

HELPING CLIENTS THROUGH SEPARATION, DIVORCE, CO-PARENTING AND BLENDING



3 CE Workshop

Presentation by:

Dr. Joseph Tropper

PsyD, MS, LCPC, CCTP



CORE WELLNESS
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ABOUT THE PRESENTER

Dr. Joseph Tropper, PsyD, MS, LCPC holds a Doctorate in Psychology, a Master's in mental health counseling and is a highly sought-after trauma therapist, trainer & business consultant. As a Certified EMDR Therapist and Certified Clinical Trauma Professional (IATP) Joseph brings the art and skills of trauma counseling and client motivation to life in his unique upbeat, hands-on approach that will engage, inspire and empower you as a therapist. Joseph is a full-time clinical supervisor and director and sees clients part time.



About the Presenter

Dr. Joseph Tropper, PsyD, MS, LCPC, CCTP

- *Doctorate in Psychology*
- *Master's degree in mental health counseling*
- *LCPC Clinician and Supervisor*
- *Director of Operations of RCC and Core Wellness*
- *Sought-after trauma therapist and trainer*
- *Certified EMDR Therapist (EMDRIA)*
- *Certified Clinical Trauma Professional (IATP)*
- *Certified Hypnotherapist and Professional Coach*
- *Training in Somatic Experiencing, Sensorimotor Psychotherapy*
- *Training in Gottman, EFT, Imago and IFS modalities*



Course Schedule

Helping Clients Through Separation, Divorce, Co-parenting and Blending

Part 1: The Psychology and Process of Separation and Divorce

Part 2: Individual and Family Shifts; Personal & Co-parenting
Foundations

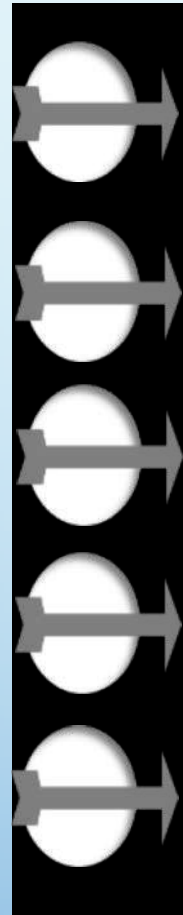
Part 3: Life After Divorce; Blending vs. Bleeding



Think and Share

Take a moment to consider your experiences and kindly share them with us.

5 Goals for Today



Learn the theory and psychology of separation and divorce including 5 major challenges involved.

Learn foundations for defining your role in supporting and guiding clients through the process in a 5-area checklist of items to address.

Learn how to navigate and support clients to learn healthy co-parenting techniques that promote peace and the children's best interest including 8 major areas of challenge addressed.

Learn ways to support clients in life after the divorce including deciding on singlehood, dating, remarriage and family blending.

Learn ways to troubleshoot complex situations that arise.

Course Schedule

Helping Clients Through Separation, Divorce, Co-parenting and Blending

Part 1: The Psychology and Process of Separation and Divorce

IMPORTANCE OF BEING KNOWLEDGEABLE

EVERY 13 SECONDS, THERE IS ONE DIVORCE IN AMERICA.

THAT EQUATES TO 277 DIVORCES PER HOUR, 6,646 DIVORCES PER DAY, 46,523 DIVORCES PER WEEK, AND 2,419,196 DIVORCES PER YEAR. THAT MEANS:

THERE ARE 9 DIVORCES IN THE TIME IT TAKES FOR A COUPLE TO RECITE THEIR WEDDING VOWS (2 MINUTES).

MORE THAN 554 DIVORCES OCCUR DURING YOUR TYPICAL ROMANTIC COMEDY MOVIE (2 HOURS).

1,385 DIVORCES HAPPEN DURING THE AVERAGE WEDDING RECEPTION (5 HOURS).

THERE ARE 19,353,568 DIVORCES OVER THE COURSE OF AN AVERAGE FIRST MARRIAGE THAT ENDS IN DIVORCE (8 YEARS).

OVER A 40 YEAR PERIOD, 67 PERCENT OF FIRST MARRIAGES TERMINATE.

AMONG ALL AMERICANS 18 YEARS OF AGE OR OLDER, WHETHER THEY HAVE BEEN MARRIED OR NOT, 25 PERCENT HAVE GONE THROUGH A MARITAL SPLIT.

STATS

15 PERCENT OF ADULT WOMEN IN THE UNITED STATES ARE DIVORCED OR SEPARATED TODAY, COMPARED WITH LESS THAN ONE PERCENT IN 1920.

MEDIAN DURATION OF FIRST MARRIAGES THAT END IN DIVORCE:

- MALES: 7.8 YEARS
FEMALES: 7.9 YEARS

MEDIAN DURATION OF **SECOND MARRIAGES**:

- MALES: 7.3 YEARS
FEMALES: 6.8 YEARS

PEOPLE WAIT AN AVERAGE OF THREE YEARS AFTER A DIVORCE TO REMARRY (IF THEY REMARRY AT ALL).

IN 2011, ONLY 29 OUT OF EVERY 1000 OF DIVORCED OR WIDOWED WOMEN REMARRIED.

THE AVERAGE AGE FOR COUPLES GOING THROUGH THEIR FIRST DIVORCE IS 30 YEARS OLD.

60 PERCENT OF ALL DIVORCES INVOLVE INDIVIDUALS AGED 25 TO 39.

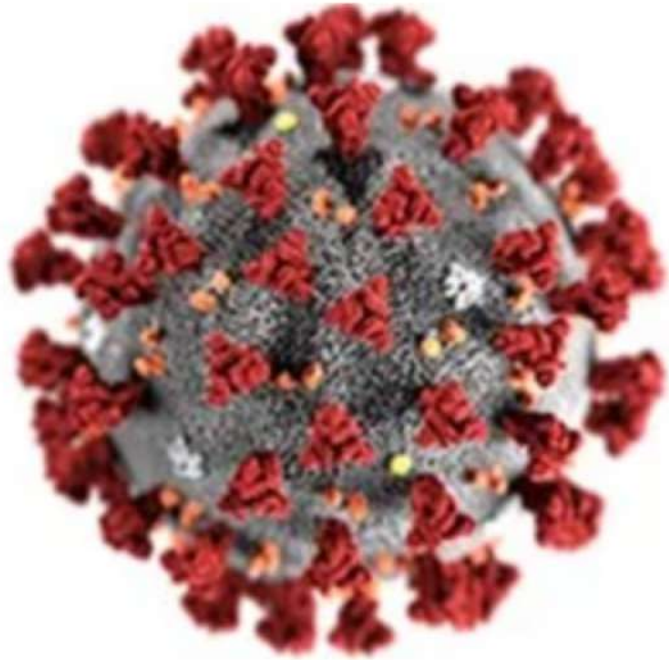


Image Credit: CDC

 KIRO Seattle

Will COVID-19 lead to increased divorces?

The number of couples filing for divorce in China is reportedly way up after long periods of COVID 19-related confinement.

2 days ago



 The Hill

Divorces skyrocket in China amid lockdown | TheHill

Li added that the primary reason people filed for divorces through his ... If the COVID-19 outbreak caused similar stress levels in the general ...

12 hours ago



 Haute Living

Divorce Rates Go Up During COVID-19 Quarantine

"If you are getting divorced, you may have questions about the process, filing paperwork, child custody, alimony, child support, and division of ...

1 week ago



 SouthCoastToday.com

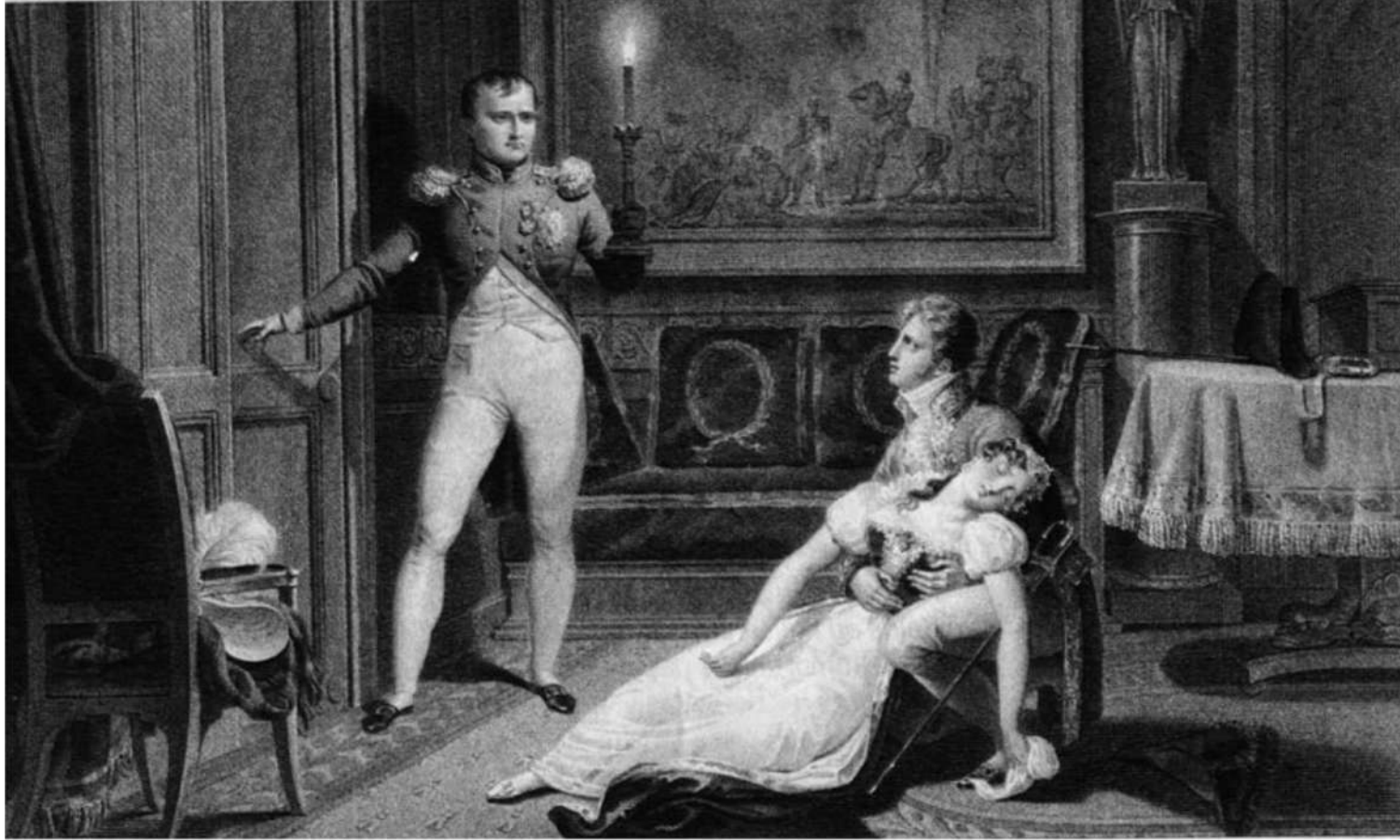
Co-parenting during pandemic gets complicated: Advice to help divorced parents

In one case, Bates said, a divorced husband has serious medical issues, ... the needed precautions to ensure their child does not contract COVID-19. ... court filing asking a judge to listen to and decide on the legal arguments.

3 days ago



7. Napoleon and Josephine



Napoleon's love letters to Josephine revealed that the French emperor was deeply enamored of his young wife, whom he married in 1796. But that, unfortunately, didn't last, partially because Josephine didn't bear him a son and partially because both of them kept having affairs.

In 1809, Napoleon apparently told Josephine he needed a divorce so that France could have an heir to the throne. Josephine, after a great deal of persuasion, acquiesced. Their "divorce ceremony" actually sounds seriously moving – Napoleon read a statement declaring "she has adorned thirteen years of my life; the memory will always remain engraved on my heart," while Josephine read that agreeing to a divorce was "the greatest proof of attachment and devotion ever offered on this earth." The divorce allowed Napoleon to marry anew and have a child, Napoleon II, and so extend the Bonaparte family's rule over France until 1873.

