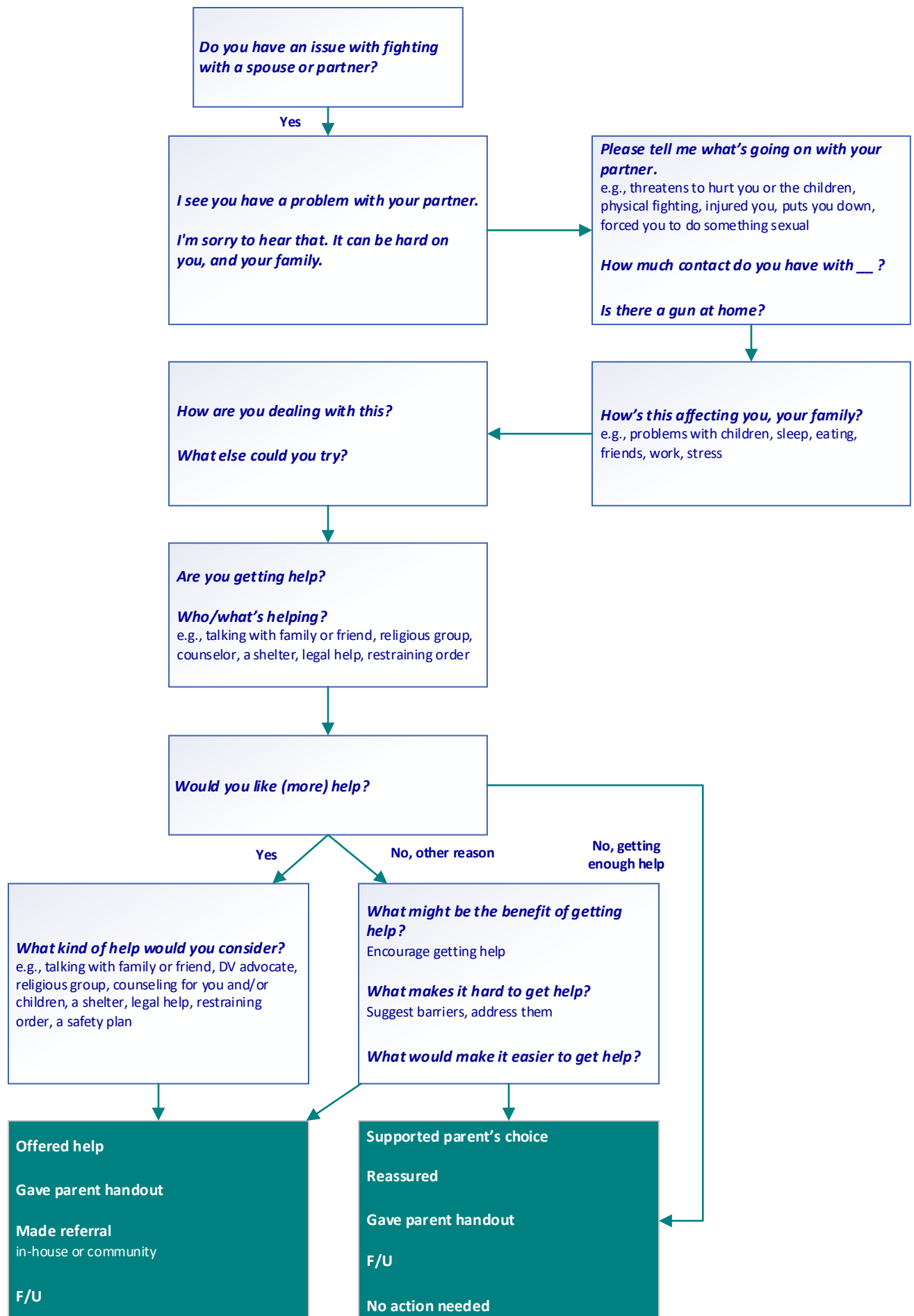


Guidelines for Approaching Possible Partner Conflict



Parental Conflict - Addressing Possible Barriers

Barrier: **It's not that bad**

Response:

- I'm glad you feel that it's not that bad
- Still, I'd like to help you, and I'm concerned how this may be affecting you and your child
- This problem doesn't usually improve if nothing is done
- It's often best to do something about it - sooner rather later
- Would you consider trying a program or counseling, and see how you feel? You may be pleasantly surprised

Barrier: **It will get better with time**

Response:

- I hear you that you feel things will get better with time
- While some things get better with time, problems between family members often do not, and they harm kids in the meantime
- How long would you want to wait before getting help?
- How would you feel about trying this program or counseling?
- If not now, please let me know when you feel ready

Barrier: **I'd feel embarrassed**

Response:

- I hear you. Lots of people feel embarrassed about this problem
- But, there are lots of reasons so many people face these problems
- Many parents need help, and many are getting help. You're not alone! This is not your fault
- Would you like me to help you get help?

Barrier: **My partner might get mad and make things worse**

Response:

- I see that you're worried about your partner getting mad. This is a common concern
- I will keep this strictly confidential [check to see if your state requires this be reported]
- You're right that doing something about the problem has risks. But, so does doing nothing
- Would you consider trying a program or counseling?

Barrier: **I don't know where to get help**

Response:

- Yes, it's often hard to know where to get help
- If you're interested, I can recommend a really good program or professional
- We have someone excellent here who can help. Would you like me to connect you with her/him?
- Here's a handout with useful info on good helplines, websites and other nearby places that help

Barrier: **I don't have the time**

Response:

- I hear you that there's not the time to deal with this. You're busy!
- Still, do you think this may be important – for you, your family, your child?
- It's hard to be a good parent if you're feeling scared
- Would you consider trying a program or counseling?

Barrier: **I don't think these programs or counseling work**

Response:

- A lot of people feel unsure about getting help or counseling
- Have you had a bad experience with counseling? I understand that must be discouraging
- Do you think this could be different if you had someone really good?
- Would you like me to recommend a program or professionals I think you'll find very helpful?

Barrier: **I'm afraid of losing financial security**

Response:

- I see you're worried that doing something about this problem may create financial problems
- Many programs or counselors assist with finding classes, jobs or resources to help with this
- Would you consider trying a program or counseling to help with this?

Barrier: **I don't think it's affecting my child(ren)**

Response:

- I hear you that you don't think it's hurting your kids
- Sometimes effects of this problem may not be obvious, like babies crying more or children acting up
- Do you sometimes think that kids may pick up on more that we realize?
- I know you want things to be good for your child, getting help should make things better sooner – for you and your child

Barrier: **I don't have childcare**

Response:

- Yes, childcare can be tough to find
- Perhaps family or a friend can provide childcare while you focus on your well-being
- What do you think?

Barrier: **I don't have transportation**

Response:

- I see transportation is a problem
- Unfortunately, this is so common
- Would you like me to see if there's something close to home or on a bus route?