

COLLABORATIVE Practice Tips

A monthly bulletin from the CP Cal Practice Excellence Committee

The Practice Excellence Committee is pleased to offer tips to help you increase your Collaborative cases and achieve *practice excellence*.



Please send us your comments and questions! Email us at info@cpcal.com

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How to "Holiday Proof" Your Collaborative Families (and Teams)
Holidays evoke many emotions as families change. There are many ways to support parents and children as they weather the first year (or two). We have an opportunity to help parents learn to lean into a difficult time, and work together.

Tip #1

Plan, Plan, Plan. The collaborative team can help parents/couples look ahead to the winter holidays as well as anniversaries, birthdays and other special days. Add this to your agendas in October or November. This will model the benefits of looking ahead, and not avoiding or ignoring. Anticipation without problem-solving is overwhelming to parents.

Tip #2

Predict the feelings of grief as they approach traditions for the first time after a separation. Many people think things will be "fine" or "just like last year" or they want to dig a hole and climb in. Help by *normalizing* the grief evoked by holidays for all family members.

Tip #3

Check in with your clients. Facilitate conversations with parents about specific individual events during the holidays. What family traditions does the family have about dinners, presents, gatherings, and activities at Thanksgiving, Chanukah,

Christmas, Santa, and New Year's?
Brainstorm solutions:

- Many events can be done at both houses at different times.
- Help parents think about extended family and how to include them.
- Help parents think carefully about how they can emotionally manage being together, e.g., for a two-hour dinner, but not a whole day.
- Encourage parents to create new traditions with friends or extended family.
- Discourage bringing in a new partner to family celebrations in the first year after a divorce.
- Help them be realistic and kind-for their children and themselves.

Tip #4

Notice the ways the couple was successful at planning for the holidays and debrief how it went. This is a microcosm of how post-divorce family life is.

Tip #5

Be realistic about your work schedule and communicate this to your clients so that they know when you are (and aren't) available

The Practice Excellence Committee wishes all in the Collaborative Community, and the families we work with, peace throughout the holidays and the New Year.



Stay Connected



CP Cal c/o 145 Wild Horse Valley Drive, Novato, CA 94947 415-897-2398 info@cpcal.com