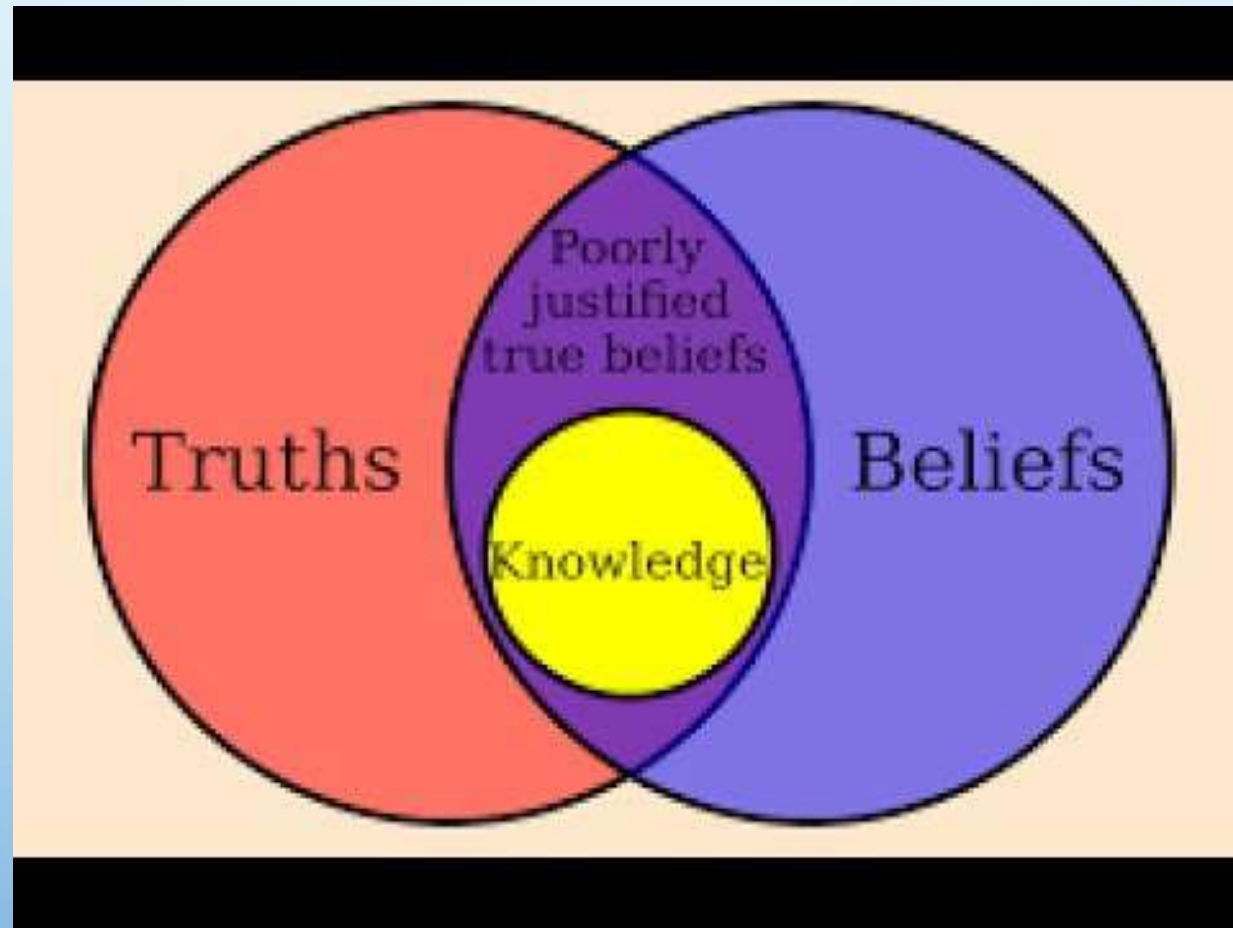
3. Julius Caesar and Pompeia



Julius Caesar is now perhaps best known for being stabbed on the Ides of March. But before his ignominious end, he ended his marriage to a woman named Pompeia, after enduring a ridiculous and lurid scandal that still influences political marriages today.

The most awkward thing about the whole situation is that poor Pompeia seemingly had nothing to do with it. In 62 BC, Pompeia threw a women-only party at her house for a religious festival, hosted by herself and the Vestal Virgins – but a young rabble-rousing politician, Publius Clodius Pulcher (whose career was filled with stunts like this), managed to get in disguised as a woman, in an apparent attempt to seduce Pompeia. He didn't succeed – but Caesar divorced Pompeia anyway, saying the now-famous dictum that "Caesar's wife must be above suspicion".

BEWARE OF YOUR OWN BIAS, FEELINGS, EXPERIENCES AND BELIEFS



SEPARATION

- DEFINITION

sep·a·ra·tion

/,sepə'rāSH(ə)n/

the action or state of moving or being moved apart.

the state in which a

couple remain married but live apart.

Similar:
breakup
split
split-up

parting
estrangement
parting of the ways
rift
rupture
breach
legal separation

LEGAL VS. PRACTICAL

- WHERE IS EACH PARTY LIVING?
- WHO'S RESPONSIBLE FOR FINANCES, BILLS, MORTGAGE
- WHERE ARE KIDS?

A perspective view of a paved road that splits into three separate paths leading into a vast green field under a clear blue sky. The central path continues straight ahead, while two paths branch out to the left and right. The road has a dashed white center line and solid white edge lines. The text '3 ROADS AHEAD' is centered at the top, and 'REPAIR / DIVORCE / UNSURE' is centered across the middle of the image.

3 ROADS AHEAD

REPAIR / DIVORCE / UNSURE

NATIONAL BESTSELLER

"Mira Kirshenbaum's words of wisdom are an inspiration to everyone who reads them." —DEEPAK CHOPRA

TOO GOOD TO LEAVE,

A STEP-BY-STEP
GUIDE TO HELP
YOU DECIDE
WHETHER TO
STAY IN OR GET
OUT OF YOUR
RELATIONSHIP

TOO BAD TO STAY

MIRA KIRSHENBAUM

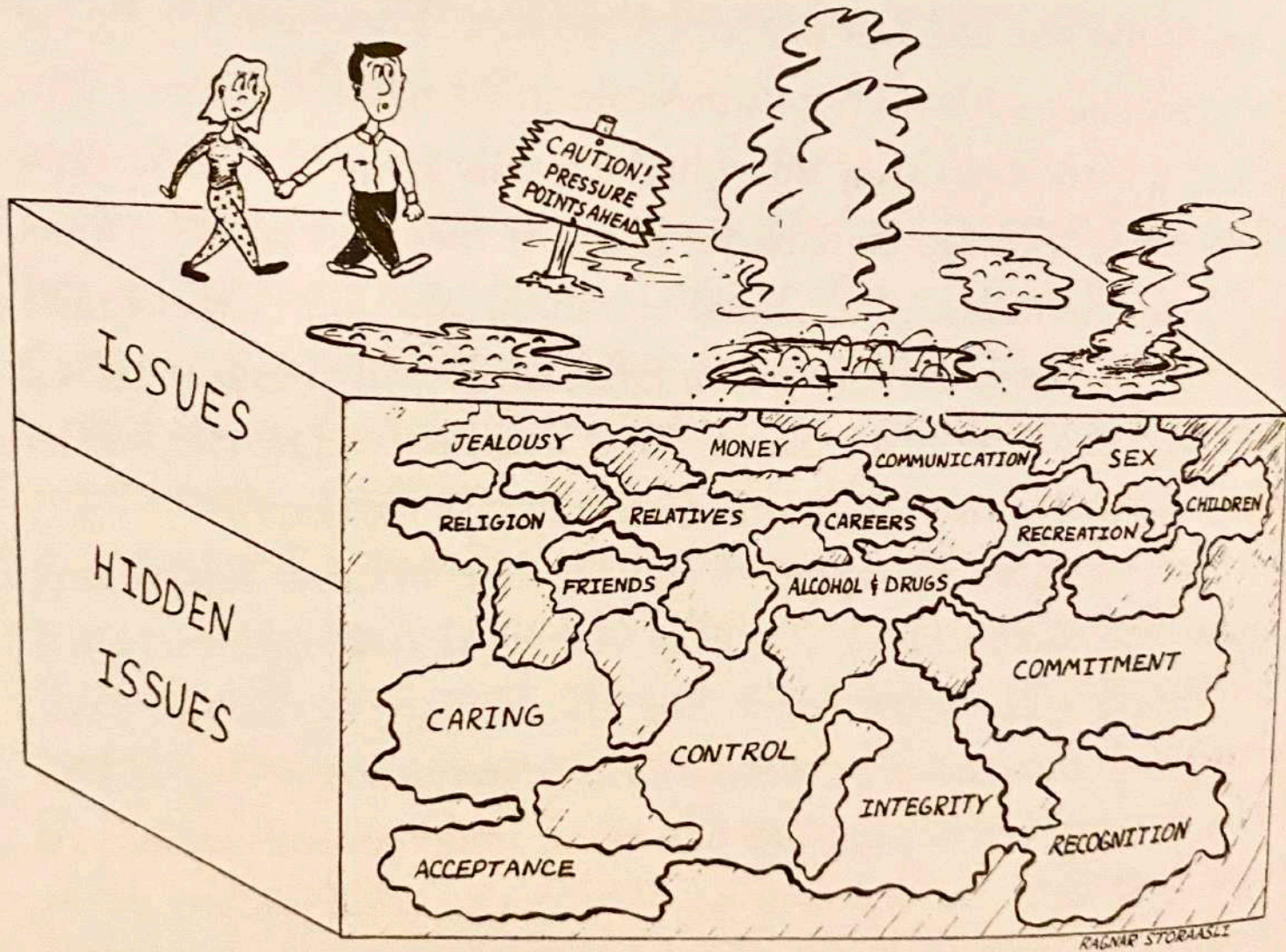
1. WEIGH OPTIONS WELL
2. GET SUPPORT
3. DON'T BE PUSHED
BY WELL MEANING FRIENDS
& FAMILY
4. SPEAK TO OTHERS IN
SIMILAR SITUATIONS
5. IS SOMETHING MAJOR
GOING ON RIGHT
NOW IN YOUR LIFE?

ROAD TO RECONCILE

- 1. BE REASONABLE AND RESPECTFUL
- 2. DATE AND SPEND TIME CONNECTING
- 3. GET HELP, FAST, INDIVIDUAL AND JOINT
- 4. LISTEN BETTER, MUCH BETTER
- 5. ADMIT YOUR FAULTS AND WORK ON THEM
- 6. WORK ON ACCEPTING YOUR SPOUSE AS THEY ARE
- 7. DEAL WITH NEEDS VS NEEDINESS
- 8. PUT ASIDE BEING RIGHT, BUT ADVOCATE AS WELL

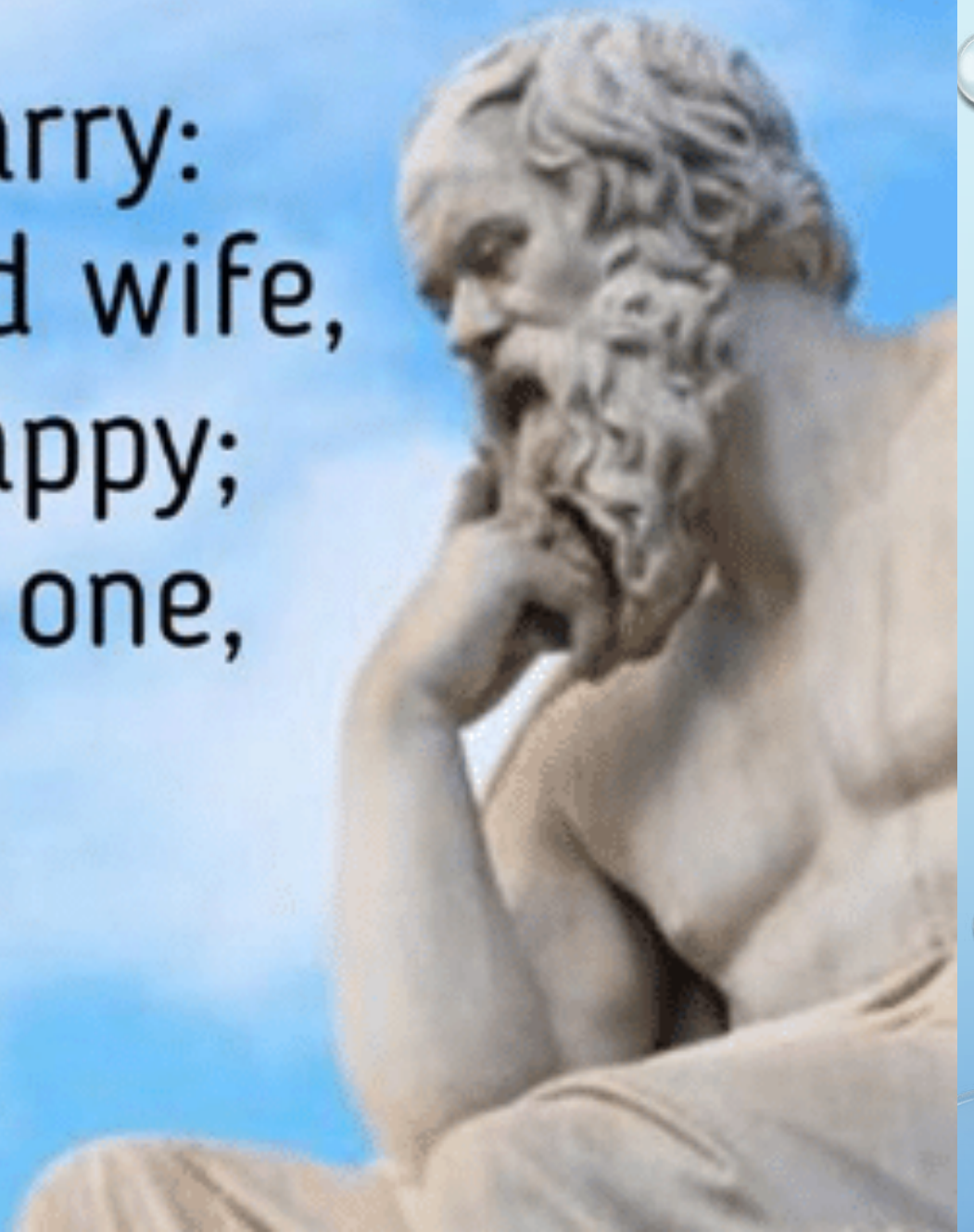


FIGHTING FOR YOUR MARRIAGE



By all means marry:
if you get a good wife,
you'll become happy;
if you get a bad one,
you'll become a
philosopher.

