Beyond the Polemics: Realistic Options to Help Divorcing Families Manage Domestic Violence

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BEYOND THE POLEMICS:

REALISTIC OPTIONS TO HELP DIVORCING FAMILIES MANAGE DOMESTIC VIOLENCE

ELAYNE E. GREENBERG*

INTRODUCTION

Children, adult survivors, and their batterers who remain engaged in violence, even after they live apart, are living legacies of the historical perniciousness of domestic violence, a legacy that must change. True, over the past thirty years the politicization of domestic violence has raised public awareness, spurred legislative reforms, and propelled court innovations. However,

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2 See THE BURNING BED (Metro Goldwyn Mayer 1984); see also The Domestic Violence Awareness Month, http://dvam.vawnet.org/index.php (last visited April 20, 2010).


the children, survivors, and batterers who still live domestic violence after divorce know all too well that all of our political advancements, legal victories, court innovations, and social awareness have not stopped the violence they live within their day-to-day lives. For many of these families, an order of protection or a judgment of divorce does not cease the violence.5

Divorce provides ample, ongoing opportunities for the violence to continue. Children of divorce are often used as conduits to continue the abuse.6 Incessantly maligning a parent, inconsistently complying with agreed upon parenting schedules, unrelenting legal assaults against the other parent, insidiously brainwashing the child against the other parent, intentionally defaulting on support obligations, and sabotaging the other parent's parenting efforts are some weapons the abuser uses to continue exerting control.7 Often the batterer disguises his need for excessive control, a hallmark of domestic violence, under the cloak of "good parenting."8 Under this guise, the batterer will exercise control by excessively monitoring the other's parenting, being hyper vigilant about what the child is doing during time spent with the other parent and deriding any parenting decision that is not within the batterer's control as counter to "my child's best interest."9

developed, in which one judge is assigned to handle all the legal issues relating to a domestic violence case); see also N.Y. Comp. Codes R. & Regs. tit. 22, § 144 (2009) (providing that the New York State Parent Education and Awareness Program, which is certified by the Office of Court Administration, offers information to parents about the impact of parental breakup or conflict on children and how parents can help their children manage family reorganization); Barbara A. Babb, Reevaluating Where We Stand: A Comprehensive Survey of America's Family Justice Systems, 46 Fam. Ct. Rev. 230, 230–35 (2008) (advocating using a unified family court model to restructure the family court system).


8 See Id. at 122–26.

9 See Peter Jaffe, Janet R. Johnston, Claire V. Crooks & Nicholas Bala, Custody Disputes Involving Allegations of Domestic Violence: Toward a Differentiated Approach to
For many, domestic violence is like a chronic disease: no cures, some remissions, ever present. The most potentially beneficial and realistic goal is to figure out how to keep survivors and batterers disengaged so that they might minimize the conflict to which their children are exposed.\textsuperscript{10} Management is the operative word. Why is this happening? What interventions might we offer to better and more realistically serve these families?

Despite the courts’ commitment to combating this scourge, the courts have not always been successful in providing the protection these families need.\textsuperscript{11} In family and divorce matters, the traditional fault-based inquiry of the courts, which focuses on whether the domestic violence has in fact occurred, is a query that too often fails to accurately confirm or reject the existence of domestic violence.\textsuperscript{12} Frequently, batterers present as more credible witnesses, survivors appear unbelievable, proof of emotional abuse challenges our evidentiary standards, and cognitive dissonance makes horrific allegations more difficult to accept as reality.\textsuperscript{13} Furthermore, many domestic violence cases before the courts do not present as domestic violence cases. Instead many cases are masked as contested custody and failure to support cases.\textsuperscript{14}

It is widely recognized that the fault-based inquiry that is so fundamental to our justice system has been ineffective in
securing family justice.\textsuperscript{15} Acknowledging the need for change, court administrations have heralded innovations with a more problem-solving focus over the past twenty years.\textsuperscript{16} Increasingly, courts have systematically integrated alternative dispute resolution interventions such as parent education, mediation, and parenting coordination into their court offerings so that they are now integral additions to this problem-solving focus.\textsuperscript{17} Yet, families with domestic violence histories have been excluded from participating in these innovations. The oft-cited rationale for excluding these families from the opportunity to resolve their conflicts in these alternative forums is protection and safety.\textsuperscript{18} Critics of dispute resolution assert that dispute resolution forums, sans protection of the courts, will harm children and survivors.\textsuperscript{19} What a paradox! Sadly, courts have failed to consistently protect survivors and their families.\textsuperscript{20} Rather, for some survivors and their children, courts have become a sword rather than a shield that batterers learn to use to continue their abuse.\textsuperscript{21}

While this debate continues, five painful realities persist:

1. There is no agreement about what constitutes domestic violence.\textsuperscript{22}

2. There is no fool-proof screening for domestic violence.\textsuperscript{23}

3. Courts have been ineffective in stopping many forms of


\textsuperscript{16} See N.Y. Comp. Codes R. & Regs. tit. 22, § 144 (2009); see also The AFCC Task Force on Parenting Coordination, supra note 10, at 165.

