

HEATHER ULRICH, PH.D.

Co-Parenting Therapy and Parenting Coordination:
Bridging Psychology and Family Law

*Resolving Deeply Entrenched Family Conflict
Outside the Courtroom*

High-conflict domestic cases frequently consume exhaustive billable hours, bottleneck litigation, and place children in severe psychological crosshairs. **Dr. Ulrich provides specialized, court-involved clinical interventions designed to stabilize volatile co-parenting dynamics, settle persistent structural deadlocks, and protect children from litigation trauma.**

ADVANCING CASE MANAGEMENT & STRUCTURAL RESOLUTIONS

1. Minimizes Chronic Decree Violations

By establishing granular communication rules and high-accountability behavior plans, Dr. Ulrich prevents repetitive minor motions from clogging your files and delaying final judgements.

2. Breaks Decision-Making Logjams

When hostile parents hit deadlocks regarding education, medical decisions, or travel, Dr. Ulrich steps in with a strong clinical expertise focused on the best interest of the children, using that authority to reach decisions without the need for constant court involvement.

3. Extensive Courtroom Competency

With over 12 years of court-involved consultations, Dr. Ulrich delivers exceptionally objective testimony, adheres to strict legal standards, and respects clear professional boundaries.

PROVIDER PROFILE

Heather Ulrich, Ph.D.

LICENSED CLINICAL PSYCHOLOGIST

Bringing over 20 years of clinical expertise across institutional health systems, private practice, and research-based academia to high-conflict family law contexts.

Academic & Judicial Toolkits:

- Ph.D. in Clinical Psychology
- Extensive training as a Parenting Coordinator
- High-Conflict Family Therapist
- Expert Witness Competency
- Experience with Reunification Therapy
- Relational Neurobiology Frameworks

FORENSIC PHILOSOPHY

Dr. Ulrich operates under a strict, system-focused paradigm: chronic co-parenting gridlock cannot be resolved by individual therapy in isolation. Interventions must target the dynamic between parties, enforcing behavioral compliance, clear cognitive discernment, and objective boundary controls.

LITIGATION-ALTERNATIVE SERVICES

• High-Conflict Parenting Coordination

A structured, non-adversarial, court-appointed or strictly contracted intervention (\$300/hr, billed in 5-minute increments) to resolve immediate logistical disputes and ensure decree adherence.

• Co-Parenting Therapy

Specialized, outcome-oriented joint treatment focusing on boundaries, developmental attachment needs, and reducing alignment issues/parental alienation risks in children.

• Family Mediation & Dispute Resolution

Facilitated mediation blocks geared towards keeping families out of active trial calendars by crafting highly specific, practical custody and scheduling agreements.

• Comprehensive Custody Evaluations

Exhaustive, objective psychological evaluations, home studies, and formal clinical recommendations. Available exclusively in Maryland and Delaware via in-person protocols.

COVERAGE AREAS AND LOGISTICS

Regional Licensing

Licensed and actively accepting family law cases across Maryland, Delaware, and North Carolina. Coaching architectures available outside these zones.

Telehealth Efficiency

All coordination, co-parenting sessions, and mediations are executed via a 100% secure, remote platform—eliminating domestic security or geographical barriers.

In-The-Moment Support

Active co-parenting clients retain structured after-hours text access to de-escalate flashpoints in real-time before police or legal contacts are triggered.

COMPLIMENTARY 15-MINUTE PHONE CONSULTATION

Dr. Ulrich provides free 15-minute phone consultation to any prospective clients or any referral source who would like to learn more. You can schedule the free consultation at the bottom of the home page of drheatherulrich.com

CASE REFERRALS

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Email: drheatherulrich@gmail.com
Licensures: NC, MD, DE

REFERRALS: drheatherulrich.com/for-professionals