-Socrates



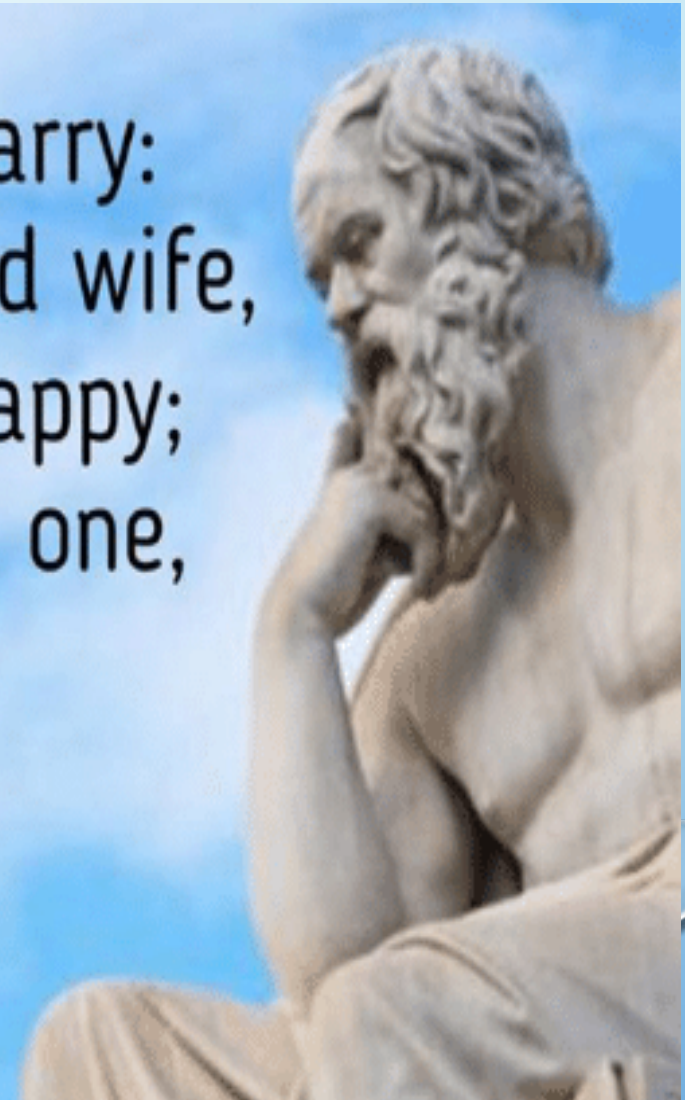


Think and Share

What does this mean to you?

By all means marry:
if you get a good wife,
you'll become happy;
if you get a bad one,
you'll become a
philosopher.

-Socrates





4 Main Options:

1. Kitchen Table Agreement

2. Mediation

3. Arbitration

4. Litigation





FAMILY LAW ATTORNEY PARABLE

*“DIVORCE IS LIKE THROWING A HAND
GRENADE INTO A COUPLE’S LIFE, BLOWING
APART THEIR HOME AND FAMILY, THEIR
FINANCES AND THEIR SOCIAL LIVES”*

-MARK RESSA, ESQ

THE PROCESS

“SEPARATION IS DRESS REHEARSAL FOR DIVORCE”

SNEAK PEEK

THE PROCESS

87% OF COUPLES END UP FILING FOR DIVORCE

THE REMAINING 13% RECONCILE AFTER A SEPARATION



FRIENDS
FAMILY
COWORKERS
CLERGY
ADVISORS

1. DIVERSITY
2. BIAS
3. LACK OF EXPERTISE
4. CONFUSION

The image features a light blue gradient background with several realistic water droplets of various sizes scattered in the corners. The droplets have highlights and shadows, giving them a three-dimensional appearance. The text "WHAT WENT WRONG?" is centered in the middle of the page.

WHAT WENT WRONG?



Eli J. Finkel

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Professor of Management & Organizations

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[Download Vita \(PDF\)](#)

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Overview



Eli Finkel – author of the bestselling book *The All-Or-Nothing Marriage: How the Best Marriages Work* – is a professor at Northwestern University, where he has appointments in the psychology department and the Kellogg School of Management. In his role as director of Northwestern’s Relationships and Motivation Lab (RAMLAB), he has published ~150 scientific papers and is a contributor to the Op-Ed page of *The New York Times*. *The Economist* has identified him as “one of the leading lights in the realm of relationship psychology.”

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SUFFOCATION OF MARRIAGE

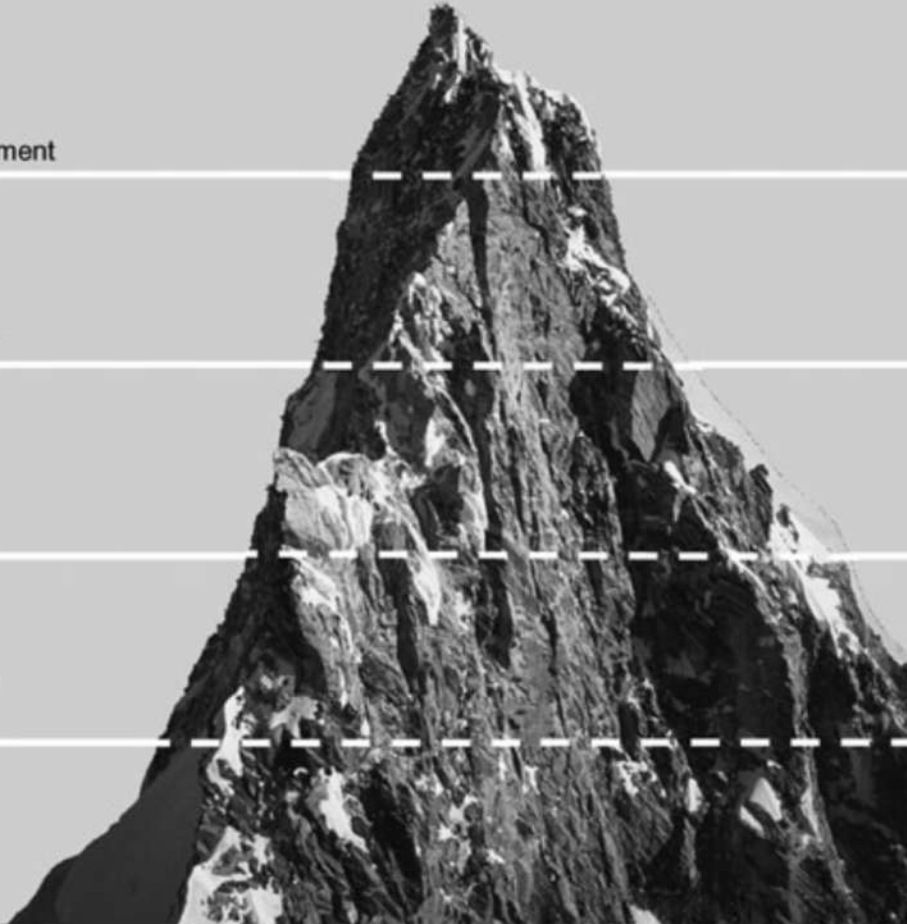
Category of Need	Specific Examples	Mount Maslow
Self-Actualization	<ul style="list-style-type: none">• Self-expression• Personal growth• Autonomy• Spontaneity• Veridical self-assessment	
Esteem	<ul style="list-style-type: none">• Self-esteem• Self-respect• Sense of mastery• Prestige• Respect from others	
Belonging and Love	<ul style="list-style-type: none">• Love others• Be loved by others• Trust others• Sexual intimacy• Belong to a group	
Safety	<ul style="list-style-type: none">• Economic safety• Control• Predictability• Psychological safety• Physical safety	
Physiological	<ul style="list-style-type: none">• Hunger• Thirst• Warmth• Sleep• Respiration	

Figure 1. Maslow's hierarchy of needs, including his five categories of need and specific examples (adapted from Maslow, 1943, Maslow, 1954/1970), and the introduction of Mount Maslow.

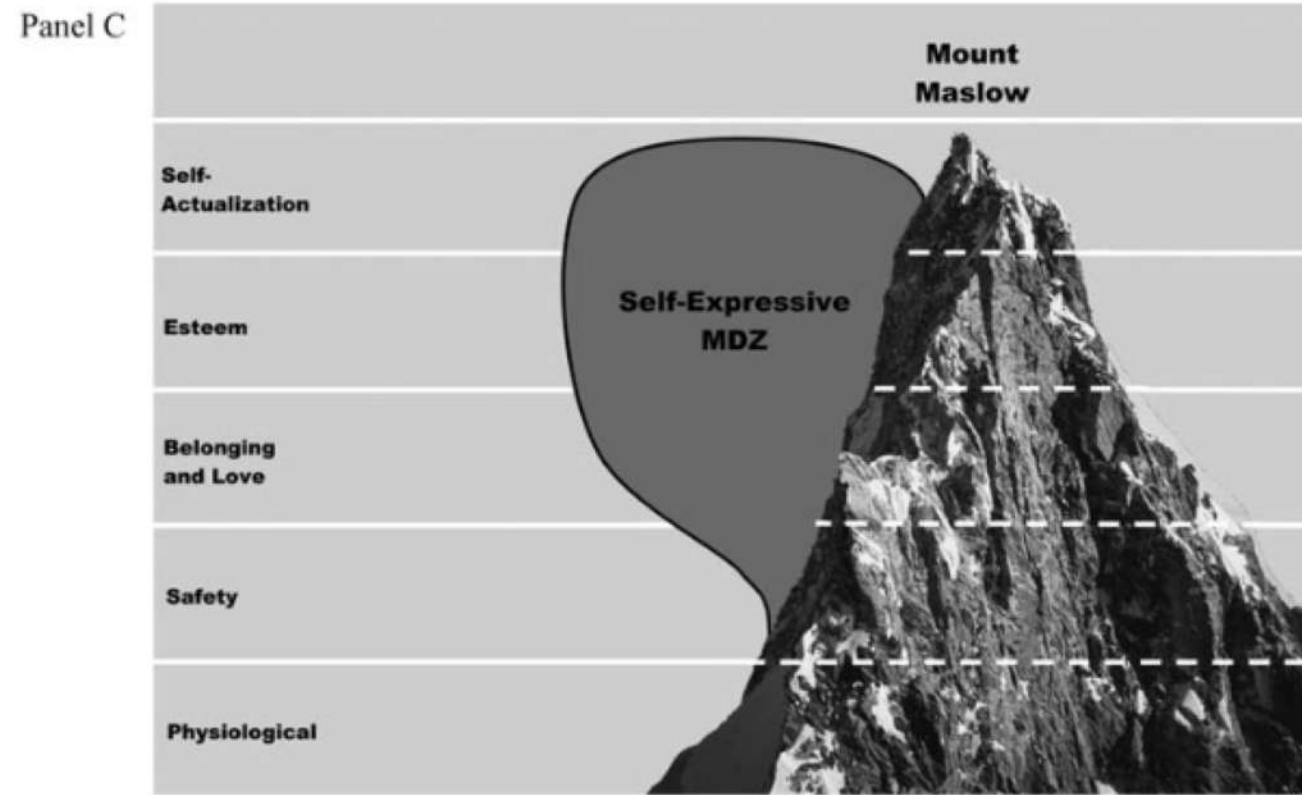
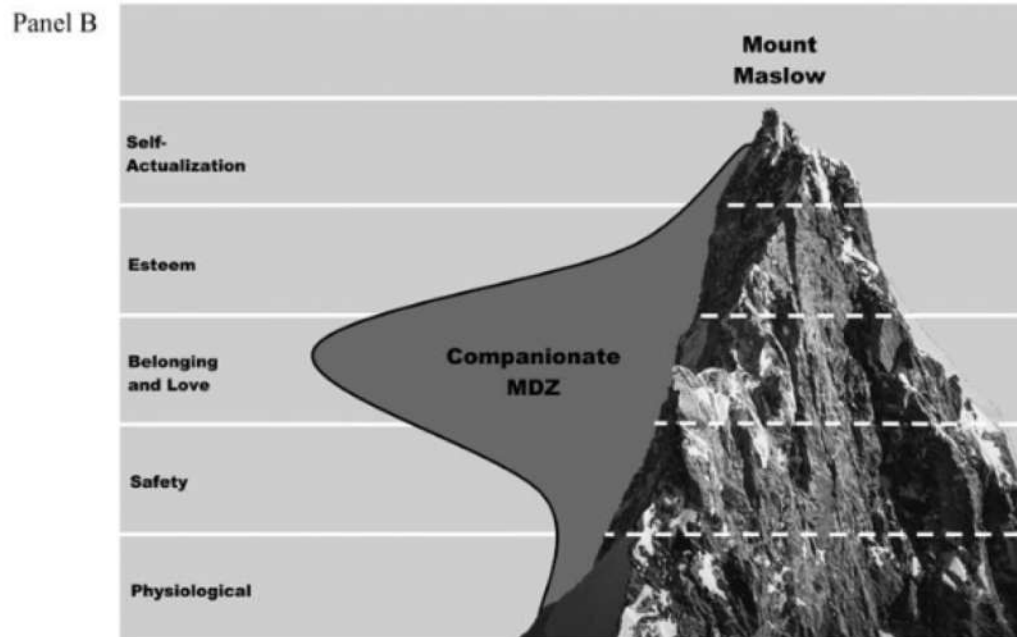
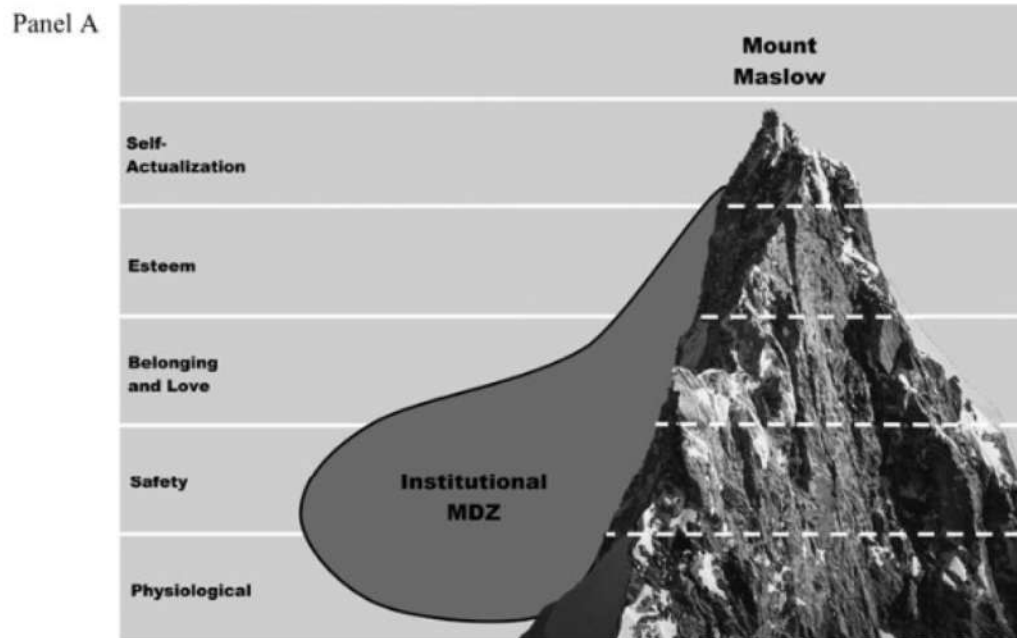


Figure 2. Mount Maslow and marital dependence zones. Panel A: Marital dependence zone (MDZ) for the institutional marriage, Panel B: Marital dependence zone (MDZ) for the companionate marriage, and Panel C: Marital dependence zone (MDZ) for the self-expressive marriage.



