



Ashley M. Barrera, LMFT
1130 W 6th Ave, Suite 101
Anchorage, AK 99501

Ashley M. Barrera, MS, LMFT,
Parenting Coordinator/Co-Parenting Facilitator

Professional License

Licensed Marital and Family Therapist (#282 Alaska)

Professional Education

2011 Master of Science in Human Development and Family Studies
Couple and Family Therapy Program
Iowa State University of Science and Technology
Ames, IA

2009 Bachelor of Arts in Psychology
University of Alaska Anchorage
Anchorage, AK

Appointments

2015 Parenting Coordination Working Group
State of Alaska Supreme Court

Training

2015 Basic Parenting Coordination Training: Concepts and Methods (12 Hours)
Dr. Matthew Sullivan

2014 Parenting Coordination Training (20 Hours)
Ann Marie Termini & Susan Boyan
Cooperative Parenting Institute

2014 Managing and Mediating High Conflict Disputes
Advanced Training Skills
Bill Eddy, JD, LCSW

2014 Advanced Interdisciplinary Collaborative Practice 2.0 (24 Hours)
Linda Solomon, LPC, LMFT, LCDC
Scott Clarke, CFP, CDFA
Melinda Eitzen, JD

Professional Memberships

Association of Family and Conciliation Courts (AFCC)
American Association for Marriage and Family Therapy (AAMFT)
International Academy of Collaborative Professionals (IACP)
Alaska Association of Collaborative Professionals (AACP)



Ashley M. Barrera, LMFT
1130 W 6th Ave, Suite 101
Anchorage, AK 99501

About Parenting Coordination/Co-Parenting Facilitation

As a Parenting Coordinator/Co-Parenting Facilitator, I work with parents to develop and strengthen their co-parenting relationship in the best interest of their child/ren. Sometimes parents have different perspectives regarding what their child/rens' needs are, as well as how to best meet these needs. As a Parenting Coordinator/Co-Parenting Facilitator, my role involves assisting co-parents in the process of better understanding their child/ren's needs from a developmental, emotional and psychological perspective so that they may work together to best meet these needs. I also assist co-parents in the process of engaging in what can often be difficult discussions with one another regarding their child/ren –with the goal of ultimately working together to make informed decisions that meet the best interests of the child/ren.

Parenting Coordination includes assisting parents in the process of implementing and/or modifying an existing parenting/custody plan. *Co-Parenting Facilitation* includes developing, implementing, and/or modifying a parenting/custody plan.

Parenting Coordination/Co-Parenting Facilitation can be a viable alternative to continued litigation. Even co-parents involved in litigation can learn to resolve issues related to child custody and joint decision making on their own —rather than having important, personal decisions about their child/ren made by a Judge. As a Parenting Coordinator and Co-Parenting Facilitator I work with parents who are both court-ordered and self-referred.

What is the difference between Parenting Coordination and Co-Parenting Facilitation?

The biggest difference between Parenting Coordination and Co-Parenting Facilitation relates to the decision-making power which is held by the Parenting Coordinator or the Co-Parenting Facilitator.

A Parenting Coordinator is appointed by a court order and granted authority pursuant with Alaska Civil Rules 53 and 100. This order gives the Parenting Coordinator the authority to make decisions in the best interests of the child/ren if the co-parents are not able to reach agreement themselves. If one or both parents do not agree with the decision of the Parent Coordinator, he/she or both parties may appeal to the courts. A Parenting Coordinator does not make decisions about child support, legal custody, or percentage of parenting time. A Parent Coordinator will not provide an opinion regarding child custody. That is the role of a Custody Investigator.

A Co-Parenting Facilitator may also be appointed by court order, or may be mutually agreed upon by the co-parents. A Co-Parenting Facilitator holds no authority to make decisions about the child/ren (even if appointment by court order). A Co-Parenting Facilitator also never provides an opinion about child custody. That is the role of a Custody Investigator.



Ashley M. Barrera, LMFT
1130 W 6th Ave, Suite 101
Anchorage, AK 99501

Who Pays for a Parenting Coordinator or Co-Parenting Facilitator?

If the Parenting Coordinator/Co-Parenting Facilitator is a private practitioner and not an officer of the court, then payment for services is equally split between the co-parents unless a specific agreement exists or court order stipulates a different payment arrangement specifically related to Parenting Coordination/Co-Parenting Facilitation. Even if the Parenting Coordinator/Co-Parenting Facilitator is a licensed mental health professional their services as Parenting Coordinator/Co-Parenting Facilitator is not billable to insurance.

Is Parent Coordination/Co-Parenting Facilitation Considered Counseling or Therapy?

Although Co-Parenting Facilitation is sometimes referred to inadvertently as “Co-Parenting Counseling or Therapy” this is a misnomer and an incorrect use of the terms “counseling,” and “therapy.” Parenting Coordination/Co-Parenting Facilitation is a form of Alternative Dispute Resolution (ADR). Therapy/counseling involves the diagnosis and treatment of a mental health condition. Although some clients who participate in Parent Coordination/ Co-Parenting Facilitation may have mental health diagnoses, no mental health diagnosis or treatment is provided by a Parenting Coordinator/Co-Parenting Facilitator –even if that person is a licensed mental health professional. If mental health treatment is needed for one or both co-parents, then appropriate referrals would be made to qualified mental health professionals. Since Parenting Coordination/Co-Parenting Facilitation is a form of ADR and not a mental health service, it cannot and should not be billed to an insurance company.

Contact Information

Ashley M. Barrera, LMFT
1130 W 6th Avenue Suite, 101
Anchorage, AK 99501
(907) 365-9585
amb@ashleymbarrera.com
www.ashleymbarrera.com