

[illegible]

Level of the system?

Family

Extended family

Neighborhood/Community

Legal/Judicial/Political

State/country/continent

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“Consumer”?

Giving dignity, respect, and autonomy back to “patient,” “client” and “subject.”

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Seven premises



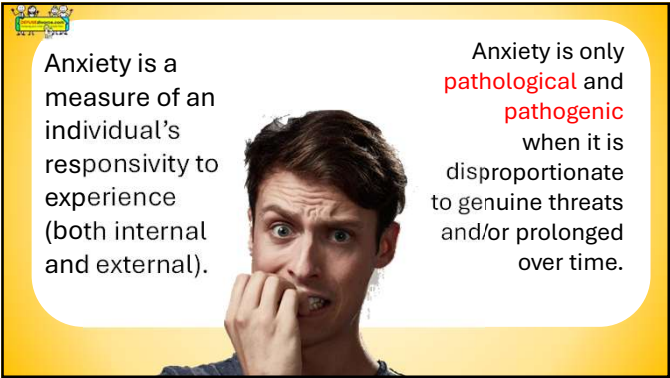
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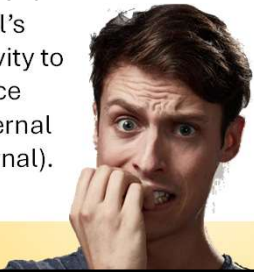


1. Anxiety is a necessary and natural experience.

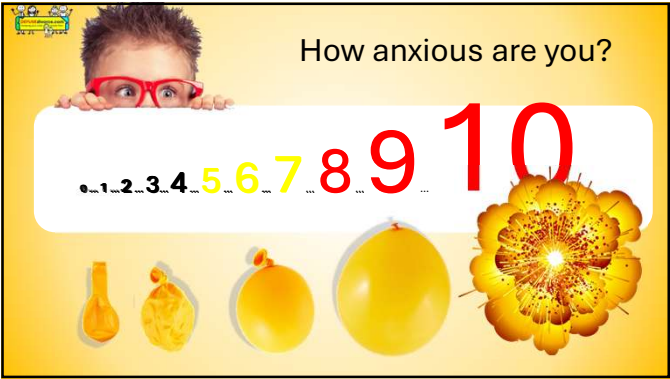


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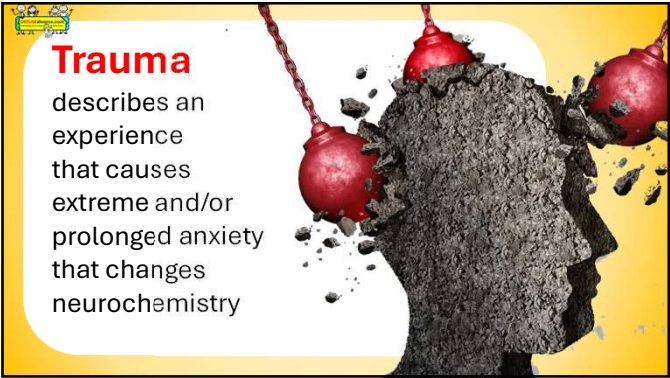
Anxiety is a measure of an individual's responsivity to experience (both internal and external).
Anxiety is only **pathological** and **pathogenic** when it is disproportionate to genuine threats and/or prolonged over time.



7

How anxious are you?
1 2 3 4 5 6 7 8 9 10
A visual scale of anxiety from 1 to 10. 1-4 are small yellow balloons, 5-7 are medium yellow balloons, 8 is a large yellow balloon, 9 is a large yellow flower, and 10 is a large yellow starburst.

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**Trauma** describes an experience that causes extreme and/or prolonged anxiety that changes neurochemistry.
A visual of a dark, jagged rock with three red dynamite bombs attached to it, symbolizing trauma.