THE SUFFOCATION OF MARRIAGE: CLIMBING MOUNT MASLOW WITHOUT ENOUGH OXYGEN
ELI J. FINKEL DEPARTMENT OF PSYCHOLOGY AND DEPARTMENT OF MANAGEMENT AND ORGANIZATIONS, NORTHWESTERN UNIVERSITY, EVANSTON, ILLINOIS
CHIN MING HUI BOOTH SCHOOL OF BUSINESS, UNIVERSITY OF CHICAGO, CHICAGO, ILLINOIS
KATHLEEN L. CARSWELL AND GRACE M. LARSON DEPARTMENT OF PSYCHOLOGY, NORTHWESTERN UNIVERSITY, EVANSTON, ILLINOIS

FINKEL, E., HUI, C., CARSWELL, K., & LARSON, G. (2014). THE SUFFOCATION OF MARRIAGE: CLIMBING MOUNT MASLOW WITHOUT ENOUGH OXYGEN. *PSYCHOLOGICAL INQUIRY*, 25(1), 1–41.

The institutional model: Agrarian society and the practical marriage—late 1700s–1850. Sociologist Ernest Burgess characterized institutional marriages as formal institutions that were strictly regulated by law, social norms, and religion (Burgess & Cottrell, 1939; Burgess & Locke, 1945). Sociologist Paul Amato (2012) summarized this practical model of marriage:

According to Burgess, farm families dominated the marital landscape prior to the last few decades of the nineteenth century. In early America, strong and stable marriages were essential to the welfare of family members and the larger community. Family members relied on one another to meet basic needs, including economic production, child care, education, and elder care. Marriage also created bonds between families that facilitated the sharing of resources. Because cohesive, stable, and interconnected families were necessary for survival, society had an interest in regulating marriage and the behavior of individual spouses. (p. 108)

In this model, the stability of the family was more important than the needs of the individual family members. Children typically were not allowed to marry without parental permission, and divorce was unacceptable except in the most extreme cases of abuse or abandonment. The *raison d'être* of marriage were, both directly and indirectly (via broader social processes), related to lower needs in Maslow's hierarchy. **Spouses looked to their marriage to help them fulfill physiological needs such as having enough food to eat, keeping warm in the winter, and having a place to live.**

- **THE COMPANIONATE MODEL (AND ITS ROMANTICIZED VARIANT): INDUSTRIALIZATION AND THE BREADWINNER- HOMEMAKER MARRIAGE—1850–1965.** EVEN WITH THE EMERGENCE OF WAGE LABOR, THE VAST MAJORITY OF THE AMERICAN POPULATION LIVED IN RURAL AREAS WELL INTO THE 1800S. STARTING AROUND MIDCENTURY, HOWEVER, AMERICANS EXPERIENCED A SUSTAINED TRANSITION FROM PRE- DOMINANTLY RURAL TO PREDOMINANTLY URBAN SETTINGS, WITH THE PERCENTAGE OF THE POPULATION RESIDING IN URBAN AREAS GRADUALLY INCREASING FROM ABOUT 10% IN 1850 TO ABOUT 80% IN 2000 (GREENFIELD, 2013). THIS URBANIZATION HAD PROFOUND CONSEQUENCES FOR THE INSTITUTION OF MARRIAGE, INCLUDING A REDOUBLED EMPHASIS ON LOVE AS AN IMPORTANT FACTOR IN MARRIAGE DECISIONS.

- **THE ROMANTICIZED MARRIAGE—1850–1900.** STARTING AROUND THE MID-1800S, AS AMERICANS INCREASINGLY VIEWED LOVE AS A VIRTUAL PRECONDITION FOR ENTERING A MARRIAGE, THE IDEAL MANIFESTATION OF THIS LOVE WAS SHIFTING. IN CONTRAST TO EARLIER PERIODS, IN WHICH SPOUSAL LOVE WAS TYPICALLY CONSTRUED AS FEELINGS OF COMPANIONSHIP AND AFFECTION THAT COULD BE CULTIVATED AFTER A MARRIAGE BEGAN, POTENTIAL SPOUSES OF THIS ERA INCREASINGLY HOPED TO BE STRUCK BY PASSIONATE INFATUATION DURING COURTSHIP. THEY SOUGHT TO MARRY THE OBJECT OF THEIR INFATUATION SO THEY COULD CONTINUE TO EXPERIENCE THESE FEELINGS IN THE LONG RUN (COONTZ, 2005).
- HOWEVER, THIS EMPHASIS ON ROMANTIC LOVE WAS ODDLY JUXTAPOSED AGAINST A SOCIAL STRUCTURE THAT PROVIDED FEW OPPORTUNITIES FOR SPOUSES TO INTERACT IN A FRIENDLY, INFORMAL MANNER, EVEN ONCE MARRIED (GILLIS, 1996). HUSBANDS AND WIVES EXISTED IN SEX-SEGREGATED SPHERES, LIMITING HOW MUCH SPOUSES HAD IN COMMON AND SHARPLY RESTRICTING THE TIME THEY SPENT TOGETHER. MUCH OF THE TIME THAT MEN SPENT OUTSIDE OF THE PREDOMINANTLY MALE WORLD OF WORK WAS SPENT IN ARENAS OF MALE LEISURE, INCLUDING FRATERNAL ORGANIZATIONS, WHICH ESSENTIALLY FUNCTIONED AS “ALTERNATIVE FAMILIES” (GILLIS, 1996, PP. 147). SIMILARLY, WOMEN OFTEN ASSOCIATED IN WOMEN’S CLUBS AND CHARITABLE ORGANIZATIONS.

The companionate marriage—1900–1965. Beginning in the early 20th century, Americans began to add to the expectation of romanticized love a desire for deep intimacy, excitement, and sexual fulfillment. The emphasis on chastity and restraint weakened, and the focus on intimacy and connection strengthened. Furthermore, the ideal of intimacy and friendship became more achievable due to the rapidly changing





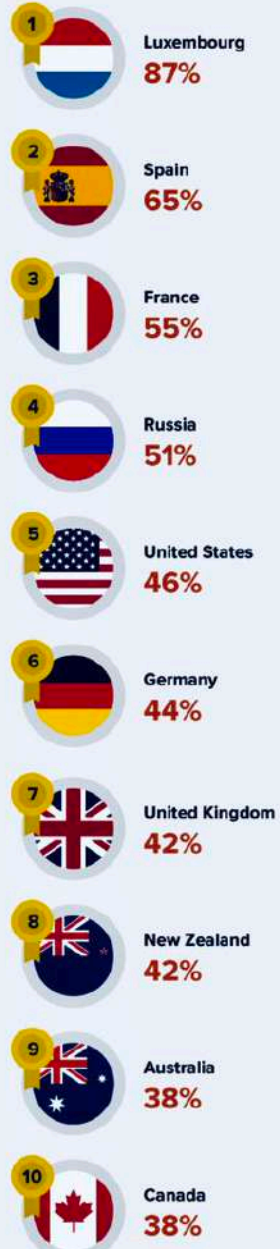
IT'S ALL ABOUT ME

The self-expressive model: The countercultural revolution and the self-expressive marriage— 1965–present. Beginning with the countercultural revolution of the 1960s and 1970s, Americans increasingly looked to marriage as a means of pursuing the free choice and self-expression that were newly prized during this era (Bellah, Madsen, Sullivan, Swidler, & Tipton, 1985). In contrast to previous incarnations of American individualism, which emphasized self-sufficiency and self-determination (Emerson, 1836/1995; Thoreau, 1854/1906), this new brand of *expressive individualism* revolved around individuals' right to create their own identity and craft their own trajectory of personal growth. In expressive individualism, “a relationship is created by full sharing of authentic feelings,” and love becomes the mutual goal.

