senses and describe it, e.g. we always listen to this music, eat cranberry sauce, watch this movie, read this book, take this walk, and cut these branches. Do not allow conflict to enter into these memories.

**7. Self-care is very important.** Life for the adults has significantly changed. Find new ways to care for yourself, e.g. exercise, friends, books, movies, clubs, martial arts, dance, classes, or activities that bring new energy and attention. You want to rejuvenate yourself and refocus on something to help you reconstitute yourself in your new life.

**8. Keep your expectations small and be flexible.** Focus on one thing that matters most to you during the holidays, e.g. some sense of connection to your family, having some time with extended family or close friends, creating a new tradition, or continuing a tradition. Your holiday time will not be the same, but you can decide that you will have one small goal that you will work toward creating or preserving. Holidays may be accompanied by unmet needs and dashed hopes. By thinking small, you can manage disappointment and decrease stress.

**9. Though you, the parent, may feel disoriented and lost in the changed family, keep your focus on the children and the new family constellations.** Make the holidays about your children, which means helping them to feel good about spending holiday time with the other parent.

**10. In ten years or twenty years, what do you want to see when you look back on these years of change?** From that long view, you can highlight the tone and experience of these transformed holidays. Remember, children who find holidays stressful because of the conflict between their parents, have terrible memories as adults of holidays and of special family moments. It is in your hands to create fond, pleasant memories for your children. They can be traditional or not, but the message is that you and your family are important and that we find ways to celebrate and enjoy holidays.

Dr. Robin Deutsch provides consultation, mediation, parenting coordination and expert witness services in Newton, Massachusetts. She developed and was the director of the Center of Excellence for Children, Families and the Law at the William James College. Previously she was an Associate Clinical Professor of Psychology at Harvard Medical School. Dr. Deutsch was the co-chair of the AFCC Child Consultant Task Force. She is the past president of the Massachusetts chapter of AFCC, past president of the AFCC, and former Chair of the APA Ethics Committee. Dr. Deutsch is the coauthor of *7 things Your Teenager Won't Tell You and How to Talk about them Anyway* (Ballantine 2005, 2011) and co-editor of *Overcoming Parent-Child Contact Problems: Family-Based Interventions for Resistance, Rejection, Alienation* (Oxford, 2016).