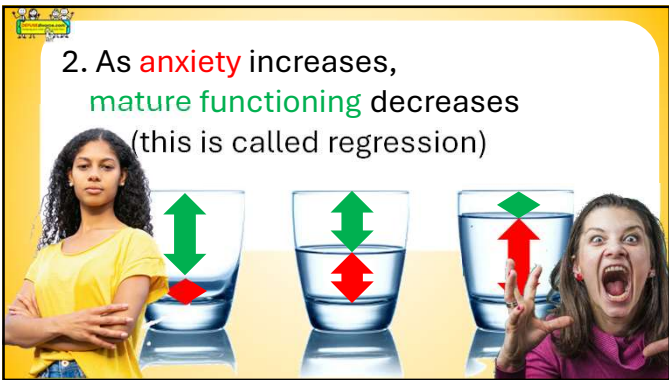
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Post-Traumatic Stress Disorder (PTSD)

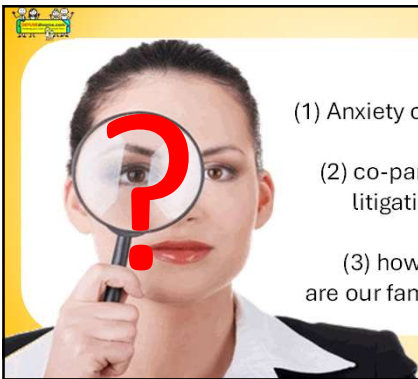
for example, describes an overgeneralization of once-adaptive extreme anxiety.

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2. As **anxiety** increases, **mature functioning** decreases (this is called regression)

11



If ...

- (1) Anxiety causes regression, and
- (2) co-parental conflict and litigation induce anxiety, then
- (3) how ecologically valid are our family assessments?

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Ecological validity

asks
how representative
is an observation
of actual functioning?

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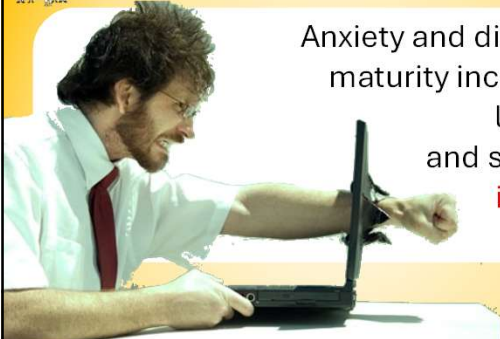
3. Anxiety and diminished maturity fuel conflict



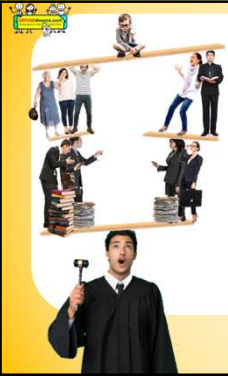
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Anxiety and diminished maturity increase the likelihood and severity of impulsive acts ...



15

An illustration showing several people standing on a seesaw. At the bottom left, a judge in a black robe holds a gavel. The seesaw is tilted, with some people high and some low. The background is yellow.

4. Anxiety is contagious both within and between systems

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An illustration of a man and a young boy. The man is on the left, covering his eyes with his hands, looking distressed. The boy is on the right, crying with his mouth wide open. The background is yellow.

Anxiety in a superordinate system trickles down to spark anxiety in subordinate systems (and vice versa)

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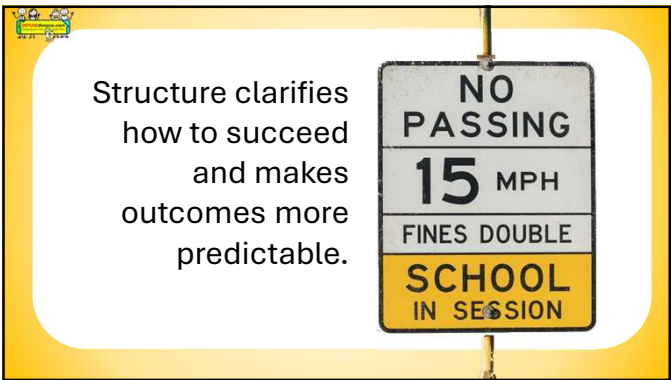
An illustration featuring a wooden shelf with books, a sign that says 'TENNIS COURT RULES' with a list of rules, a large book titled 'THE RULES & REGULATIONS', and a red signpost that says 'PLEASE Take a Number'. The background is yellow.