\textsuperscript{17} See The AFCC Task Force on Parenting Coordination, supra note 10, at 165–66; see also MEIER, supra note 13; JoAnne Pedro-Carroll, Ellen Naknian, & Guillermo Montes, Assisting Children Through Transition: Helping Parents Protect Their Children from the Toxic Effects of Ongoing Conflict in the Aftermath of Divorce, 39 FAM. CT. REV. 377, 379–80 (2001).

\textsuperscript{18} See Ver Steegh, supra note 11, at 180–97.


\textsuperscript{20} See Firestone & Weinstein, supra note 12, at 203–07.

\textsuperscript{21} See BERNET & ASH, supra note 6, at 13–17.


violence.\textsuperscript{24} 

4. Batterers are statistically more successful than survivors at securing custody of their children.\textsuperscript{25} 

5. Children are the casualties of their family’s violence.\textsuperscript{26}

Given these painful realities, this discussion will go beyond the polemics and advocate more realistic supports to offer these families. Too much energy has been wasted trying to ascertain the veracity of abuse allegations in divorce and family cases while children and survivors continue to live abuse. The discourse must change. The more fruitful discussion is how to disengage parents in conflict, regardless of fault, whether real or contrived, so that their conflict is minimized in their day-to-day lives.

Critical to having this different discussion is a re-focusing on the survivor’s sense of agency, rather than her victimization. Through this different interpretive lens, this discussion will suggest several interventions to minimize opportunities for abuse and maximize opportunities for enhancement of human agency. Parallel parenting and alternative dispute resolution interventions include parenting education, mediation, and parenting coordination.

I. TO BEGIN - FIVE PAINFUL REALITIES

A. There is no agreement about what constitutes domestic violence.\textsuperscript{27}

Confusion abounds about what actually constitutes domestic violence.\textsuperscript{28} The following true anecdote highlights the problem.

\textsuperscript{24} See, e.g., Mead, supra note 5.


\textsuperscript{27} See Ver Steegh & Dalton, supra note 22, at 455–60; see also Nancy Ver Steegh, Differentiating Types of Domestic Violence: Implications For Child Custody, 65 LA. L. REV. 1379, 1381–95 (2005); Johnston & Campbell, supra note 22, at 193–95.

\textsuperscript{28} See Ver Steegh & Dalton, supra note 22, at 455; see also Schneider, supra note 13,
In recognition of my work in domestic violence, my dear friend Jill bought me a present from a domestic violence fundraiser, a black wife beater T-shirt defined in silver glitter by the word “Knockout” across the front and “Domestic Violence” across the back. Imagine! Even this well-intentioned fundraising group got it so wrong. They sexualized domestic violence on a wife beater T-shirt!

To add to our confusion, there is not one prototype for domestic violence. Physical abuse, emotional abuse, financial abuse, and parental alienation are all variations of how control may be exerted when there is domestic violence. All domestic abuse does not look alike and all survivors do not have black eyes. Instead, many survivors have long lasting psychological scars that may not be visible to the eye. Let us not forget that the parent who plays mind games with his child by insidiously brainwashing the child, intentionally withholds needed support, or sabotages the other parent every step of the way is just as much an abuser as one who hits out during a time of rage.

In an attempt to clarify these differences, Janet Johnston has defined five typologies of domestic violence: ongoing or male episodic battering; female-initiated violence; male-controlled interactive violence; separation and post-divorce violence; and violence stemming from psychotic and paranoid reactions. Each of these nuanced permeations of domestic abuse requires different responses from the courts. Cookie cutter responses or one-size-fits-all solutions will not do.

B. There is no foolproof screening for domestic violence.

It should come as no surprise that given that there is no
agreement about what constitutes domestic violence, of course, there is no foolproof screening for domestic violence. Screenings such as those designed by Tolman, Ellis, and Girdner have limited efficacy.36 Different domestic violence screenings are designed for specific types of violence, excluding the identification of others beyond their scope.37 Most are not calibrated to account for the range of cultural expressions of violence.38 To add to the problem, the screeners who administer these screening assessments have varying skills, education, and experience.39 Interestingly, a commonly overlooked value of an even ineffective screening process is the fact that it creates an opportunity, sometimes for the first time, for the people being screened to self-assess if they are living domestic violence.40 However, without effective and nuanced screening information, courts may be deprived of vital information they need about the family's interactions.41

C. Courts have been ineffective in stopping many forms of violence.42

Because it is difficult to discern domestic violence with any degree of accuracy, it is particularly difficult for the court to stop many forms of violence.43 Many of these cases appear in court as custody, visitation petitions, or divorce complaints, not as orders

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37 See Ver Steegh & Dalton, supra note 22, at 460–61.

38 See id. at 461.

39 See id.

40 See, e.g., Alexandria Zylstra, supra note 36, at 272, App. D (describing Dr. Tolman's Psychological Maltreatment of Women Inventory, where separate male and female questionnaires inquire into the occurrence and frequency of abusive events in the relationship).

