

Flexibility, Skills and Strength: Personal Training in the Collaborative Gym
Presenters: Barbara Burr, JD and Lisa Herrick, Ph.D.

Rigidity-Flexibility Continuum, from K. Scharff and L. Herrick,
Navigating the Emotional Currents of Collaborative Divorce.
 American Bar Association Press (2010)

Rigidity←-----→**Flexibility**

Significant Pathology
Non-Transformative

Relative Health
Transformative

Common Manifestations of the Rigidity/Flexibility Continuum

Positionality←-----→Willingness to Consider Options

Lack of Insight←-----→Self Reflection/Insight

Blame/Projection←-----→Ownership/Perspective

Anger/Vengefulness←-----→Forgiveness

Entitlement/Self Absorption←-----→Generosity

Victimization/Passivity←-----→Volition/Empowerment

Catastrophizing←-----→Hope

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Rigidity←-----→**Flexibility**

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Helpful Techniques

Staying in role
 Minimizing small talk
 Not acting celebratory
 Non-judgmental listening
 Empathy
 Paraphrasing
 Framing the Issue

Staying in role
 Minimizing small talk
 Not acting celebratory
 Non-judgmental listening
 Empathy
 Paraphrasing
 Framing the Issue
 Use of Tropes and Metaphors
 Use of Silence
 Reality Testing
 Reframing
 Making Links