5. Structure diminishes anxiety

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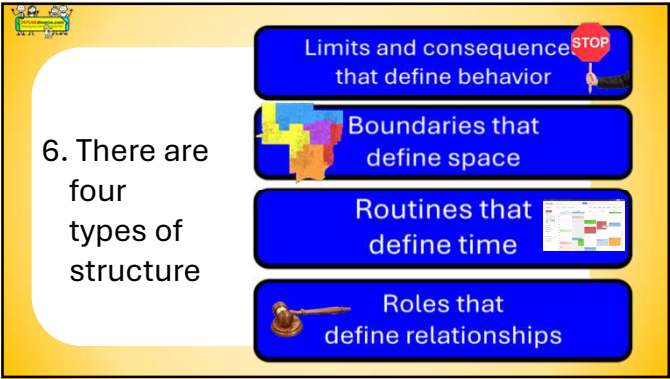
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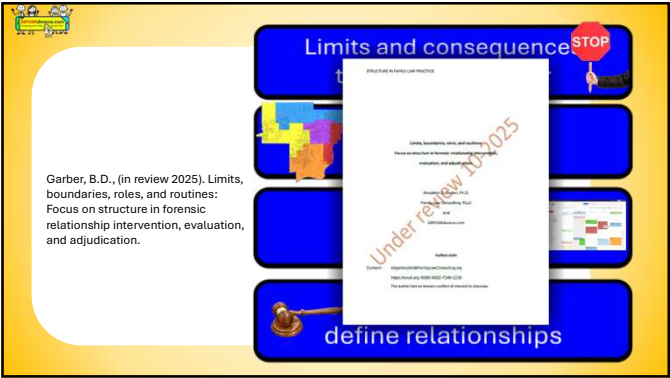
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24



Choose one of your contemporary roles:

Can you explain how each type of structure is relevant in your current practice?

1. Limits that defines behavior
2. Boundaries that define space
3. Routines/rituals that define time
4. Roles that define relationships

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7. Structure invites challenges



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We are driven to test the structures that contain us



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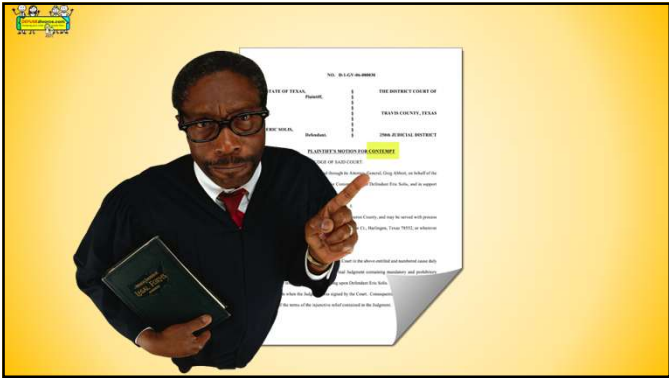
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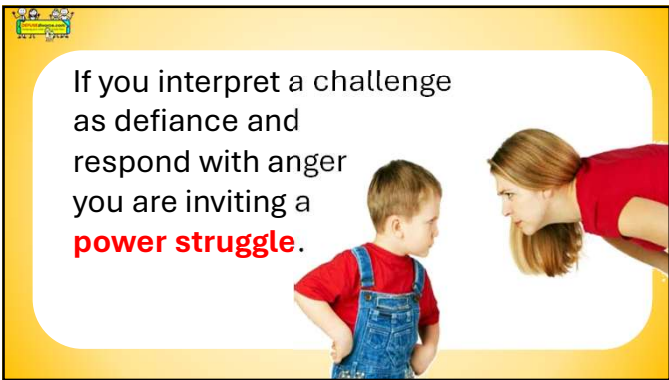
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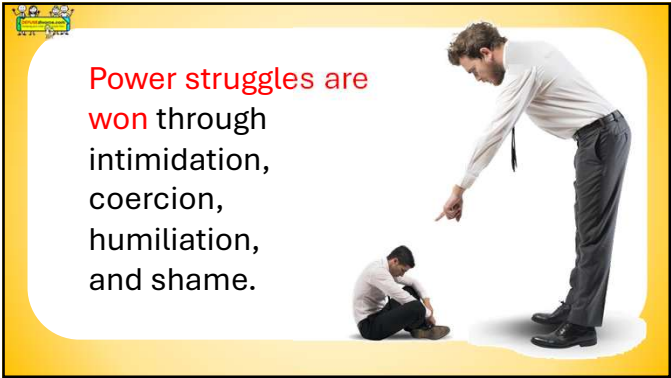
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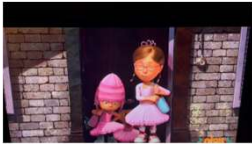
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When power struggles are lost...



