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THE UPO OFFICE OF PARENT COORDINATION AT THE DC COURT

What is the UPO Office of Parent Coordination (OPC)?

The Office of Parenting Coordination (OPC) at the DC Family Court aims to deliver Parenting Coordination and related services that are tailored to the state of the art research and scholarship regarding medium and high conflict custody disputes, and to the characteristics of the local community and the psycho-social circumstances of the families served. The OPC strives to effectively and efficiently meet identified needs of the families served including those needs tied to their specific cultural and socio-economic



circumstances. The program aims to provide tools for co-parents to help decrease their parental conflict that, in turn, may be negatively affecting their child/children. Parent coordinators are typically trained psychology graduate students that engage in: creating parenting plans; individual parent coaching; facilitating agreements on parenting issues; and group parent coaching.

How do I participate?

Participants must be referred by the DC Family Court or co-parents must be a current consumer of any United Planning Organization service and meet the initial acceptance criteria for the program.

How long is the program?

Participation in the OPC program is *not* optional *if* referred by the court. Participation can last from 10 weeks to a year or longer depending on the need.

What is offered through the OPC program?

Group coaching with evidence based outcomes, facilitation of parenting agreements, psycho-education on best parent practices and developmental needs of children, creation of parenting plans, and connections to community resources.

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Externship specifics:

- This is an Advanced Clinical Externship with focuses on Family, Forensics and Interpersonal Therapy
- Externs are expected to carry a caseload of 2-4 cases, 10-15 clinical hours per week (can be increased or decreased by individual request and need)
- Some office work, assessments required – writing intakes, process notes and status letters to judges
- Opportunities to testify in Court on behalf of families if interested in experience
- 1 ½ hours of weekly group supervision provided; Individual supervision available as well on a case by case or Extern basis
- Preferred Externship commitment of 6 months – 1 year, but can be discussed on an individual basis. Start dates and end dates flexible

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