

DIVORCE

Parenting from Different Households

A 3 hour workshop designed to help parents meet their children's needs and reduce conflict resulting from divorce and separation.

Workshop regularly scheduled on the second Thursday of each month.

TOPICS:

- Impact of divorce on children of various ages
- How to lessen the negative impact of divorce or separation
- Co-parenting plans and mediation
- Conflict resolution or reduction-building communication and negotiation skills
- Adjusting to changes in the family
- Taking care of yourself, for the children

"We must accept finite disappointment, but we must never lose infinite hope."

Martin Luther King, 1929-1968

"Action may not always bring happiness, but there is no happiness without action."

Benjamin Disraeli, 1804-1881

"All things are possible until they are proved impossible-and even the impossible may only be so, as of now."

Pearl S. Buck, 1892-1973

"It isn't for the moment you are struck that you need courage, but for the long uphill climb back to sanity and faith and security."

Anne Morrow Lindbergh, 1906-2001

"Courage doesn't always roar. Sometimes courage is the quiet voice at the end of the day saying, 'I will try again tomorrow.'"

Mary Anne Radmacher

Anne Buettner, M.A

Licensed Marriage & Family Therapist

Licensed Mental Health Practitioner

Psychologist Associate

Individuals, Couples
and Families

**Counseling and
Psychological
Evaluations**

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Conducted by Anne Buettner, M.A

Registration
Call Central Mediation Center
1-308-237-4692
1-800-203-3452



- More than 25 years of clinical experience
- Approved Supervisor of American Association for Marriage & Family Therapy
- Credentialing Board Member of Nebraska Mental Health Practice Board, 1993-2003
- Trained Mediator of Central Mediation Center, Nebraska
- Board member of American Association for Marriage & Family Therapy, 2003-2004
- Nebraska Supreme Court appointed member of Office of Dispute Resolution Advisory Council, 1997-2005
- President of Nebraska Association for Marriage & Family Therapy, 1985-1986, 1998-1999, 2008-2009

Issues and Problems

Comprehensive assessment and treatment of problems.

- Enhancement of family life and personal performance
- Life crises and stress reduction
- Depression and anxiety
- Conflict resolution in work related issues
- Phobias
- Anger control difficulties
- Grief and loss
- Pain management
- Substance abuse and addiction
- Children's behavioral and academic problem
- Parent-Child relationship / family dysfunction
- Marital and relationship difficulties
- Sexual dysfunction / sexual intimacy / sexuality
- Trauma
- Survivors of abuse, sexual assault, domestic violence
- Domestic violence offenders
- Eating disorders
- Obsessive compulsive disorders
- Attention deficit / hyperactivity disorder (ADD/ADHD)
- Infertility
- Other behavioral and emotional disorders

Use a spectrum of cognitive behavioral techniques including:

- Individual, Couples, and family Therapy
- Solution focused approaches
- Hypnosis
- EMDR Eye Movement Desensitization and Reprocessing
- Critical Incident Stress Debriefing (CISD) for schools, businesses, industry and communities

Conduct psychological evaluations

for purposes of:

- Diagnosis and Treatment
- Custody Evaluation
- Parenting time/ Visitation
- Legal involvement behaviors
- Personality or intellectual assessment