"Despicable Me"

37



Pick your battles,
BUT if you ignore a challenge, the challenge will increase in frequency and magnitude before it ends.



38



Pick your battles,
BUT if you ignore a challenge, the challenge will increase in frequency and magnitude before it ends.

EXTINCTION BURST

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If your response is
**calm, clear,
and consistent,**
growth can occur.

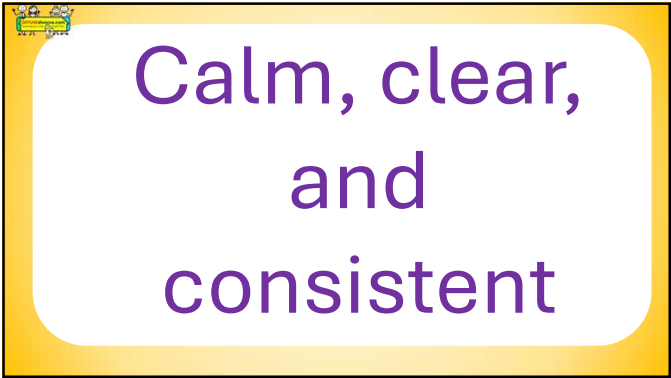
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**Calm, clear,
and
consistent**

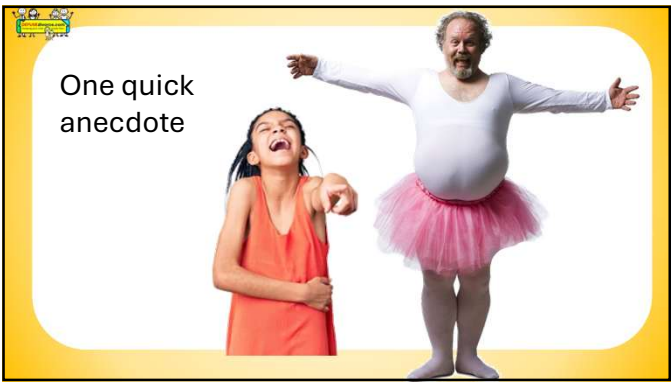
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**Calm, clear,
and
consistent**

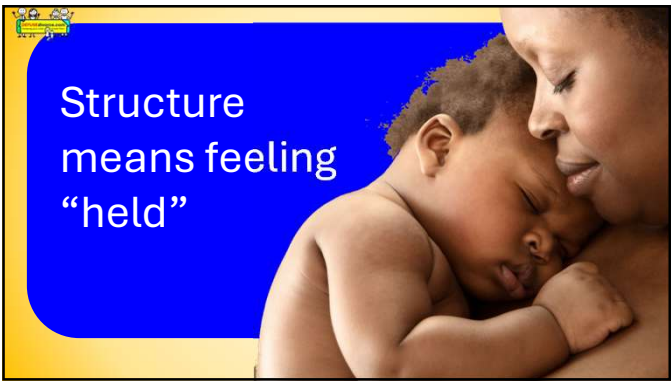
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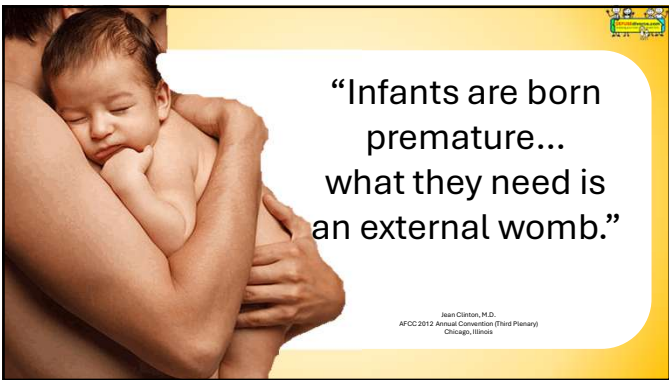
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“Infants are born premature...
what they need is
an external womb.”