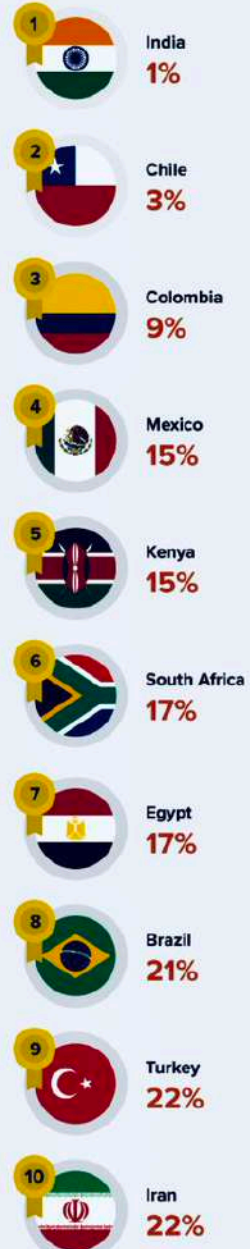



Divorce Rate by Country

10 HIGHEST



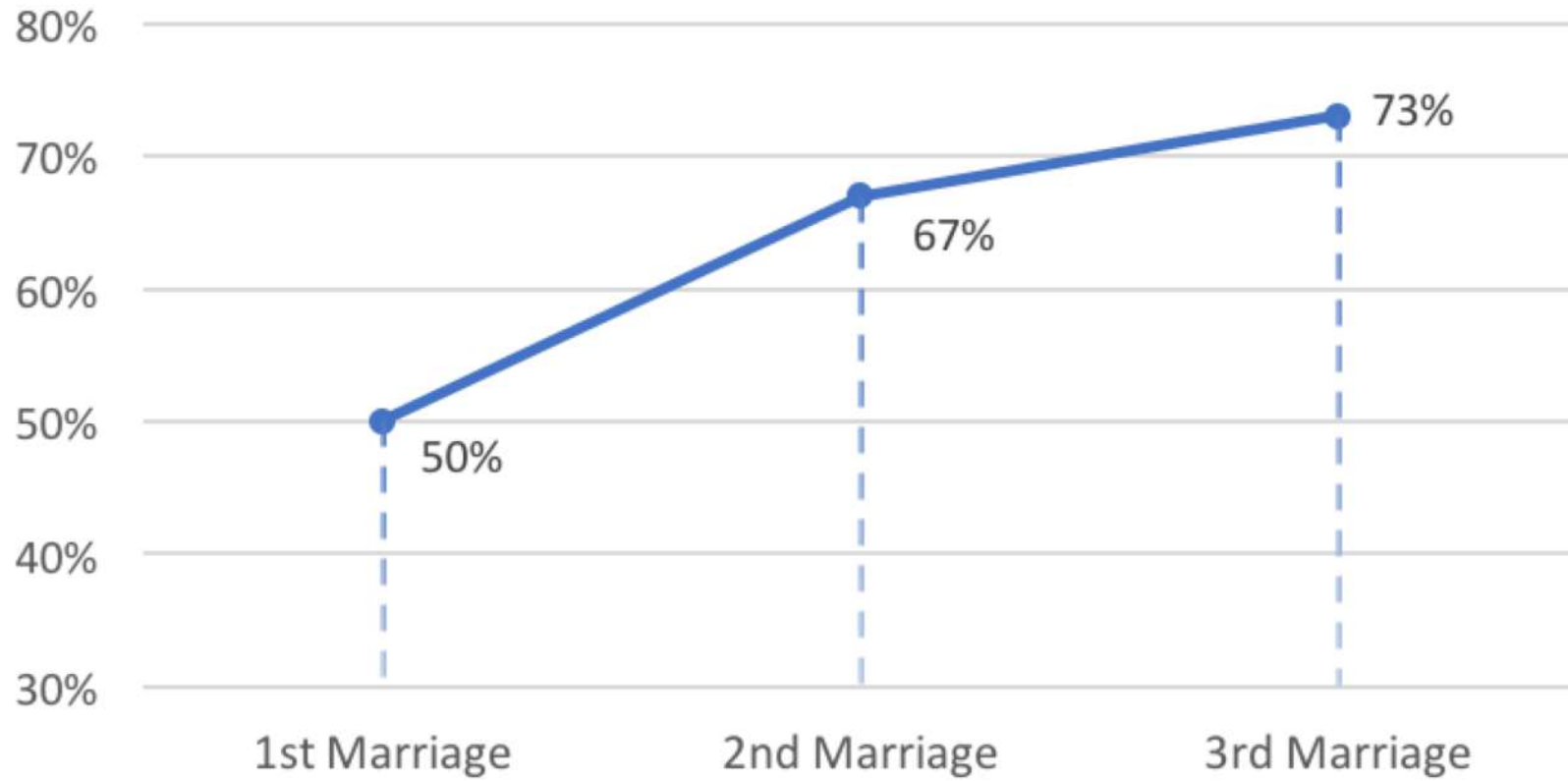
10 LOWEST

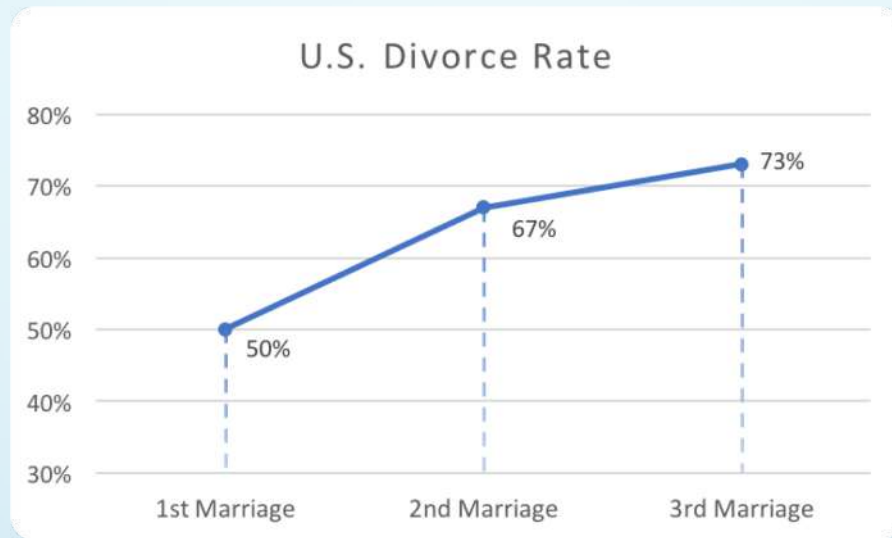




**Criminal law is BAD people at their BEST;
Family law is GOOD people at their WORST.**

U.S. Divorce Rate





Why is this the case?

1. Less tolerance
2. Less fear
3. More issues finances, ex, kids
4. Financial ties less (Hollywood)
5. Unresolved issues

Number 1 Cause of Divorce:

Copyrighted Material

**IF
YOU'RE
IN MY
OFFICE,
IT'S
ALREADY
TO
LATE**



*A Divorce Lawyer's
Guide to Staying Together*

JAMES J. SEXTON, ESQ.

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Number 1 Cause of Divorce:

Money

Sex

Infidelity

Communication issues

Family issues

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YOU'RE
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TO
LATE



*A Divorce Lawyer's
Guide to Staying Together*

JAMES J. SEXTON, ESQ.

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Number 1 Cause of Divorce:

New York State Divorce Judge of 40 years
and thousands of cases:

**One or two human beings refusing to accept
the humanness of the other.**

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IF
YOU'RE
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OFFICE,
IT'S
ALREADY
TO
LATE



*A Divorce Lawyer's
Guide to Staying Together*

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CHILDREN

- 40% OF ALL DIVORCES INVOLVE CHILDREN
- 60% OF ALL DIVORCES HAVE NO CHILDREN INVOLVED
- 43% OF ALL CHILDREN ARE BEING RAISED WITHOUT THEIR FATHER

EX!



ALL NEW

THE DOCTORS

PSYCHOLOGY OF DIVORCE

- OFTEN NOT PAINLESS
- GRIEF: ELIZABETH KUBLER-ROSS WROTE ABOUT FIVE IN HER BOOK “ON DEATH AND DYING.” THEY ARE: DENIAL AND ISOLATION, ANGER, BARGAINING, DEPRESSION, AND ACCEPTANCE.
- DIVORCE-STRESS-ADJUSTMENT MODEL POSTULATES THAT THE PROCESS OF DIVORCE IS CONTINUOUS. IT BEGINS WHILE THE COUPLE STILL LIVES TOGETHER. AFTER FINALIZING THE DIVORCE, THE COUPLE STILL EXPERIENCES STRESSORS.
- CRISIS MODEL. PEOPLE REALIZE THE NEGATIVE CONSEQUENCES OF DIVORCE ARE TEMPORARY. AFTER A PERIOD OF TIME, THEY ADAPT TO THEIR CIRCUMSTANCES AND STRESSORS.
- CHRONIC STRAIN THAT IS A CONSTANT, ON-GOING STRESS. THEY DON'T VIEW THE PROCESS AS TEMPORARY. IN FACT, THESE INDIVIDUALS MIGHT NEVER FULLY RECOVER FROM THE DIVORCE.

PSYCHOLOGY OF DIVORCE

BARNET (1990) FOUND THAT THERE ARE DIFFERENCES BETWEEN MEN AND WOMEN. MEN EXPERIENCED:

- SHORTER PRE-DECISION PERIODS
- LESS PRE-DECISION STRESS
- LOWER POST-DIVORCE ADJUSTMENT
- MORE EXTERNAL LOCUS OF CONTROL SCORES
- SHE ALSO FOUND THAT CHILDLESS COUPLES FARED BETTER. THEY REPORTED LESS PROBLEMS, LESS POST-DECISION STRESS, AND SHORTER PRE-DECISION PERIODS.
- LIKE MOST LIFE TRANSITIONS COPING WITH DIVORCE TAKES TIME, PATIENCE, AND SUPPORT. SUPPORT CAN COME FROM FAMILY, FRIENDS, AND/OR A THERAPIST.

5 MAJOR CHALLENGES

- CONFUSION
- EMOTIONAL CHALLENGES
- FINANCIAL
- SOCIAL & FAMILY
- LEGAL

A woman with a confused expression, her hands on her head, is shown from the chest up. Above her head, a large, dense cloud of 3D question marks of various sizes and orientations is floating against a light blue background. The text '5 MAJOR CHALLENGES' is centered in the upper part of the image.

5 MAJOR CHALLENGES

1) CONFUSION

A woman with long brown hair is covering her face with both hands in a restaurant or cafe setting. She has red nail polish and a ring with a turquoise stone on her left hand. The background is blurred, showing warm lights and other patrons.

5 MAJOR CHALLENGES

2) EMOTIONAL CHALLENGES



5 MAJOR CHALLENGES

3) FINANCIAL
DIVORCES HOME
COSTS 30% MORE
TO MAINTAIN
20K – 26K
50 K – 65K
100 K – 130K

FINANCES

- 20% DECLINE IN WOMEN; 30% INCREASE FOR MEN
- SEPARATE WOMEN POVERTY RATE: 27% WHICH IS 3X THAT OF SEPARATED MEN
- NUMBER 1 CAUSE OF POVERTY FOR WOMEN AND CHILDREN (ACCOUNTS FOR 60%)
- 79% OF CUSTODIAL MOTHERS ARE AWARDED CHILD SUPPORT VS. 30% OF ALL FATHERS
- 65% OF DIVORCED MOTHERS RECEIVE NO CHILD SUPPORT
- 46% OF NON-CUSTODIAL MOTHERS COMPLETELY DEFAULT ON CHILD SUPPORT; 27% OF NON-CUSTODIAL FATHER COMPLETELY DEFAULT.
- AVERAGE DIVORCE COSTS \$15,000 - 30,000
- COSTS STATE ABOUT 30K YEARLY IN BENEFITS – FOOD STAMPS, MEDICAL ASSISTANCE. (30 BILLION YEARLY)

US CENSUS STATS FROM 2013

- 14.4 MILLION CUSTODIAL PARENTS IN USA
- 48.6% HAVE AGREED TO LEGAL OR INFORMAL CHILD SUPPORT
- 88% OF THOSE VIA COURT
- 37.9 BILLION WAS OWED TO CUSTODIAL PARENTS, WITH AVERAGE BALANCE OF \$6050, WITH ONLY \$3,770 PER CHILD PER YEAR BEING PAID ON AVERAGE,
- **WHICH IS \$311 PER CHILD PER MONTH**

5 MAJOR CHALLENGES

4) SOCIAL & FAMILY



5 MAJOR CHALLENGES



5) LEGAL


AVERAGE COST: \$15 K EACH SIDE

• MOST EXPENSIVE DIVORCES


- **JEFF BEZOS'S DIVORCE IN 2019 AFTER 25 YEARS FROM MACKENZIE BEZOS; IS THE MOST EXPENSIVE DIVORCE WITH MACKENZIE BEZOS GETTING \$35 BILLION DOLLARS (\$35 BILLION INFLATION ADJUSTED).**^{[1][2]}
- **RUPERT MURDOCH'S DIVORCE IN 1999 AFTER 31 YEARS FROM ANNA; ESTIMATED AT \$1.7 BILLION (\$2.6 BILLION INFLATION ADJUSTED).**^[6]
- **MEL GIBSON'S DIVORCE IN 2006 AFTER 26 YEARS FROM ROBYN MOORE GIBSON; ESTIMATED AT \$425 MILLION (\$539 MILLION INFLATION ADJUSTED).**^[11]
- **MICHAEL JORDAN'S DIVORCE IN 2006 AFTER 16 OR 17 YEARS FROM JUANITA JORDAN, \$168 MILLION (\$213 MILLION INFLATION ADJUSTED).**^{[15][BETTER SOURCE NEEDED]}
- **NEIL DIAMOND'S DIVORCE IN 1994 OR 1995 AFTER 24, 25, OR 26 YEARS FROM MARCIA MURPHEY; ESTIMATED AT \$150 MILLION (\$259 OR \$252 MILLION INFLATION ADJUSTED).**^[17]
- **HARRISON FORD'S DIVORCE IN 2004 AFTER 20 OR 21 YEARS FROM MELISSA MATHISON; ESTIMATED AT \$118 MILLION (\$160 MILLION INFLATION ADJUSTED).**^[19]
- **TIGER WOOD'S DIVORCE IN 2010 AFTER 5 OR 6 YEARS FROM ELIN NORDEGREN IN AUGUST 2010; ESTIMATED AT \$110 MILLION. (\$129 MILLION INFLATION ADJUSTED)**
- **STEVEN SPIELBERG'S DIVORCE IN 1989 AFTER 3 OR 4 YEARS FROM AMY IRVING; ESTIMATED AT \$100 MILLION (\$206 MILLION INFLATION ADJUSTED).**^[21]
- **MADONNA'S DIVORCE IN 2008 AFTER 7 OR 8 YEARS FROM GUY RITCHIE; ESTIMATED AT \$76–\$92 MILLION (\$90–\$109 MILLION INFLATION ADJUSTED).**^[22]
- **KEVIN COSTNER'S DIVORCE IN 1994 AFTER 15 OR 16 YEARS FROM CINDY SILVA; ESTIMATED AT \$80 MILLION (\$138 MILLION INFLATION ADJUSTED).**^[24]
- **JAMES CAMERON'S DIVORCE IN 1999 AFTER 1 OR 2 YEARS FROM LINDA HAMILTON; ESTIMATED AT \$50 MILLION (\$77 MILLION INFLATION ADJUSTED).**^[27]
- **PAUL MCCARTNEY'S DIVORCE IN 2008 AFTER 5 OR 6 YEARS FROM HEATHER MILLS; ESTIMATED AT \$48.6 MILLION (\$58 MILLION INFLATION ADJUSTED).**^[28]
- **MICHAEL DOUGLAS'S DIVORCE IN 1995 AFTER 17 OR 18 YEARS FROM DIANDRA DOUGLAS; ESTIMATED AT \$45 MILLION (\$76 MILLION INFLATION ADJUSTED).**^[27]
- **DONALD TRUMP'S DIVORCE IN 1992 AFTER 14 OR 15 YEARS FROM IVANA TRUMP; ESTIMATED AT \$25 MILLION (\$46 MILLION INFLATION ADJUSTED).**^[30]

5 MAJOR CHALLENGES

- CONFUSION
- EMOTIONAL CHALLENGES
- FINANCIAL
- SOCIAL & FAMILY
- LEGAL



EXERCISE – SWITCH OFF WITH PARTNER NEXT TO YOU INTERVIEWING ONE ANOTHER ABOUT THESE CONCERNS IN SEPARATION/DIVORCE

- CONFUSION
 - EMOTIONAL CHALLENGES
 - FINANCIAL
 - SOCIAL & FAMILY
 - LEGAL
- 

Course Schedule

Helping Clients Through Separation, Divorce, Co-parenting and Blending

Part 2: Individual and Family Shifts; Personal & Co-parenting
Foundations

Reported Reasons For Divorce:

1. Lack of commitment 76%
2. Argue too much 56%
3. Infidelity 55%
4. Married too young 46%
5. Unrealistic Expectations 45%
6. Lack of Equality in relationship 44%
7. Lack of preparation for marriage 41%
8. Domestic violence/abuse 25%

5 AREA CHECKLIST

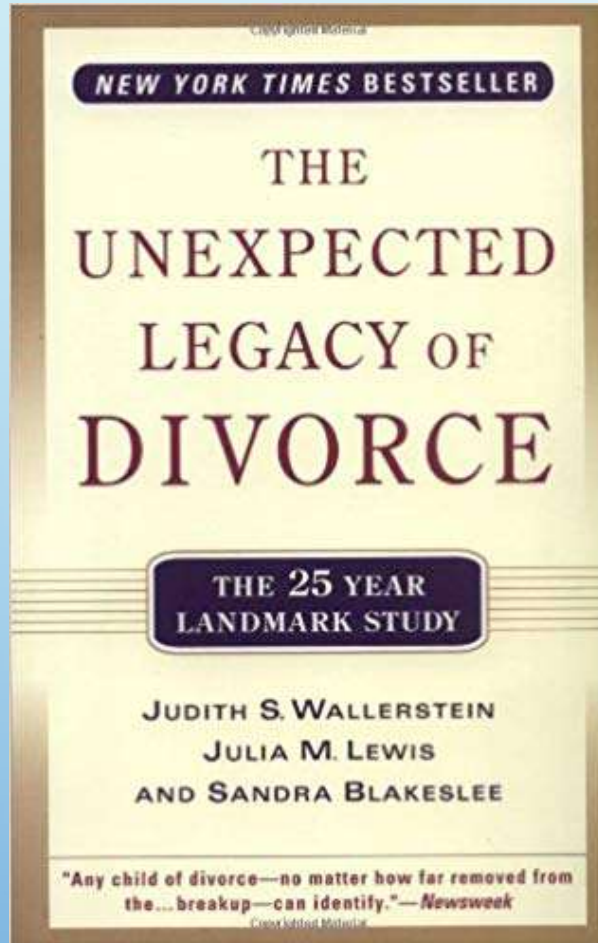
1. SAFETY OF SELF AND CHILDREN
2. EMOTIONAL SUPPORT TEAM (FRIENDS, FAMILY, PROFESSIONALS, CLERGY)
3. FOOD AND SHELTER
4. LEGAL SUPPORT
5. FINANCIAL STABILITY

THE UNEXPECTED LEGACY OF DIVORCE



Judith Wallerstein (December 27, 1921 – June 18, 2012) was a psychologist and researcher who created a 25-year study on the effects of divorce on the children involved. She received a number of prominent awards and honors and wrote four best selling books. Judith Wallerstein was born on December 27, 1921 as Judith Hannah Saretsky in New York City. Her father died from cancer when she was 8 years old. Wallerstein received her bachelor's degree from Hunter College (1943), her Master's in social work from Columbia University (1946) and her Doctorate in psychology from Lund University in Sweden (1978).