41 See Nancy Ver Steegh & Claire Dalton, supra note 22, at 462.

42 See, e.g., Mead, supra note 5; see also Bancroft & Silverman, supra note 7, at 99 (noting that married women living apart from their husbands experience nearly four times the frequency of physical assaults, sexual assaults, and stalking than women who are still willing to living with the batterer); Schneider, supra note 31, at 45.

43 See Schneider, supra note 13, at 354–55.
of protection. And, not all people come forward and self-identify, "I am a victim." Some never disclose the abuse because of fear or shame, or because they do not know they are abused. Others may falsely identify themselves as victims to gain an advantage in those courts. Of those survivors who self-identify and seek the protection of the court, some are believed, but others are not. Those who are believed and are able to prove their case are granted orders of protection. However, the reality is that orders of protection are effective only in stopping the hitting. The emotional abuse may continue. Confounding the confusion, an admission or denial about domestic violence may or may not be an indication of domestic violence.

D. Batterers are statistically more successful than survivors at securing custody of their children.

For those who still believe in the infallibility of the legal system, they may react incredulously at this assertion. However, the research bears that in contested custody cases, the batterer is 70% more likely to prevail. There are several reasons for this confounding outcome. First, a survivor may appear less competent in managing her children. This is a consequence of the batterer’s persistent efforts to undermine the survivor’s parenting. Second, a batterer may manipulate the children to believe that he is the victim and convince them to align with him. Third, a batterer usually performs better on psychological test administered during the course of a contested custody battle because domestic violence is about control, not pathology. In

44 See supra note 5, at 455.
45 See, e.g., SCHNEIDER, supra note 31, at 11. (excerpting a story about a battered woman in which the woman explained that she "loved" her batterer and would "have done anything for him").
46 See id.; see also JACOBSON & GOTTMAN, supra note 5, at 49–53.
47 See Johnston, supra note 5, at 455.
48 See SCHNEIDER, supra note 31, at 109–11; see also MEIER, supra note 13.
49 See NEIL JACOBSON & JOHN GOTTMAN, supra note 5, at 158–59.
50 See Kurz, supra note 25, at 499–500; see MEIER, supra note 13; see also BANCROFT, supra note 25, at 257–66.
51 MEIER, supra note 13; see also BANCROFT, supra note 25, at 257–66.
52 See BANCROFT & SILVERMAN, supra note 7, at 116–17, 123–24; see also LUNDY BANCROFT, supra note 25, at 257–66.
53 See BANCROFT, supra note 25, at 257–60; see BANCROFT & J SILVERMAN, supra note 7, at 116–17.
54 See BANCROFT, supra note 25, at 263–64; see also BANCROFT & J SILVERMAN, supra
fact, a survivor, traumatized by the violence, often does not test as well as the batterer.\textsuperscript{55} Fourth, in part because there is variability in the education, experience and sophistication of the custody evaluators, not all custody evaluators are able to ascertain if there is domestic violence.\textsuperscript{56} Fifth, studies have shown that in contested custody cases, a father is more favored than the mother because of a gender and racial bias in the courts that looks more favorably at fathers in general.\textsuperscript{57} Sixth, in the context where courts look more favorably at fathers generally, courts may look unfavorably at a survivor who discourages her children’s relationship with the batterer in an effort to shield them from further abuse.\textsuperscript{58} Seventh, there are not enough skilled attorneys who understand the dynamics of family violence to provide effective representation for survivors and their children.\textsuperscript{59} Finally, batterers frequently have more financial resources to fund their persistent litigation assaults.\textsuperscript{60}

\textbf{E. Children are the casualties of their family’s violence.}\textsuperscript{61}

Children in families where there is domestic violence have a greater likelihood of being physically and emotionally abused by the batterer.\textsuperscript{62} There is a direct correlation between domestic violence and child abuse.\textsuperscript{63} Studies indicate that in families where there is domestic violence, there is a 30\% to 60\% chance