Jean Clinton, M.D.
APCC 2012 Annual Convention (Third Plenary)
Chicago, Illinois



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Healthy development occurs in the context of
FEELING HELD



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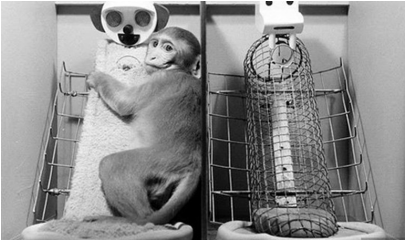


A caregiver’s
most important
job is to
CONTAIN
the child’s
needs,
impulses and physical states.

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The need to **FEEL HELD** can be more powerful than the need for food ...



(Harry F. Harlow, "Love in Infant Monkeys," Scientific American 200 (June 1959):68, 70-74)

52



The need to **FEEL HELD** can even be more powerful than the need to feel safe



53



The experience of **FEELING HELD** is necessary for confidence and security.



54

A photograph of a baby being swaddled in a light green blanket by a pair of hands. The baby is looking up.

This is why swaddling calms ...

55

A photograph of a brown dog looking out from behind the metal bars of a crate.

... and why crate training works with dogs.

56

A photograph of a man and two young children looking at a book together.

Parenting
(or CAREGIVING more generally)
is not defined by marriage, DNA, gender, or geography.

57

A photograph of a woman with dark hair tied back, smiling warmly while holding a young child with dark hair. The child is also smiling and looking towards the camera. They are both wearing light-colored clothing.

Parenting
means creating
structures that
HOLD
a child.

58

A photograph of a family of four. A man and a woman are standing behind two young children. The man is wearing a yellow shirt, and the woman is wearing a red top. The children are wearing blue and grey clothing.

Co-parenting
is not defined
by gender,
generation,
or legal status of
the adult relationship

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A photograph of four women and four children. They are all wearing red traditional Chinese clothing (qipaos). The women are standing behind the children, and they are all smiling and waving their hands.

Co-parenting
means two or more
adults creating shared
structures that **HOLD**
their child[ren].

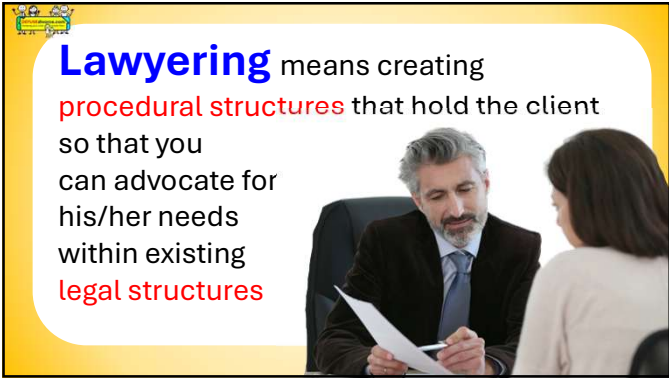
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Lawyering means creating procedural structures that hold the client so that you can advocate for his/her needs within existing legal structures



GAL investigations and Child Custody Evaluations (CFIs and PREs)

mean involving a family in a carefully constructed **evaluative structure** so as to advise the court about the BIC.

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Professional guidelines, standards, and ethics dictate structures intended to **hold the professional** and serve the community

65



Court structures are impartial means of **HOLDING participants** accountable for their actions

66

Parenting plans impose structures to **HOLD** post-divorce parents (and thereby to hold their children).



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Err on the side of too much structure:

Co-parents who can cooperate, can change that structure.
Co-parents who cannot cooperate, need it.

68



Intentional self-care means creating structures that will help you to **feel HELD.**