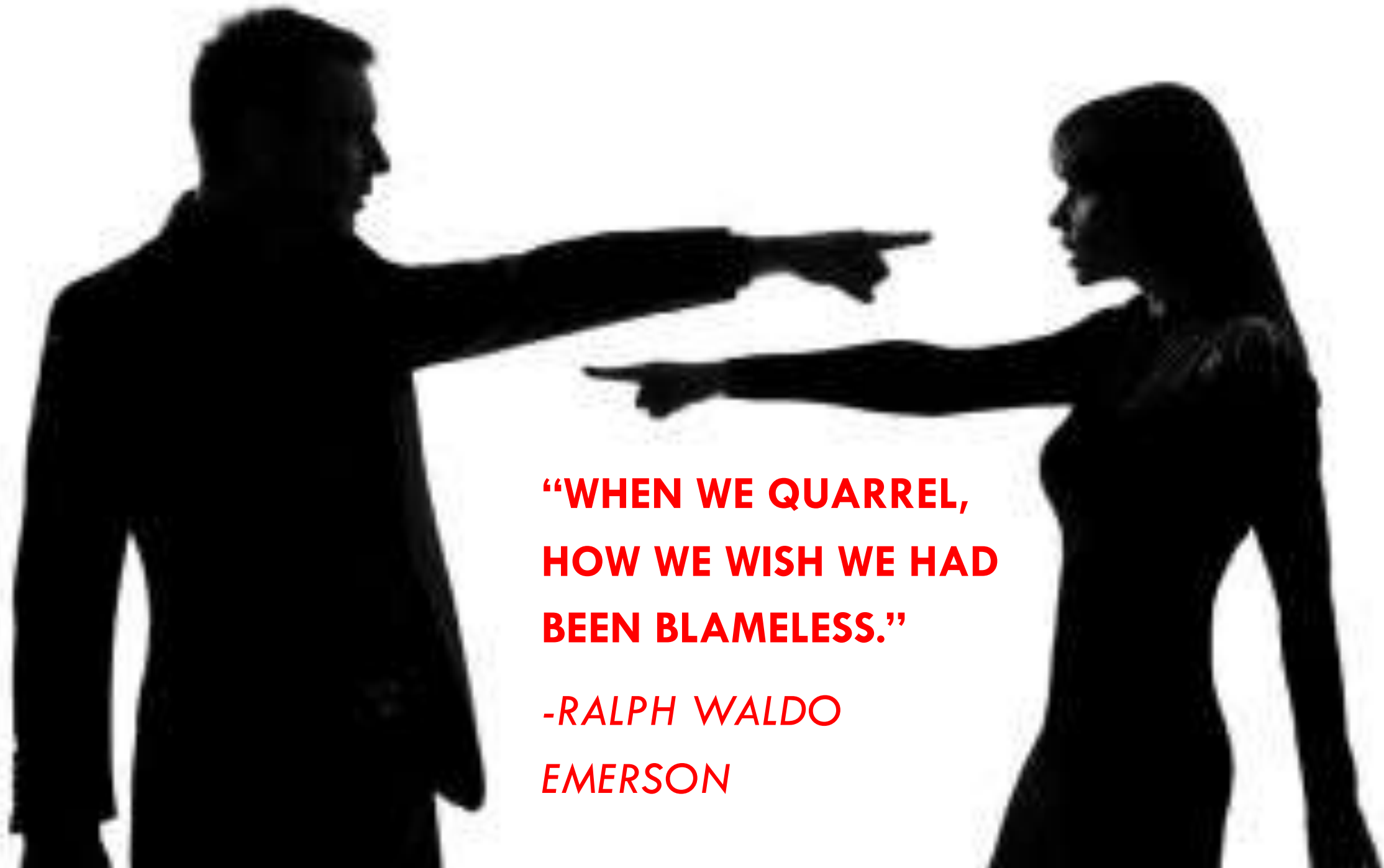
She died at 90 years old June 18, 2012 from an unexpected intestinal obstruction. She was married for 65 years to the academic Robert S. Wallerstein.



"Any child of divorce—no matter how far removed from the...breakup—can identify."—*Newsweek*

PSYCHOLOGY OF DIVORCE

- SHATTERED DREAMS
- GUILT AND BLAME
- HIGH EXPECTATIONS
- BETRAYAL
- ABANDONMENT
- FEAR
- SADNESS
- EMOTIONAL ISSUES
- FINANCIAL STRESSORS



**“WHEN WE QUARREL,
HOW WE WISH WE HAD
BEEN BLAMELESS.”**

**-RALPH WALDO
EMERSON**



- **THE PARENT'S relationship IS THE playground**
- **WHERE THE CHILDREN PLAY AND LIVE**
- **-HEDY SCHLEIFER**

A white mouse is running on a black hamster wheel. A large, semi-transparent red 'X' is superimposed over the wheel and the mouse, indicating that this activity is prohibited or discouraged. The background is a blurred green field.

MAJOR CHALLENGES BEHIND AND AHEAD
DIVORCE COMMON AS SEQUEL TO LIFE CRISIS OFTEN
CREATING RAGE THAT CAN LAST FOR DECADES.




Custody Battle

- Many parents begin to believe that without the child they have no one. Thus, often the fight isn't about the child's best interest, but a prolonged fight of the parent's desire.



MYTH

DIVORCE RESCUES CHILDREN FROM AN
UNHEALTHY ENVIRONMENT





“WHAT IS MARRIAGE? A PIECE OF PAPER AND A PIECE OF METAL.”

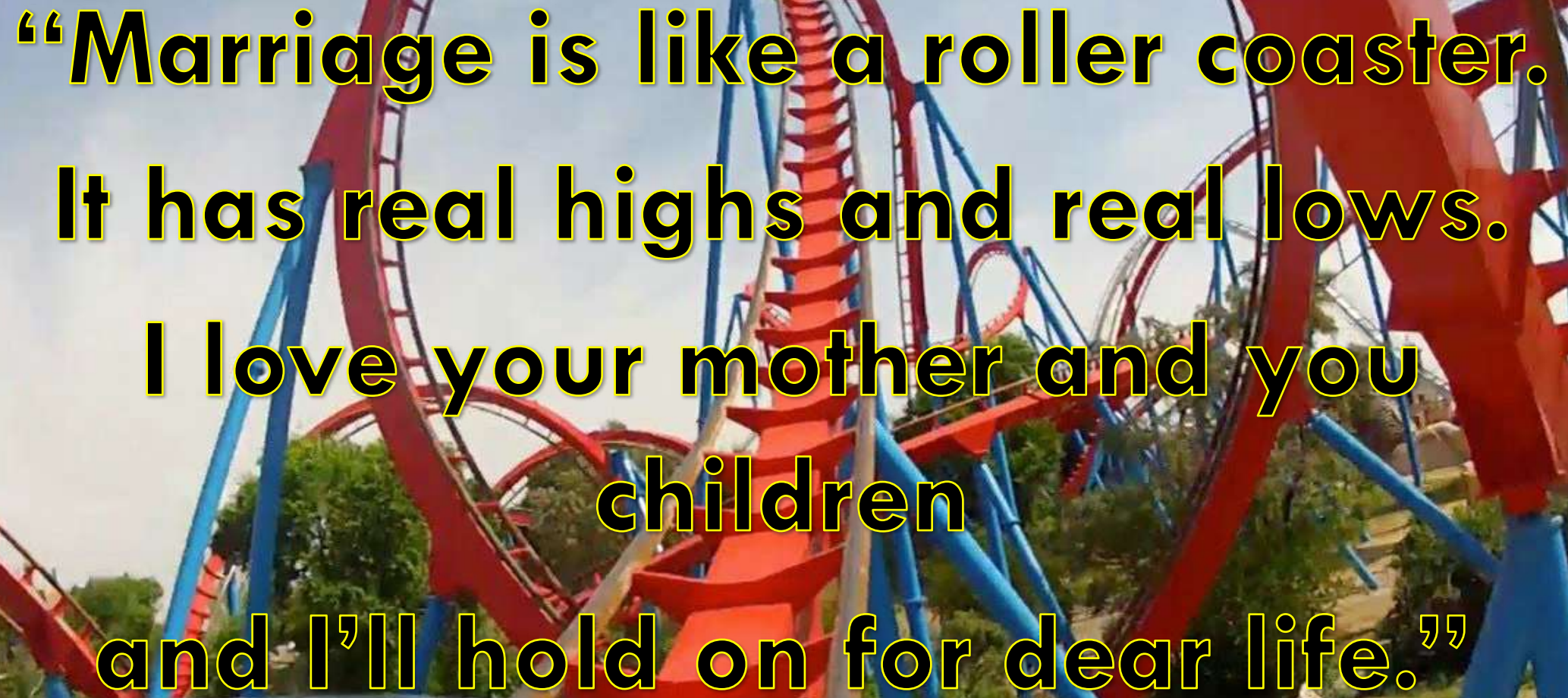
“IF YOU LOVE SOMEONE, IT BREAKS YOUR HEART”

KAREN- DAUGHTER OF DIVORCE



CHILDREN OF DIVORCE

- **IN THE STUDY:**
- **16% OF KIDS EXPERIENCED STABLE SECOND MARRIAGES**
- **66% EXPERIENCED MULTIPLE DIVORCES AND REMARRIAGES**


A roller coaster track with red rails and blue supports, viewed from the perspective of a car on the track. The track is looping and twisting, with a yellow and blue car in the foreground. The background shows green trees and a clear sky.

**“Marriage is like a roller coaster.
It has real highs and real lows.
I love your mother and you
children
and I’ll hold on for dear life.”**



HOW TO BREAK IT TO KIDS

MANY DIVORCING ADULTS WISH TO BREAK FORTH WITH A CLEAN SLATE, BUT CHILDREN ARE A PERMANENT LEGACY OF THE MARRIAGE .





How to break it to the kids

- GATHER KIDS
- TALK SLOWLY AND CLEARLY
- THEY WILL REMEMBER THIS FOREVER
- WE DECIDED TO SEPARATE
- WHEN WE GOT MARRIED WE LOVED EACH OTHER AND PLANNED TO SPEND OUR LIVES TOGETHER, WHEN YOU WERE BORN WE LOVED EACH OTHER AND WE LOVED AND ALWAYS WILL CONTINUE TO LOVE YOU
- I AM SORRY FOR MYSELF AND FOR YOU

If "violent" means acting in ways that result in hurt or harm, then much of how we communicate could indeed be called "violent" communication.

Nonviolent COMMUNICATION

A Language of Life



Words matter. Find common ground with anyone, anywhere, at any time, both personally and professionally.

MARSHALL B. ROSENBERG, PhD

Foreword by Deepak Chopra

Endorsed by Tony Robbins, Arie Gandhi, Marianne Williamson, John Gray, Jack Canfield, Dr. Thomas Gordon, Renee Exler, and others

The Four-Part Nonviolent Communication Process

Clearly expressing
how **I am**
without blaming
or criticizing

Empathically receiving
how **you are**
without hearing
blame or criticism

OBSERVATIONS

1. What I observe (*see, hear, remember, imagine, free from my evaluations*) that does or does not contribute to my well-being:
"When I (see, hear) . . ."

1. What you observe (*see, hear, remember, imagine, free from your evaluations*) that does or does not contribute to your well-being:
"When you see/hear . . ."
(Sometimes unspoken when offering empathy)

FEELINGS

2. How I feel (*emotion or sensation rather than thought*) in relation to what I observe:
"I feel . . ."

2. How you feel (*emotion or sensation rather than thought*) in relation to what you observe:
"You feel . . ."

NEEDS

3. What I need or value (*rather than a preference, or a specific action*) that causes my feelings:
". . . because I need/value . . ."

3. What you need or value (*rather than a preference, or a specific action*) that causes your feelings:
". . . because you need/value . . ."