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\textsuperscript{55} See \textit{Bancroft}, supra note 25, at 263–64; see also \textit{Bancroft} & \textit{Silverman}, supra note 7, at 117–19.
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\textsuperscript{56} See Ver Steegh & Dalton, supra note 27, at 460–61; see also \textit{Bancroft} & \textit{Silverman}, supra note 7, at 119–20.
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\textsuperscript{57} See \textit{Bancroft} & \textit{Silverman}, supra note 7, at 120–22; see also Meier, supra note 13.
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\textsuperscript{58} See \textit{Bancroft} & \textit{Silverman}, supra note 7, at 122; see also \textit{Bancroft}, supra note 25, at 265.
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\textsuperscript{60} See \textit{Bancroft}, supra note 25, at 263; see also \textit{Bancroft} & \textit{Silverman}, supra note 7, at 125.
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\textsuperscript{61} See Johnston, supra note 25, at 59–62; see also \textit{Bancroft} & \textit{Silverman}, supra note 7, at 128–29.
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\textsuperscript{62} See Johnston, supra note 26, at 22; see also \textit{Bancroft}, supra note 25, at 245–47; see also \textit{Bancroft} & \textit{Silverman}, supra note 7, at 42–47.
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\textsuperscript{63} See Johnston, supra note 26, at 22; see also \textit{Bancroft}, supra note 25, at 245–47; see also \textit{Bancroft} & \textit{Silverman}, supra note 7, at 42–47.
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that the batter will also abuse the child. Beyond the physical abuse, children often suffer emotional abuse in all its permeations: put downs, rejections, and mind games. Even those children who are not actual targets of abuse, but who still witness the violence, are scathed. Witnessing violence has been documented to have a deleterious impact on a child's emotional well-being. These children experience heightened rates of behavioral problems, social difficulties, hyperactivity, anxiety, withdrawal, and learning difficulties.

Sadly, these children also have a greater likelihood of repeating the domestic violence dynamics they have experienced in their families as they go forward into adulthood. When the boys become adult males, they have a greater chance of becoming batterers themselves. And, when the girls become adult females, they are more likely to enter into abusive situations. And, the legacy of domestic violence continues.

II. HONORING THE PERSONAL AGENCY OF SURVIVORS OF DOMESTIC VIOLENCE

Whether we choose to attach the label "survivor" or the label "victim" to describe an individual who has endured domestic violence is a decision that shapes our values, beliefs, and

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64 See Johnston, supra note 26, at 22.
65 See Johnston, supra note 26, at 22; see also Lundy Bancroft, supra note 25, at 246-47; see also Bancroft & Silverman, supra note 7, at 45-46.
66 See Johnston, supra note 26, at 22; see also Bancroft & Silverman, supra note 7, at 37-39.
67 See Johnston, supra note 26, at 22; Catherine C. Ayoub, Robin M. Deutsch, & Andronicki Maraganore, Emotional Distress in Children of High Conflict Divorce: The Impact of Martial Conflict and Violence, 37 Fam. & Conciliation Cts. Rev. 297, 297-301 (1999); see also Bancroft & Silverman, supra note 7, at 37-39.
68 See Ayoub, Deutsch, & Maraganore, supra note 66, at 299-300; see also Bancroft & Silverman, supra note 7, at 38-39.
69 Steven P. Swinford et al., Harsh Physical Discipline in Childhood and Violence in Later Romantic Involvements: The Mediating Role of Problem Behaviors, 62 J. Marriage & Fam. 508, 508 (2000); see Ayoub, Deutsch, & Maraganore, supra note 66, at 299.
70 See Donald G. Dutton, The Abusive Personality 34-39 (1998); see also Bancroft & Silverman, supra note 7, at 38 (noting children exposed to domestic violence are more aggressive with peers and nonfamily members as well); see also Steven P. Swinford et. al., supra note 69, at 514 ("Abusive punishment in childhood significantly enhances the propensity to perpetrate violence against a romantic partner, both directly and indirectly.").
71 See Steven P. Swinford et al., supra note 69, at 509 ("Several studies have found that harsh physical punishment in childhood or adolescence is associated with an elevated propensity both to abuse and be abused in intimate relationships.").
perceptions about that individual and the domestic violence they experience.\textsuperscript{72} We can look at a survivor’s victimization, her agency, or both.\textsuperscript{73} For the legal and social service communities, the label “survivor” refocuses their interventions on the capacity of individuals, rather than on their victimization.\textsuperscript{74} And, for the individuals, the label “survivor” acknowledges their skill to survive an abusive situation and their capacity to move forward and heal.\textsuperscript{75} Thus, “survivor” recognizes individuals’ personal agency, survival skills, emotional health, and altruistic commitment to keeping their children safe.\textsuperscript{76} What a different image from the image of weakness, helplessness, and passivity evoked by the word “victim!”\textsuperscript{77}

Looking back to the 1970’s when domestic violence activism sparked, the “victimization” label was a potent tool to help politicize and publicize the scourge of domestic violence.\textsuperscript{78} But, as the domestic violence movement continues to evolve, there is re-examination of the negative impact the “victimization” label has had, not only on survivors, but also on the courts, the community, and the professionals from which survivors solicit support.\textsuperscript{79} Research bears out that the word “victim” may be an inaccurate label for many individuals who have survived domestic violence, since it often obscures a survivor’s skills and competencies.\textsuperscript{80}

Looking at the individual through a “survivor” lens, we see how the survivor exercises her influence on a daily basis to stay alive

