



# C4P News

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## *Focus on Healthy Conflict*

### **Research Update: Parent Conflict Style Affects Family Openness**

#### **Featured Article**

Beck, S. J., & Ledbetter, A. M. (2013). The influence of parent conflict style on children. *Journal of the International Association for Relationship Research* 20, 495-510. doi: 10.1111/j.1475-6811.2012.01420.x

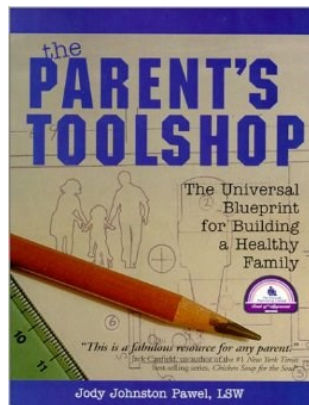
#### **Goals of the Study**

In this article, the researchers' goal was to discover if there was a causal relationship between family communication patterns, conflict style, and shared family identity.

#### **Key Findings**

- Family communication patterns were found to affect conflict styles, which affected shared family identity among young adults.
- Parents that had better family communication patterns tended to show concern for the other's opinion during conflict, and also tended to have a better shared family identity.
- A lack of concern for the child's opinion by the parent was found to be the most detrimental to the child's willingness to identify with the parent.

#### **Featured Resource: *The Parent's Toolshop***



Author Jody Johnston Pawel, LSW, CFLE, provides readers with many different tools to help promote healthy family relations. Chapters 5, 9, and 10 would be particularly useful in regards to conflict because they refer to the topics of cooperation, keeping your cool, and clear communication, respectively. Pawel also provides real-life examples that make the tools easy to understand and apply.

The Parent's Toolshop will be giving away free Toolshop resources three times each week through Christmas! Join the mailing list or the Parent's Toolshop fan page to learn more about this and other opportunities!



#### **C4P Trivia**

Which of the following conflict styles is characterized by high levels of self-concern and high levels of other-concern?

- A. Avoiding
- B. Compromising
- C. Dominating
- D. Integrating

The first person to send the correct answer to [center4parenting@utk.edu](mailto:center4parenting@utk.edu) will receive a \$5 Starbucks gift!

## Featured Organization: *Dove Services*

Dove Services provides court approved co-parenting classes to never-married parents to help facilitate positive interactions between parents to create a healthier environment for the child(ren). When asked about the program, instructor Fran Clemmons stated that, “We are parents forever. My passion and reward is motivating parents, teaching them how to reduce conflict and to focus on their children. It is important for the children’s emotional and mental well-being to view their parents as working together as a ‘Team’ for the children’s best interest.”

### **Dove Services Cover:**

- How to protect and enhance your child’s emotional development
- How to build long-term mental health for the child
- Emotional and Financial Issues
- Communication skills
- And much more!

### **What is the cost?**

#### *4-Hour Seminar*

Cost is \$45 class is required in Chancery court by the State of Tennessee.

#### *12-Hour Seminar*

Cost is \$70 (if paid on first class) or \$20 per \$3-hour session once a week for 4-weeks per 4th Circuit Court requirements.

#### *Juvenile Court 9-Hour Seminar*

Cost based on sliding scale (based on income). Cost is per co-parent. If you are remarried or have a grandparent involved in the co-parenting relationship we encourage each person attend with you at no cost for either the 12-or4-hour class to promote a more effective

### **Additional Information**

- Classes available in both Spanish and Sign Language
- Classes are for parents, stepparents, and grandparents
- Other classes offered:
  - Family Mediation Services
  - Parenting Plan Mediation
  - Parent Coaching
- You may pre-register at:  
[www.doveservices.net](http://www.doveservices.net)

### **About the Instructor:**

Fran has a Master’s Degree in Human Resource Development from the University of Tennessee-Knoxville. She is a Tennessee Supreme court approved, Rule 31 Mediator for Families and Civil Mediation. Fran is also the mother of three sons.

**“We are parents forever.”**

**-Fran Clemmons**

