

Overcoming Barriers' Board of Directors

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OVERCOMING BARRIERS



Overcoming Barriers is a 501(c)(3) non-profit organization that hosts intensive psycho-educational programming for families with children in danger of losing a relationship with one parent after divorce.

OVERCOMING BARRIERS

Child Centered Programming for Families in Conflict
www.OvercomingBarriers.org

PROGRAMS FOR 2012

OCB currently offers three unique programs developed and implemented by the OCB clinical team. Programs are offered near Boston, MA and San Francisco, CA.

[Visit Overcomingbarriers.org](http://VisitOvercomingbarriers.org)

- Detailed program information
- Sign up to receive program updates
- Make a donation to support program development and greater accessibility

FORGING FAMILIES' FUTURES

2 FAMILIES, 1 WEEKEND
NEAR BOSTON, MA. ROLLING INTAKE

This program is a weekend intervention open to families with children between ages 9 and 18. All family members, including live-in or significant others, must attend for the entire weekend.

The program is held in a hotel with children and parents sleeping separately. The mornings begin with psycho educational groups for adults and for children. The afternoons are filled with a variety of different interventions, based on morning work, which may include parent-parent work, parent-child work, family work or multi-family work.

Goals for children include:

- Understanding their family, e.g. who is in and who is out and how that came to be.
- Identifying cognitive distortions
- Becoming desensitized to rejected parent
- Seeing both parents working together in a safe way
- Learning problem-solving skills to apply to difficult situations

REPAIRING DISRUPTED FAMILY RELATIONSHIPS

8 FAMILIES, WEEKLY SESSIONS
FOR 12 WEEKS,
NATICK, MA.
ENROLLMENT OPEN

This 12-week psycho-educational group program consists of 4 components for each family:

- Weekly parent groups with a combination of favored parents and non-favored parents (2 groups)
- Weekly children groups
- Family intervention meeting (week 11)
- Development of follow-up recommendations

The program is a research based psycho-education and experiential program which targets specific feelings, cognitions and behaviors on the part of parents and children.

The program goals are to help all participants:

- Identify thoughts, feelings and actions that trigger negative responses
- Develop multiple perspectives that allow for changes in behavior
- Learn tools to manage overwhelming affect
- Have opportunities for a shift in entrenched relationship patterns

HIGH CONFLICT DIVORCE CAMP

6 FAMILIES, 4-DAYS, 4-NIGHTS
NEAR SAN FRANCISCO, CA
FROM JUNE 29-JULY 3
NOW ACCEPTING APPLICATIONS

This program includes all members of the family, including stepparents and stepchildren. With its relaxing activities and skilled, supportive staff who understand the complexities of these relationships, this camp will provide a unique opportunity to create new beginnings and new memories for families.

In addition to traditional camp activities like yoga, arts and crafts, hiking and campfires, families will participate in specially designed Children and Adult Programs each morning.

The psycho-educational part of this family camp, led by experts in this field, will help both parents see the value of the other in the child's life as well as help children become more free to feel and show connection with both parents. Families will receive detailed written aftercare recommendations. Families will learn how to repair ruptured relationships in a safe and healthy environment.