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\item \textsuperscript{72} See Jennifer L. Dunn, “Victims” and “Survivors”: Emerging Vocabularies of Motive for “Battered Women Who Stay”, 75 SOC. INQUIRY 1, 2 (2005) (noting that victims are presented as trapped and survivors are shown as making choices).
\item \textsuperscript{73} See ELIZABETH M. SCHNEIDER, supra note 31, at 84.
\item \textsuperscript{74} See id. at 61; see also Dunn, supra note 72, at 5 (noting that “survivor theory” is oriented toward the “continuing, active efforts battered women make to understand their situation and to provide for the safety of themselves and their children . . .”).
\item \textsuperscript{75} See Dunn, supra note 72, at 5, 21–22; ELIZABETH M. SCHNEIDER, supra note 31, at 61–62 (noting that recent work on battering emphasizes women’s survival skills and resources and purposefully characterizes battered women not as victims but as survivors).
\item \textsuperscript{76} See Jennifer L. Dunn, supra note 72, at 21–22.
\item \textsuperscript{77} See id.
\item \textsuperscript{78} Id. at 3–4, 6 (describing battered women as “victims” was necessary in order to construct their innocence, since a typical victim cannot play any part in their own victimization).
\item \textsuperscript{79} See ELIZABETH M. SCHNEIDER, supra note 31, at 61–62 (noting that the term “battered woman” did not focus enough on the problem of male violence); see also Jennifer L. Dunn, supra note 72, at 3–4 (“[V]ictimology has traditionally been concerned with attributing responsibility to victims as well as to victimizers.”).
\item \textsuperscript{80} See ELIZABETH M. SCHNEIDER, supra note 31, at 61–62.
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in a horrific situation. Survivors regularly make strategic decisions about how to keep their children and themselves safe in a way that minimizes the frequency of incidents that might enrage the batterer. These survival skills are in many ways analogous to those chronicled by prisoners in concentration camps who have exercised their power to survive the atrocities that were meted out. Even when survivors leave an abusive relationship, a time of heightened danger that challenges batterers' control, survivors regularly draw on these survival skills to remain safe.

Agency is the essence of being a survivor. Social cognitive theorists have labeled this ability to intentionally "influence one's functioning and life circumstances" as agency. These theorists explain that agency is expressed in three different forms, each offering opportunities to influence one's circumstance. The three forms of agency are individual, proxy, and collective. Using these different modes of expressing agency, survivors may influence their environment by exercising their individual efforts, by having others with knowledge and resources act for them to secure the desired results, or by working in collaboration with others. Of importance, an individual's agentic capabilities may be reinforced and strengthened by experiences that reinforce their efficacy. And, there is a correlation between belief in one's efficacy and belief in one's capacity. If an individual believes that his or her actions will yield the desired results, then that individual will also believe that he or she has capacity to influence the environment around them.

Following this thinking, courts, lawyers, and mental health professionals would want to work with families of domestic

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81 See Albert Bandura, Toward a Psychology of Human Agency, 1 PERSPECTIVES PSYCHOL. SCI. 164, 165 (2006).
82 Id. at 167–68.
83 See VIKTOR FRANKEL, MAN'S SEARCH FOR MEANING (1992) (1946); see also LA VITA E BELLA (Miramax Films 1997).
84 Dunn, supra note 72, at 5, 19–21.
85 See Bandura, supra note 81, at 164.
86 Id. at 165.
87 See id.; see also Gregory C. Smith et al., The Effects of Interpersonal and Personal Agency on Perceived Control and Psychological Well-Being in Adulthood, 40 GERONTOLGIST 458, 459 (2000); see also Dunn, supra note 72, at 18–21.
88 See Bandura, supra note 81, at 165.
89 See id.
90 See id. at 170.
violence in ways that continue to empower a survivor's agency.\textsuperscript{91} It remains ambiguous whether courts, concerned with the safety and politics of domestic violence, are correct in excluding all families with a history of domestic violence from participating in dispute resolution forums.\textsuperscript{92} Should survivors and their families be allowed to participate in dispute resolution forums, if they wish to? As forums for empowerment and self-determination, might dispute resolution interventions be a welcomed choice for those survivors who would rather not take the risk of unfavorable determinations in the fault-based model of the courts? How can we mobilize the agency of survivors to enable resolutions of parenting conflicts that are more likely to minimize the violence?\textsuperscript{93}

\section*{III. PARALLEL PARENTING AS A DEFAULT}

Fathers' rights groups and domestic violence advocates remain engaged in a hotly politicized debate in which parenting rights and domestic violence protections are viewed as competing interests.\textsuperscript{94} Amidst this political backdrop, this debate continues to get played out in contested parenting matters where there are also concomitant explicit or implicit domestic violence allegations.\textsuperscript{95} The preservation of parental rights becomes enmeshed with the substantiation of domestic violence allegations.\textsuperscript{96} Too often, this confluence results in incongruent outcomes that obscure the issue of safety and perpetuates the opportunities for abuse.\textsuperscript{97} For example, sometimes custody is awarded to the batterer for the reasons discussed herein.\textsuperscript{98} Other times, in a Herculean effort to just settle the case at the eleventh hour, permutations of shared parenting are agreed upon, in which the batterer and survivor are required to have