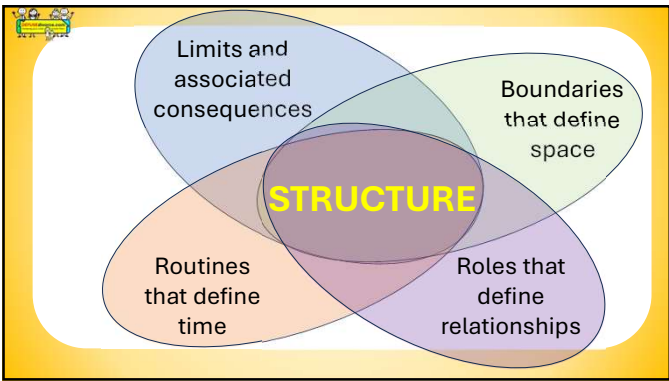
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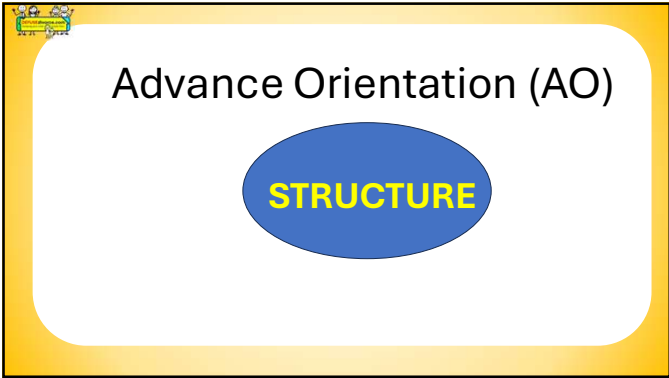
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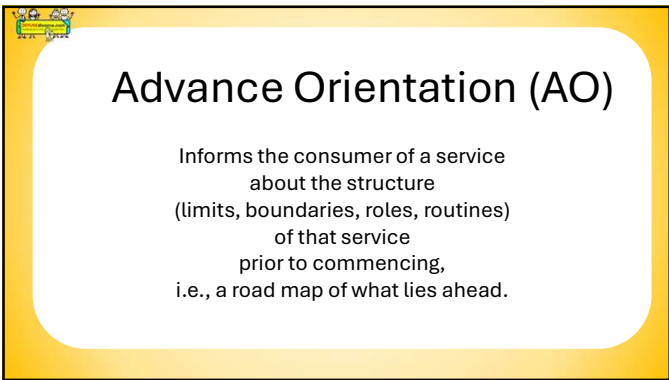
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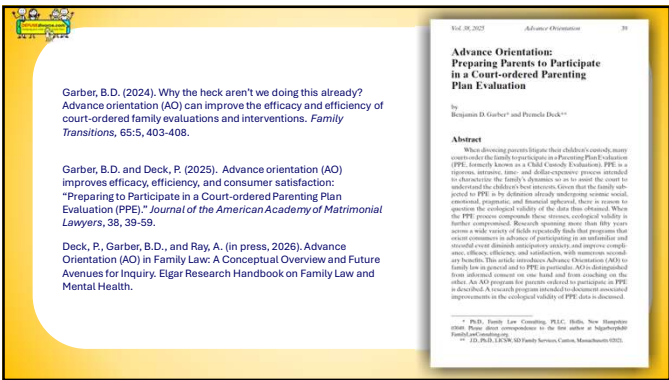
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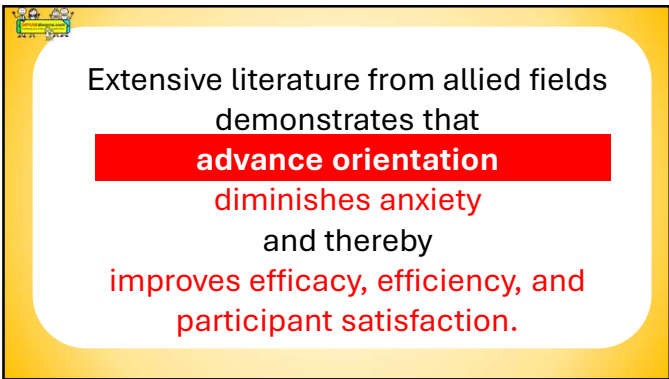
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Advance orientation

is called many different things across fields

- Prehabilitation
- Anticipatory socialization
- Role induction
- Task-specific training
- Familiarization

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Advance orientation

is provided in many different modalities

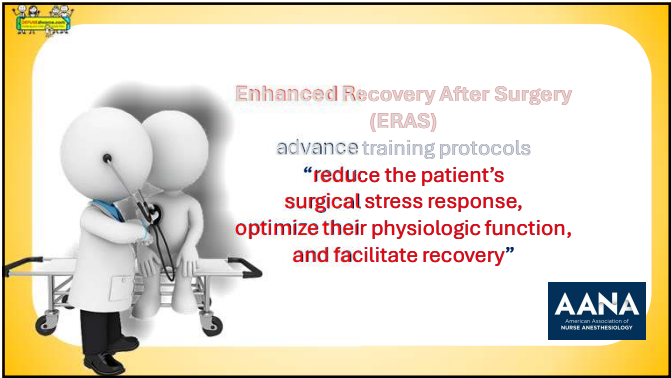
- Documents (e.g., brochures)
- Spoken by assistant
- Spoken by evaluator
- Video instruction
- Video role models
- Virtual reality
- Augmented reality
- Smart phone video games

