THERAPY
RESOURCES

CBT

COGNITIVE BEHAVIORAL THERAPY

TEMPLATE

Weekly Check-In

Dr. Garin D. Vick

CO-PARENTING
TOOLS, TIPS, & TACTICS

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CO-PARENTING
TOOLS, TIPS, & TACTICS

"Helping families before, during, and after divorce."

SERVICES PROVIDED BY DR. VICK

FORENSIC SERVICES
(ALL require a court order)

Reunification Therapy
Family Integration Therapy
Court-Qualified Parenting Coordinator
FL Supreme Court Certified Family Mediator
Expert Witness Services
Professional Consultation
Collaborative Divorce Coach / Neutral Facilitator
Specialized Treatment & Consultation with Court-Involved Children & Families
Court-ordered Mental Health Evaluations / Psychological Evaluations
Competency Evaluations (Juvenile & Adults)

CLINICAL SERVICES
(no court order required)

Individual Therapy
Family Therapy
Psychological Testing
Giftedness Evaluations
Co-Parenting Divorce Consultant

***Accepting New Clients**

CO-PARENTING

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Template : Weekly Check-In

Instructions: Use this template for regular check-ins with your co-parent to discuss progress, challenges, and adjustments.

1. Date of Check-In: _____

2. Progress

What progress have you made towards your co-parenting goals this week?

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3. Challenges

What challenges or setbacks did you encounter?

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How did you address these challenges?

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4. Adjustments

What adjustments do you need to make to your current strategies?

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5. Goals for Next Week

What are your goals for the coming week?

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6. Feedback

Do you have any feedback for each other?

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Notes:

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