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  \item See Ver Steegh & Dalton, supra note 22, at 468–69 (noting a need for ongoing collaborative endeavors and interdisciplinary collaboration).
  \item See id. at 468 (noting that if a family is identified as having experienced violence, family members may be discouraged from using the processes and services that could be helpful).
  \item See. Dunn, supra note 72, at 12 (describing how shelters and services for survivors reinforce their sense of agency).
  \item See SCHEPARD, supra note 15, at 95; see also Ver Steegh, supra note 27, at 1418–26.
  \item See SCHEPARD, supra note 15, at 96–99.
  \item See id.
  \item See id.
  \item See Schneider, supra note 13, at 360; see also MEIER, supra note 13.
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ongoing engagement with each other over parenting issues.99 Even in those cases where a survivor is believed and awarded custody, the parenting agreement may still provide that parenting transitions take place in a way that mandates regular interaction at the survivor’s residence during the exchange of the children.100 All of these parenting arrangements provide opportunities for abuse, control, and conflict.

One beneficial modification that would minimize such incongruent results would be to have a presumption of parallel parenting as a default in all contested parenting cases, whether or not there are allegations of domestic violence.101 Parallel parenting allows parents to remain engaged with their child while remaining disengaged from the other parent.102 This arrangement preserves each parent’s relationship with the child, while acknowledging that there is conflict with the other parent.103 In a parallel parenting relationship, each parent has an independent relationship with the child, defined by the court or by agreement, that allows each parent to parent his or her child without input from or coordination with the other parent.104 Each parent bears the responsibility of getting requisite parenting information from schools, doctors, camps, and coaches.105 Moreover, transitions take place at neutral locations such as school or daycare, so the parents do not need to see each other.106 Emergencies are the only reason for contact.107

Parallel parenting as the default instead of shared parenting will enable the discourse to shift from the losing debate about whether or not there is actually domestic violence to the more fruitful discussion about how to disengage parents in conflict, regardless of fault, whether real or contrived.108 It reinforces a

100 See BANCROFT & SILVERMAN, supra note 7, at 98–105.
102 See id. at 5.; see also SCHEPARD, supra note 15, at 35–36; AFCC Task Force on Parenting Coordination, supra note 10, at 165–66 (discussing parallel parenting in the context of parents utilizing a parenting coordinator).
103 See STAHL, supra note 101, at 5.
104 See id. at 5.; see also SCHEPARD, supra note 15, at 35–36.
105 See STAHL, supra note 101, at 6.
106 See id.
107 See id. at 6–7.
108 See Ver Steegh & Dalton, supra note 27, at 464.
survivor’s personal agency and respects each parent’s right to parent.\textsuperscript{109} Politically, parallel parenting honors the concerns of fathers’ rights and domestic violence activists.\textsuperscript{110} Most important, parallel parenting provides a parenting framework designed to safeguard children’s psychological welfare by minimizing opportunities for conflict they may witness.\textsuperscript{111}

\section*{IV. ALTERNATIVE DISPUTE RESOLUTION FORUMS}

Empowerment and self-determination, hallmarks of alternative dispute resolution, are an appealing option for those who prefer to rely on their own decision-making capacities, in lieu of those of a judge. And as has been elucidated, it may be a welcome choice for some survivors and their families. Critics of alternative dispute resolution, recounting horrors resulting from poorly trained neutrals, forced cooperation when it was unsafe to do so, and invalidation of the abuse experienced, have argued that alternative dispute resolution forums are dangerous options.\textsuperscript{112} And yes, just like in court, serious mistakes have been made.

However, the concerns have been heeded, lessons have been learned, and modifications have been made to provide a safer, more responsive process. Some in the domestic violence community remain stuck in the politics of domestic violence. Others in the domestic violence community that have recalibrated their posture are collaborating with alternative dispute resolution professionals to develop better programs, and have assumed a more nuanced stance on the options.\textsuperscript{113} What are some of these options? Parent education,\textsuperscript{114} mediation,\textsuperscript{115} and parenting coordination\textsuperscript{116} are empowering options for select

\footnotesize{\textsuperscript{109} See STAHL, supra note 101, at 5; see also Dunn, supra note 72, at 20 (noting that the term survivor connotes agency, decision making, and choice).

\textsuperscript{110} See AMERICAN COALITION FOR FATHERS AND CHILDREN, MISSION STATEMENT, http://acfc.convio.net/site/PageServer?pageName=MissionStatement (last visited Jan. 24, 2010) (“We believe equal, shared parenting time or joint custody is the optimal custody situation.”).

\textsuperscript{111} See STAHL, supra note 101, at 7–8.

\textsuperscript{112} See Grillo, supra note 19, at 1600–1605; see also Nina Zollo & Robin Thompson, Protecting Victims of Domestic Violence in the Parenting Coordination Process, 2 A.B.A. COMMISSION DOM. VIOLENCE Q. E-NEWSL. 1–3 (2006).

\textsuperscript{113} See Ver Steegh & Dalton, supra note 22, at 478–80.