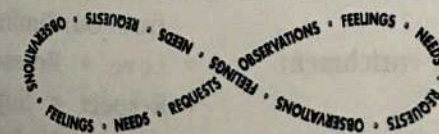
Clearly requesting that
which would enrich **my**
life without demanding

Empathically receiving that
which would enrich **your** life
without hearing any demand

REQUESTS

4. The concrete actions I would like taken:
"Would you be willing to . . .?"

4. The concrete actions you would like taken:
"Would you like . . .?"
(Sometimes unspoken when offering empathy)



© Marshall B. Rosenberg. For more information about Marshall B. Rosenberg or the Center for Nonviolent Communication, please visit www.CNVC.org.



CHILDREN OF DIVORCE OFTEN DON'T UNDERSTAND THE CONTEXT OF MARRIAGE .

ONE OF THEIR BIGGEST MEMORIES AND OFTEN BIGGEST COMPLAINTS IS HOW THE NEWS WAS BROKEN TO THEM.

THEY REMEMBER. THEY NEED YOU. IT'S PAINFUL AND SAD FOR THEM.



2 TASKS IN LIFE

- 2 ESSENTIALS TASKS OF ADULTHOOD:

- 1) LOVING

- 2) WORKING

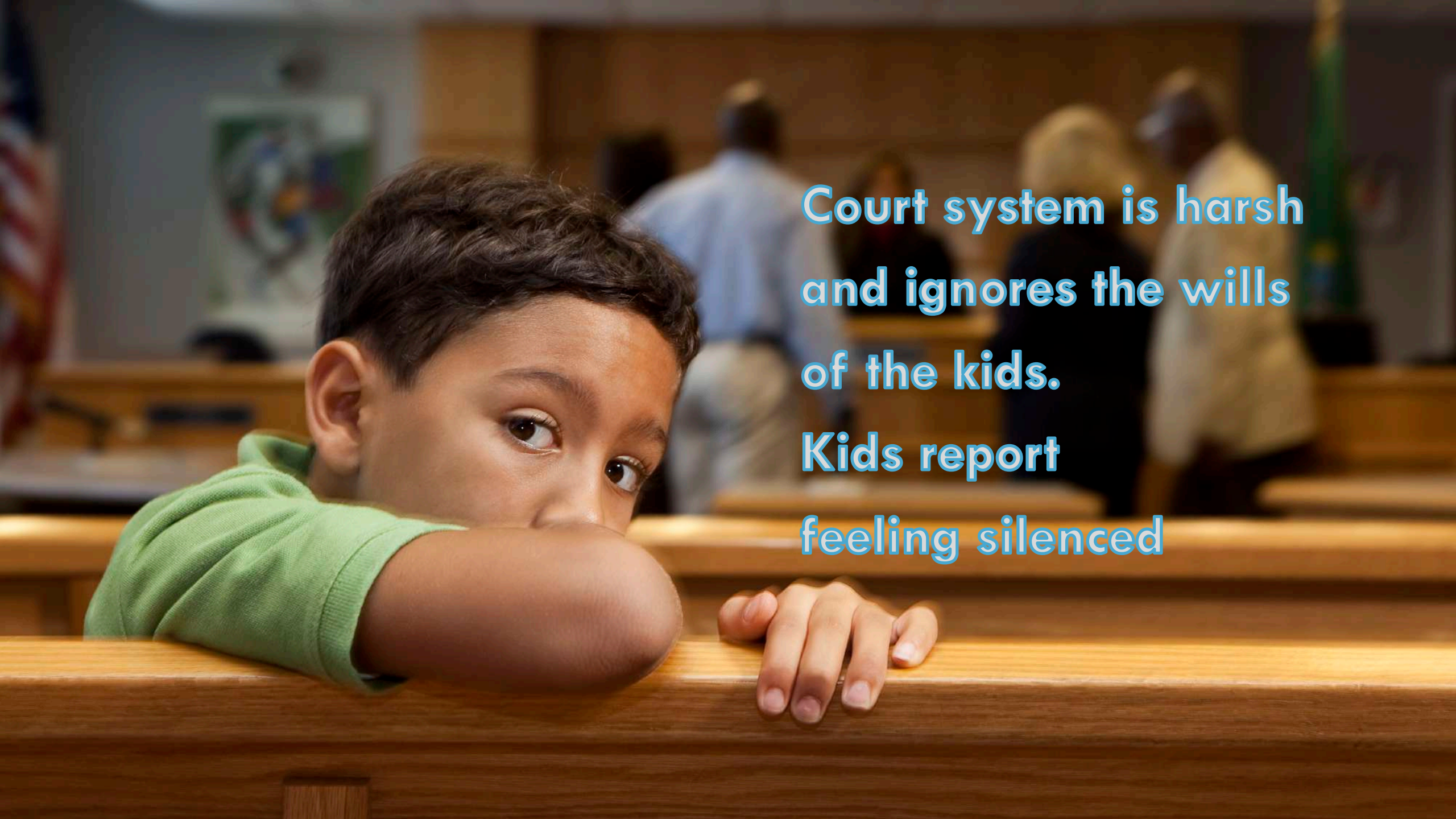
OVER-COMPENSATION COMMON WHEN ONE GOES WRONG

A young girl with dark hair is sitting at a desk, looking down with a sad expression. She has her hands pressed against her eyes, as if crying or trying to hide her face. In front of her is a large stack of books. The background is a plain, light-colored wall.

**• Inexpressible feelings
of a child translates
into a repressed, frustrated
unfulfilled adult**

**SADLY, GOOD 2ND MARRIAGES OFTEN DIDN'T HELP
CHILDREN OF DIVORCE GET OVER THEIR TRAUMA.**



A young boy with dark hair, wearing a green long-sleeved shirt, is sitting at a wooden desk in a classroom. He is looking over his hand, which is resting on the desk, towards the camera. The background is slightly blurred, showing other students and a teacher in a classroom setting.

**Court system is harsh
and ignores the wills
of the kids.
Kids report
feeling silenced**

A close-up photograph showing a hand holding a small, white, crumpled packet. The packet has the word "DRUGS" printed on it in black, bold, capital letters. Below the packet, another hand is visible, palm up, as if receiving or offering something. The background consists of yellow and black horizontal stripes, possibly from a playground or stadium seating. In the lower foreground, a person's arm is visible with several colorful beaded bracelets and a folded US dollar bill.

DRUGS

DRUG USAGE BY 1 IN 4 KIDS



SEXUAL ACTING OUT

SEXUAL PROMISCUITY, ACTING OUT AND ABUSE
DOUBLES IN PREVALENCE FOR KIDS OF
DIVORCE.

A young woman with brown hair is sitting on a weathered wooden floor. She is wearing a white, textured knit sweater and green pants. She is hugging her knees and looking down with a sad expression. Her right hand is resting on her head. The background is a wall of dark, weathered wooden planks.

CHILDHOOD DEPRESSION

**CHILDHOOD
ANXIETY AND
ATTACHMENT ISSUES**





**CHILDHOOD
EATING DISORDERS**



**BEHAVIORAL AND
ACADEMIC ISSUES**

LIFELONG TRUST & RELATIONSHIP ISSUES



History of Custody

1970s - JOINT CUSTODY WAS UNHEARD OF UNLESS MOTHER WAS INSANE. MOTHER GOT THE CHILDREN. PERIOD.

1980s - CALIFORNIA FIRST INTRODUCED JOINT CUSTODY LAWS AND OTHER STATES FOLLOWED SUIT. USED NOW BY 20% OF FAMILIES.

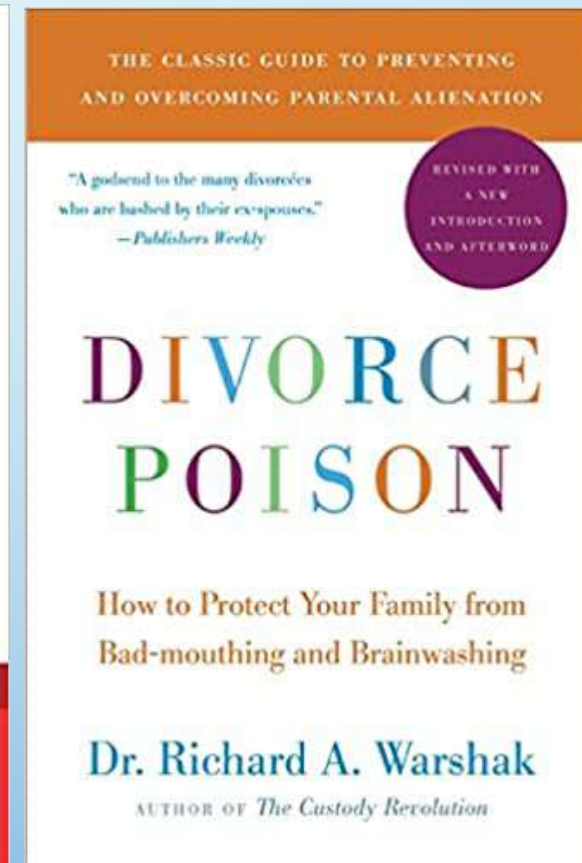
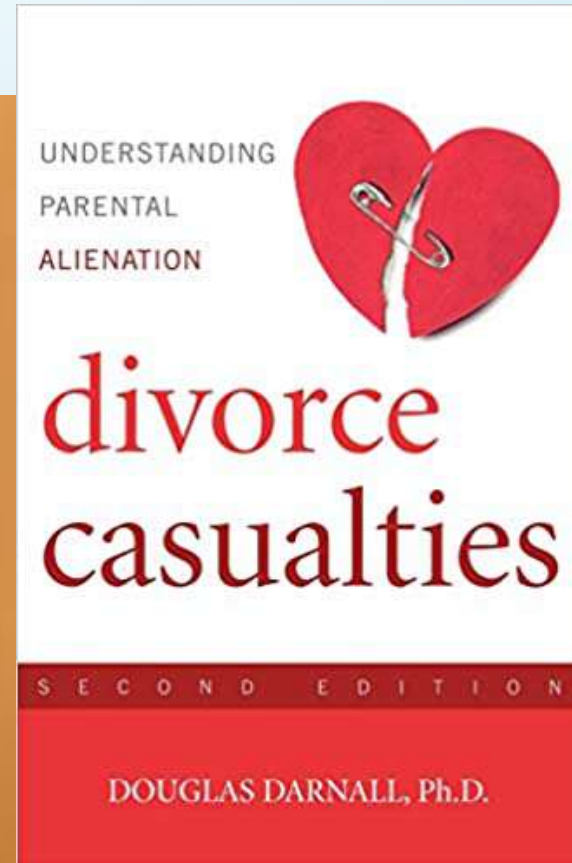
2018 - 29% OF CUSTODY DECISIONS MADE WITHOUT ANY OUTSIDE HELP, 11% VIA MEDIATOR AND ONLY 4% MADE SOLELY VIA TRIAL.

73% OF ALL FATHERS MAINTAIN CONTACT WITH CHILDREN, WHILE 27% HAVE NONE.

CUSTODY FACTORS

1. MENTAL HEALTH OF PARENTS
2. QUALITY OF PARENT CHILD RELATIONS
3. OPEN ANGER VS. COOPERATION BETWEEN PARENTS
4. AGE, TEMPERAMENT AND FLEXIBILITY OF CHILD
5. SHARED ROUTINES IN BOTH HOUSES

PARENTAL ALIENATION



REPEATING THE PAST



DEJAVU

Studies show sadly that children of divorce are not better at protecting their kids and acting in their best interest.

CHILDREN OF DIVORCE

- 40% IN THE STUDY REMAINED SINGLE. THIS IS VERY SIGNIFICANT COMPARED WITH 90% OF TEENS WHO REPORT THEY PLAN TO MARRY EVENTUALLY.

