

Skills before decisions!

Both parents will learn 4 basic conflict resolution skills *before* making big decisions

Flexible Thinking:

Acknowledging that there is more than one solution to every problem
Turning complaints into proposals for future behavior or future agreements

Managed Emotions:

Controlling anger, sadness, fear, and anxiety so as to not over-react
Protecting the children from a parent's extreme emotions

Moderate Behaviors:

Avoiding extreme actions, language, and parenting requests
Responding to hostile communications so as to avoid escalating the conflict

Checking Yourself:

Reminding yourself to use these skills during times of stress

Convenient Office Location



Institute for Couple and Family Enhancement

21015 Market Ridge, Suite 101
San Antonio, TX 78258

Call 210-496-0100 or visit www.icfetx.com
to schedule your appointment today.



ICFE

INSTITUTE FOR COUPLE &
FAMILY ENHANCEMENT



new ways
FOR families®



Making a Better Future for your Children

The ICFE was established in 2010 by Becky R. Davenport, Ph.D., LMFT. After ten years of clinical practice, teaching, and providing supervision to student clinicians, Dr. Davenport recognized a need in the San Antonio area for specialized therapy services for couples and families. The ICFE has grown significantly to include more clinicians, each with specialized training in various areas. All therapists at the ICFE are Licensed Marriage and Family Therapists (LMFTs) or Licensed Marriage and Family Therapist Associates (LMFTAs) with significant training and experience working with families like yours. The ICFE is also a training institute for graduate students in couple and family therapy.

Please visit our website (www.icfetx.com) for information about each clinician.



What Is New Ways for Families®

- New Ways is a structured parenting skills method intended to reduce the impact of conflict on the children in potentially high-conflict divorce and separation cases.
- Both parents should complete New Ways counseling at the start of their case, to prevent it from becoming high conflict and to avoid unnecessary court hearings.
- New Ways is intended to teach parents the skills necessary to put their children first by improving their co-parenting skills and *jointly* making their parenting decision **out-of-court**, on their own or with the help of attorneys and/or mediators.
- This reduces the time the court must spend making decisions for them. When parents make their own parenting decisions, they are more likely to follow the agreements.

How New Ways for Families® Works

- Six (6) Individual Counseling sessions: the counselor assists parents in learning and demonstrating the New Way Skills for each parent, as applied to their own cases. These sessions are confidential.
- Three (3) Parent-Child Counseling sessions: both parents share the same non-confidential counselor. The counselor assists parents in teaching their kids the New Ways skills, hearing the child's concerns about the divorce or separation, and explaining to the child the "new way" the family will function.
- Upon completion of the New Ways program, parents are prepared to meet with legal professionals to negotiate permanent parenting plans and implement the new plans successfully.



For more information and links to intake forms, go to www.icfetx.com/newways