\textsuperscript{114} See Report of the Chief Administrator, supra note 4, at 50.

\textsuperscript{115} See Ver Steegh, supra note 11, at 159–70; see also Firestone & Weinstein, supra note 12, at 203–07.

\textsuperscript{116} AFCC Task Force on Parenting Coordination, supra note 10, at 169; see Elayne E.
families with domestic violence issues.

A. Parent Education

Parent Education programs, as the name explains, are educational programs for divorcing or separating parents that inform about the situation-specific parenting issues that arise during and after divorce.\(^\text{117}\) These programs may be offered privately or court-annexed, and can be voluntary or mandatory.\(^\text{118}\) Although parents may grudgingly attend at first, many soon find the programs are an important source of valuable information.

Yet, members of the domestic violence community have safety and programmatic concerns with parent education programs and have urged modifications.\(^\text{119}\) These urged modifications include: a pre-screening for domestic violence that allows individuals to opt out of attendance without penalty; prohibiting husbands and wives from attending the same class, for safety reasons; and avoiding guilting participants into engaging in cooperative parenting for their child's sake.\(^\text{120}\)

In response to these concerns, parent education providers have integrated domestic violence information into parent education curriculums.\(^\text{121}\) Reading lists and resources that are disseminated at parent education programs now include books and resources on domestic violence.\(^\text{122}\) As a rule, husbands and wives must attend separate programs.\(^\text{123}\)


\(^{117}\) See Report of the Chief Administrator, supra note 4, at 50; see also Rules of the Chief Administrator of the Courts, N.Y. COMP. CODES R. & REGS. tit. 22, § 144.1 (West 2009) ("The New York State Parent Education and Awareness Program ("Program") provides information to parents about the impact of parental breakup or conflict on children, how children experience family change, and ways in which parents can help their children manage the family reorganization.").


\(^{120}\) See Report of the Chief Administrator, supra note 4, at 44, 50; see also Fuhrmann, McGill, & O'Connell, supra note 119, at 28–30.

\(^{121}\) See Cookson et al., supra note 119, at 195.

\(^{122}\) See Fuhrmann, McGill, & O'Connell, supra note 119, at 31–33.

\(^{123}\) See id. at 33.
now offer information about a range of parenting options, from cooperative to parallel, stressing the priority of safety.\textsuperscript{124} For many, this may be the first time they have received this information. An important consequence of incorporating information about domestic violence into parenting education programs is that participants regularly come forward at the conclusion of the program and confide their domestic violence, something they had not done prior to attending the program.\textsuperscript{125} So we see educational forums that provide parents with information about domestic violence provide opportunities for empowerment, where parents can learn about a range of options and make choices based on what they believe to be best for them and their children.

B. Mediation

Mediation is another dispute resolution forum that may be appropriate for some families of domestic violence. Mediation is nothing more than an assisted negotiation. An attractive feature of mediation is that it allows participants to modify the process, make their own choices, and shape their own resolution.\textsuperscript{126} A welcomed departure from the fault-based model of the court, mediation often offers a more problem-solving focus.\textsuperscript{127} Expectedly, there are caveats. Not all mediation practices are suitable for families who have identified or unidentified domestic violence,\textsuperscript{128} and not all families are suitable for mediation.\textsuperscript{129}

\textsuperscript{124} See id. at 29--30; see also Johnston, supra note 26, at 29--31.
\textsuperscript{125} See Fuhrmann, McGill, & O'Connell, supra note 119, at 29--30. Self-identification, however, is difficult for those involved. Id. Professor Greenberg, the author of this article, was the director of a parent education program in Queens County, New York, for five years. Queens County is the most ethnically diverse county in the nation. See Michelle O'Donnell, In Queens, It's the Glorious 4'h, and 6'h, and 16'h, and 25'h . . . , N.Y. TIMES, July 4, 2006, at B1, available at http://www.nytimes.com/2006/07/04/nyregion/04fourth.html?r=1.
\textsuperscript{126} See Johnston, supra note 5, at 470--72.
\textsuperscript{127} See id. at 471.
\textsuperscript{128} See id. at 472; see also BANCROFT & SILVERMAN, supra note 7, at 124--25 ("Batterers can manipulate the mediation process by beginning with an extreme set of demands and then offering compromises from those positions; this strategy can have the effect of causing the mother to appear inflexible . . . " and a.). As a result, mediation may not be effective unless it is entered into voluntarily and strict guidelines are adhered to); see also. See Ver Steegh & Dalton, supra note 22, at 466--69 (expressing the need for more than one screening process to be undertaken ).
\textsuperscript{129} See Johnston, supra note 6, at 472; see also Steegh & Dalton, supra note 22, at 4456.
An important benefit of mediation is that the structure and the format may be modified to accommodate the needs of the particular participants, which is an opportunity for survivors to exercise their personal sense of agency. Domestic violence activists have raised safety and process concerns about mediation that have spurred responsive modifications and developed invaluable collaborations between the domestic violence and mediation communities. For example, the Standards of Practice for Family and Divorce Mediation, the ethical guidelines for divorce and family mediators, was shaped with input from members of the domestic violence community. Standard X provides: A family mediator shall recognize a family situation involving domestic abuse and take appropriate steps to shape the mediation process accordingly.