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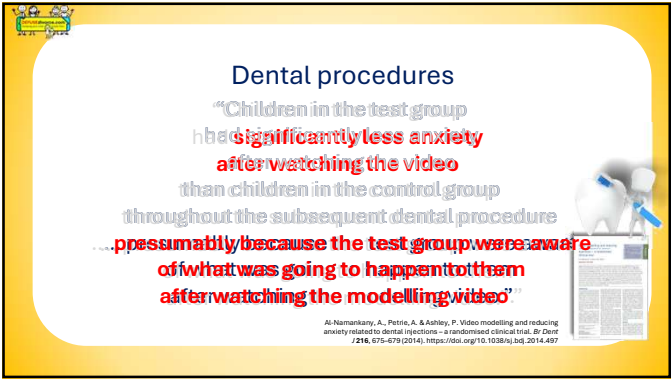


In medical settings,
advance orientation
facilitates
patient compliance,
recovery,
and satisfaction

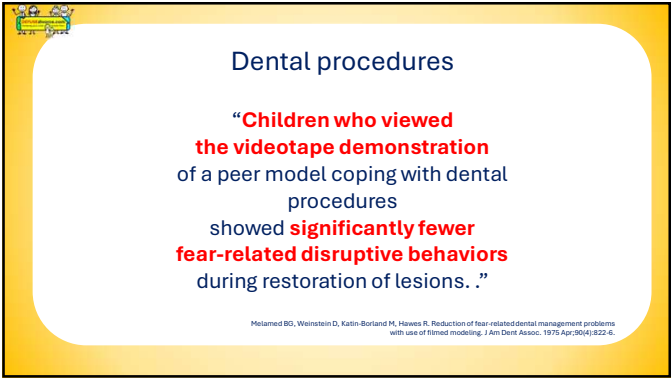
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83



84

Genetic screening for cancer risk

“Use of the video was ... associated with greater satisfaction

Advance orientation improves satisfaction regardless of outcomes

Cui, A., Miller, H., Porterfield, T. et al. The use of videotaped information in cancer genetic counselling: a randomized evaluation study. *Br J Cancer* 77, 830-837 (1998). <https://doi.org/10.1038/bjc.1998.135>

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Public health preparedness

“When individuals are well-informed about the causes, transmission, prevention, and treatment of COVID-19, they are more likely to feel confident in their ability to protect themselves and others, thereby alleviating anxiety.”

Zemmi I, Gara A, Nasrroui H, Karim M, Maatouk A, Trimeche O, Abroug H, Fiedj MB, Benmassallah C, Dhouib WJ, Bouamene I, Belguth AS. The effectiveness of a health education intervention to reduce anxiety in quarantined COVID-19 patients: a randomized controlled trial. *BMC Public Health*. 2023 Jun 20;23(1):1168.

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Inpatient psychiatric care

Advance orientation to inpatient psychiatric care via virtual (VR) reality tour:

“the VR orientation approach is helpful in reducing patients’ anxiety while also improving their level of understanding about the ward.”

Lau WC, Choi KS, Chung WY. A virtual psychiatric ward for orientating patients admitted for the first time. *Cyberpsychol Behav Soc Netw*. 2010 Dec;13(6):637-48. doi: 10.1089/cyber.2009.0107. Epub 2010 May 3. PMID: 21142988.

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Across guilds, guidelines, and jurisdictions informed consent is designed to serve legal needs.



Informed consent is NOT designed to serve the evaluatee's emotional needs.

88

Informed consent often **INCREASES** consumer anxiety



Goldberger JL, Kruse J, Kadish AH, Passman R, Bergner DW. Effect of informed consent format on patient anxiety, knowledge, and satisfaction. Am Heart J. 2011 Oct;162(4):789-795.