From this mandate, responsible practice dictates that mediators have an ongoing obligation to screen for domestic violence. As was mentioned, even if individuals do not self-identify, the act of screening itself signals that domestic violence is an important concern. Ethical mediators should also have safety protocols in place in the event they are needed. Participants may bring advocates, lawyers, and other supports to assist them in mediation. Decisions need not be made on the spot, if at all, but may be considered and consulted, rather than coerced. Court always remains an option, if mediation does not yield the desired outcome.

A less frequently discussed, but nonetheless important topic is the influence a mediator's ideology has on shaping and maintaining a safe mediation forum. Mediation ideology determines how the conflict will be defined, what role the neutral will play, and how the parties will participate. Moreover, the mediator's choice of mediation ideology is a value-laden choice driven by the mediator's assumptions about the people.
mediating, and mediator's biases about conflict, and the mediator's role and beliefs about what works. Critics of mediation for domestic violence families point to a parade of horribles led by coercive, directive, and poorly trained mediators who have challenged the veracity of the domestic violence allegations, corralled survivors into resolution and have forced untenable agreements on survivors. One antidote to ward off these toxic consequences is to use well-trained mediators in a non-directive style of mediation such as transformative mediation.

C. Parenting Coordination

Once there is a parenting agreement in place, whether negotiated or ordered by the court, a persistent problem in domestic violence cases is how to get the parents to comply with parenting orders. Parenting coordination is a child-focused dispute resolution process for high conflict parents who, unable to implement their parenting plans because of their ongoing conflict, habitually enlist the court to re-define parenting orders and make day-to-day parenting decisions. Specially trained professionals called parenting coordinators help these parents resolve their parenting conflicts themselves, comply with their parenting plans and become less dependent on the court to implement their day-to-day parenting. In their work with the parents, the parenting coordinator uses a spectrum of dispute resolution skills. These skills include educating parents about parenting, coaching parents to focus on helping their child instead of battling the other parent, and incorporating mediation skills to assist parents to resolve parenting conflicts themselves. If parents are still unable to make a decision, the parenting coordinator will make parenting decisions for them. The parenting coordinator will only help make those parenting decisions that both the court and the parents agree the parents want help.

136 See id.
137 See id.
138 See AFCC Task Force on Parenting Coordination, supra note 10, at 169; see also Greenberg & Aronson, supra note 116.
139 See Greenberg & Aronson, supra note 116.
140 See id.
Again, the domestic violence community has raised concerns about the appropriateness of parenting coordination for families with domestic violence.\textsuperscript{141} A central fear is that the batterer will manipulate the parenting coordinator to take his side or manipulate the process by running up outrageous bills for parenting coordination services that are ill-afforded by survivors.\textsuperscript{142} Addressing these concerns, the Guidelines for Parenting Coordination that were promulgated by the AFCC Task Force on Parenting advise that parenting coordinators should have specialized protocols for working with families with domestic violence. Only parenting coordinators with special expertise should take such cases. The Guidelines warn that, in working with these families, the parenting coordinator should function primarily as an enforcer of the agreement, avoiding the other roles, so that the batterer will have minimal opportunity to manipulate the process.\textsuperscript{143} Working with a parenting coordinator who is an enforcer of the parenting agreement minimizes conflict and supports the independent functioning of each parent during his or her defined parenting time. Mediation, parent education, and parenting coordination provide opportunities for children, survivors, and batterers to minimize the conflict in their parenting interactions. With programmatic safeguards, each intervention offers families a different choice to enable them to parent in peace and safety.

\textbf{CONCLUSION}

This discussion about domestic violence is one of those difficult conversations that calls into question personal, professional and societal values.\textsuperscript{144} Domestic violence activists have skillfully politicized the issue and have succeeded in drawing much needed attention to the problem of domestic violence. But to keep this discourse at a political level, and ignore the day-to-day plight of survivors and their children, is a dangerous choice that disserves families and ourselves. Nothing in this article should be

\textsuperscript{141} See Zollo & Thompson, \textit{supra} note 112.
\textsuperscript{142} See \textit{id}.
\textsuperscript{143} See AFCC Task Force on Parenting Coordination, \textit{supra} note 10, at 167–68.
\textsuperscript{144} See generally \textsc{Douglas Stone}, \textsc{Bruce Patton} & \textsc{Sheila Heen}, \textsc{Difficult Conversations: How to Discuss What Matters Most} (2000).
misconstrued as a cry to take domestic violence out of the court system and to absolve batterers of culpability. Nor should this be misinterpreted as a statement about all people. Rather, the author has attempted to further the discussion about how to expand the available options, realizing none are perfect, from which survivors and their families may choose to manage their day-to-day parenting conflicts... until we can change our legacy.