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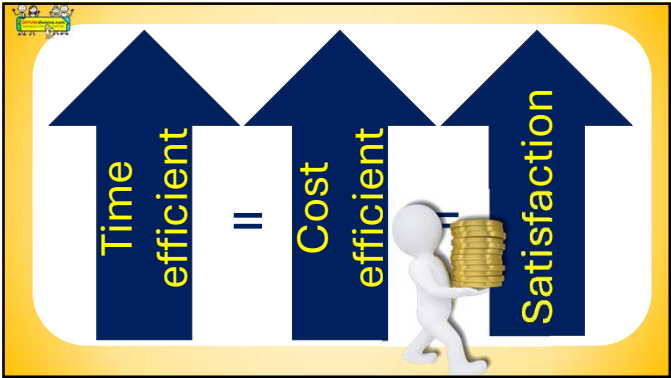
More efficient PPEs preserve a family's critical resources



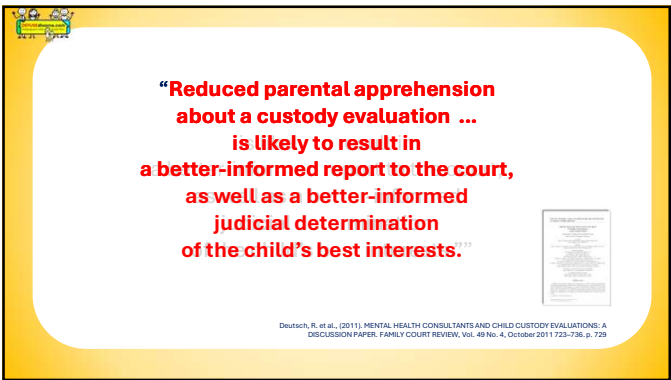
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“... satisfied patients
were also
less likely to sue
for malpractice.”

Smith, M. A., Schüssler-Florenza, C., & Rockwood, T. (2006). Satisfaction with Care. In R. L. Kane (Ed.), Understanding health care outcomes research (2nd ed., pp. 185-216). Jones and Bartlett Publishers.

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Separation, divorce and domestic violence:
Safety first and foremost

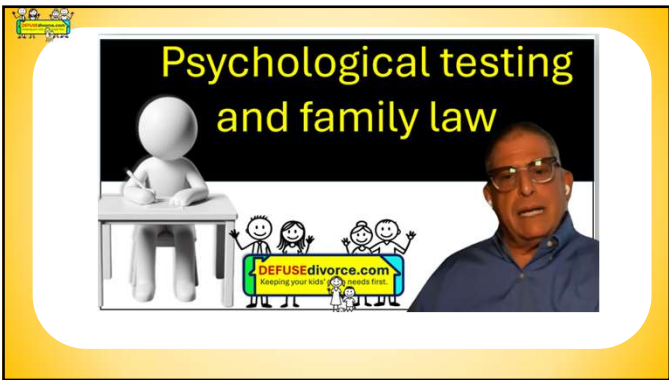
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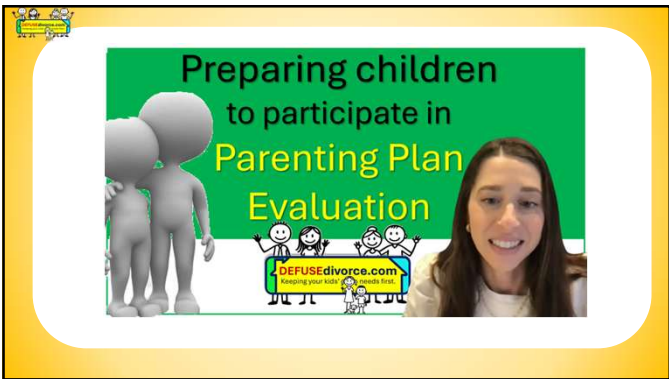
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Participate in AO research!



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Thank you!

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Improving PPE satisfaction, efficiency, and validity through advance orientation



The math is simple:

1. Reduce the number of people who are not properly wearing PPE

2. Reduce the number of people who are not properly wearing PPE

3. Reduce the number of people who are not properly wearing PPE

4. Reduce the number of people who are not properly wearing PPE

5. Reduce the number of people who are not properly wearing PPE

6. Reduce the number of people who are not properly wearing PPE

7. Reduce the number of people who are not properly wearing PPE

8. Reduce the number of people who are not properly wearing PPE

9. Reduce the number of people who are not properly wearing PPE

10. Reduce the number of people who are not properly wearing PPE

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