ADVICE TO MEN

- BE PREPARED TO HAVE EXTRA TIME
- LONELINESS
- ANGER
- SOCIAL AND SUPPORT TEAM
- PARENTING TIME AND PRIORITY
- BALANCED AND INSIGHTFUL BLAME

ADVICE TO WOMEN

- BE PREPARED TO HAVE EVEN LESS TIME
- LONELINESS
- EMOTIONS
- SOCIAL AND SUPPORT TEAM
- FOSTERING HEALTHY SELF CARE
- BEWARE OF SELF-BLAME
- FAILED MARRIAGE DOES NOT MEAN FAILURE AS PERSON OR PARENT
- KEEP CAREFUL EYE ON FINANCES

PITFALLS

1. Victim mentality
2. Angry family and friends
3. Emotional dysregulation
4. Depression, anxiety and exacerbated prior issues
5. Difficult interactions with ex
6. Difficult interactions with children
7. Lack of self-care

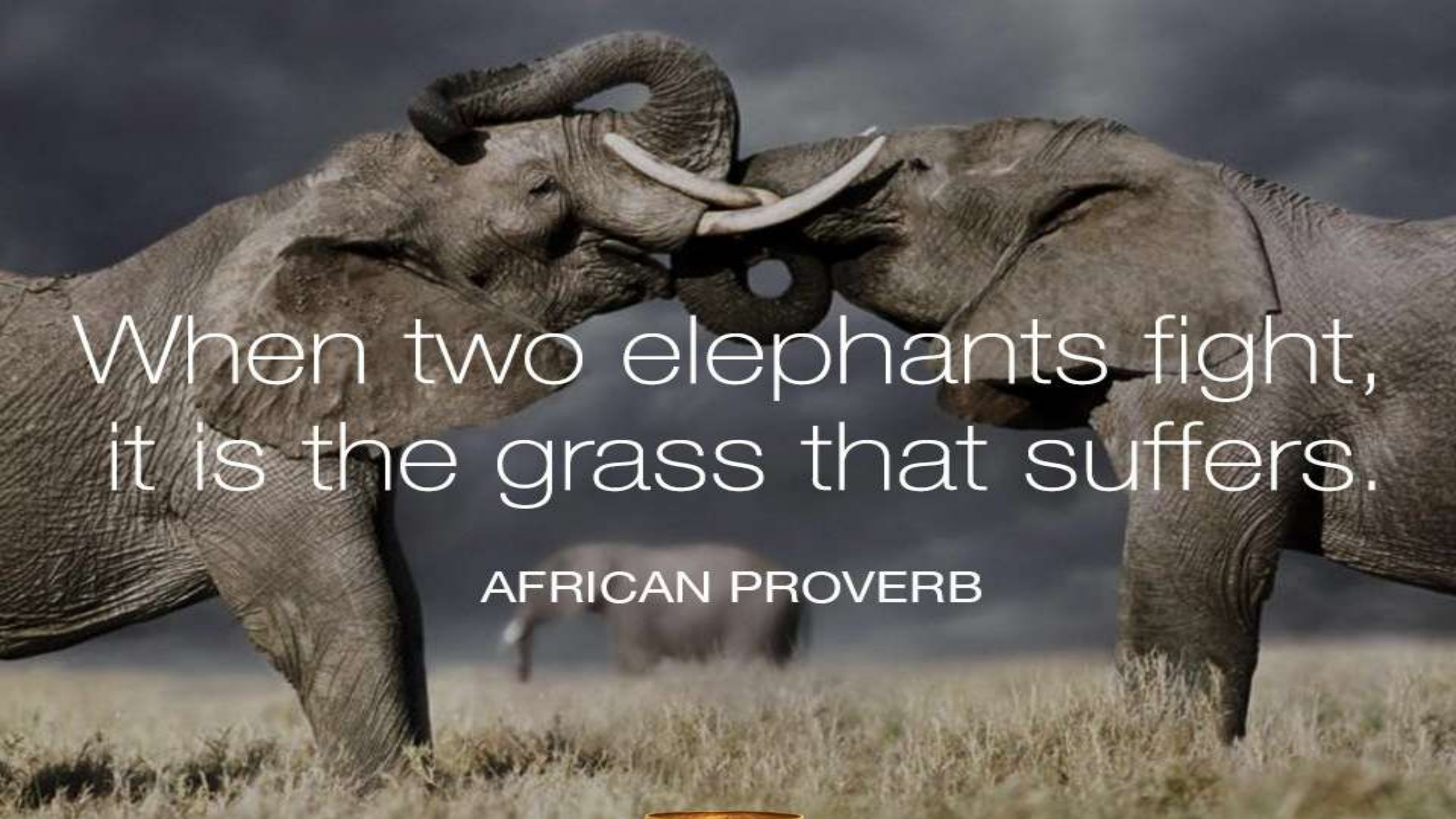
THERAPIST ROLE

TELLING CLIENTS WHAT TO DO?

- **DIVORCE**
- **LEAVE CHILDREN**
- **LEGAL**

EX-COUPLES EMOTIONAL STATE, NEEDS AND AGENDAS

1. Stop competing as individuals
2. Stop competing as parents
3. Stop vilifying and trying to convince others
4. Stop hurting self



When two elephants fight,
it is the grass that suffers.

AFRICAN PROVERB

EIGHT MAJOR CHALLENGES CHILDREN FACE

- 1. CONFUSION
- 2. SHAME/EMBARRASSMENT
- 3. FINANCIAL
- 4. ACADEMIC ISSUES
- 5. PSYCHOLOGICAL ISSUES
- 6. GUILT ISSUES (BLAME AND LOYALTY)
- 7. ANGER
- 8. LOSS OF INNOCENCE AND AUTONOMY

CO-PARENTING

1. CHILDREN ARE THE LASTING LEGACY OF THE RELATIONSHIP
2. SHARE COMMON LOVE OF CHILDREN AND DESIRE FOR THEIR SUCCESS
3. NO MATTER WHAT, THIS IS STILL THEIR OTHER PARENT
4. RECOGNIZE THAT YOUR CHILD SEES THIS PERSON DIFFERENTLY
5. WORK ON TRUST, DESPITE ALL THAT HAS TRANSPIRED
6. PUT CHILDREN'S NEEDS AND RELATIONSHIP REQUESTS FIRST
7. NEVER PUT DOWN THE OTHER PARENT TO THE CHILDREN
8. DON'T USE THE CHILDREN AS YOUR EMOTIONAL PUNCHING BAG OR TRASH CAN
9. AFTER 1-3 YEARS, THINGS USUALLY CALM DOWN UNLESS PARENTAL ALIENATION IS OCCURRING
10. GET SUPPORT FROM PARENTING COORDINATOR



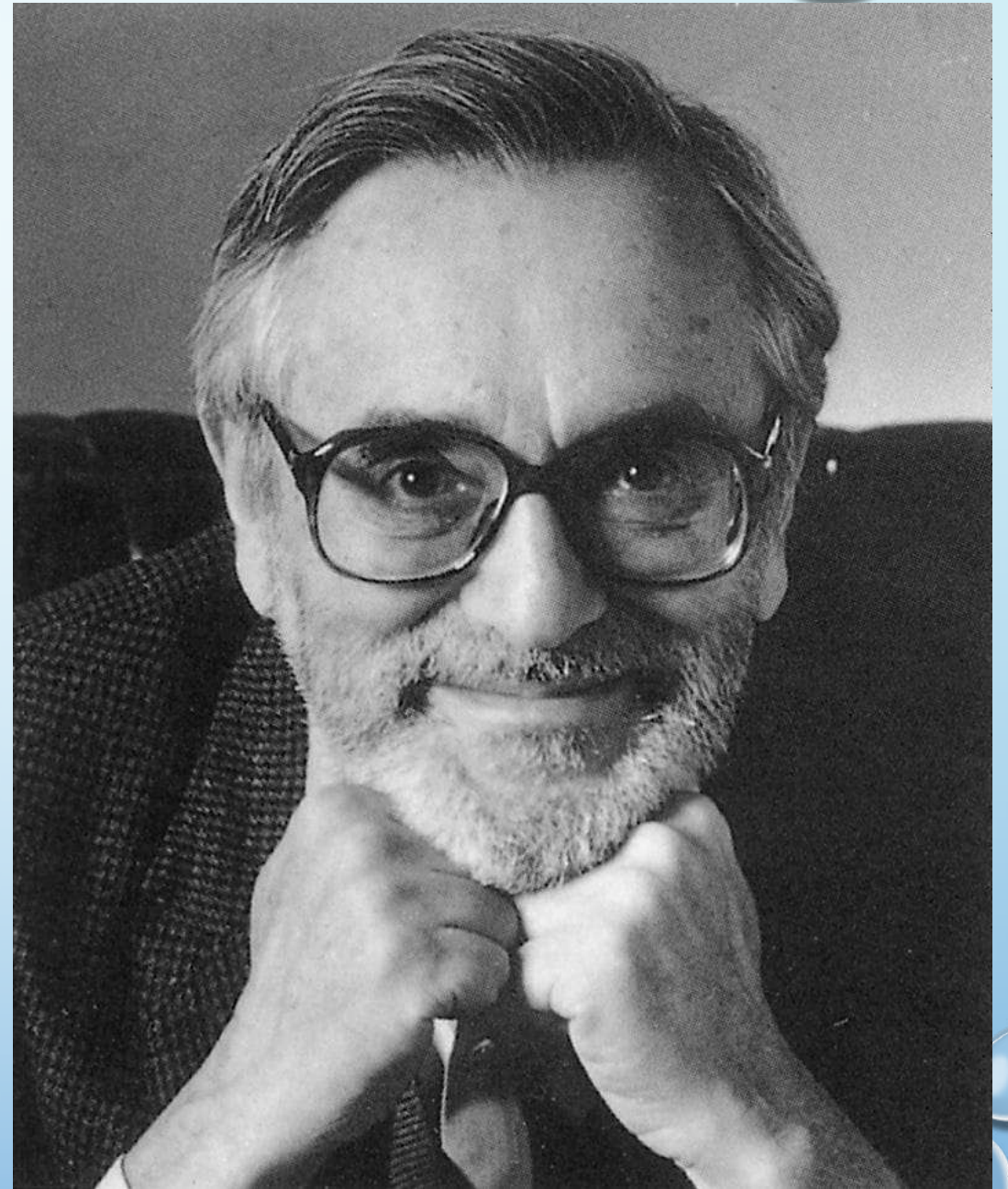
BIFF APPROACH

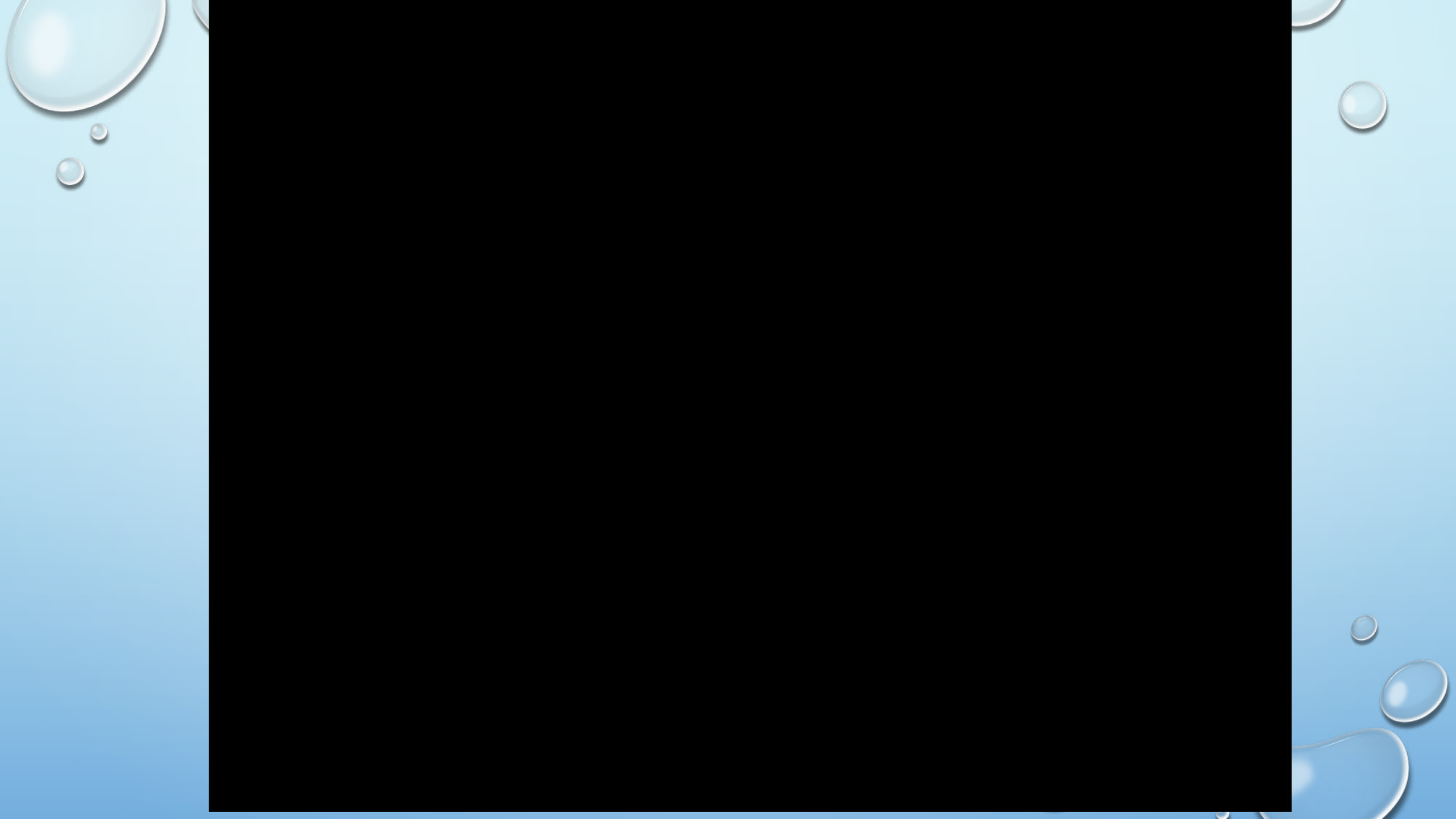
BY BILL EDDY, LCSW, ESQ

- **BRIEF**
- **INFORMATIVE**
- **FRIENDLY**
- **FIRM**

SALVATORE MINUCHIN (1921 - 2017)

- FAMILIES ARE RICHER THAN WE KNOW,
NOWHERE IS THAT MORE TRUE WITH STEPFAMILIES
- KID DRAWING PICTURE
- OFTEN THE TRANSITION FOR MAN IS EASIER
AS HE ALLOWS HIS NEW WIFE TO TAKE ON
THE MOTHER ROLE OF THE KIDS, ONCE AGAIN





10 Commandments of Divorce

1. It's over, move on
2. Get support
3. Be a role model
4. Be as big as you can be
5. Get your finances together.
6. Collaborate
7. Safety of Children
8. Separate Identities
9. Accept new spouse/parent
10. Designate a 3rd party


Course Schedule

Helping Clients Through Separation, Divorce, Co-parenting and Blending

Part 3: Life After Divorce; Blending vs. Bleeding



Life After Divorce – Filled with choices and real and perceived limitations

- 1. Single or date?**
 - 2. Children's needs**
 - 3. Work obligations**
 - 4. Fears about future**
 - 5. Self-esteem**
 - 6. Stability**
- 

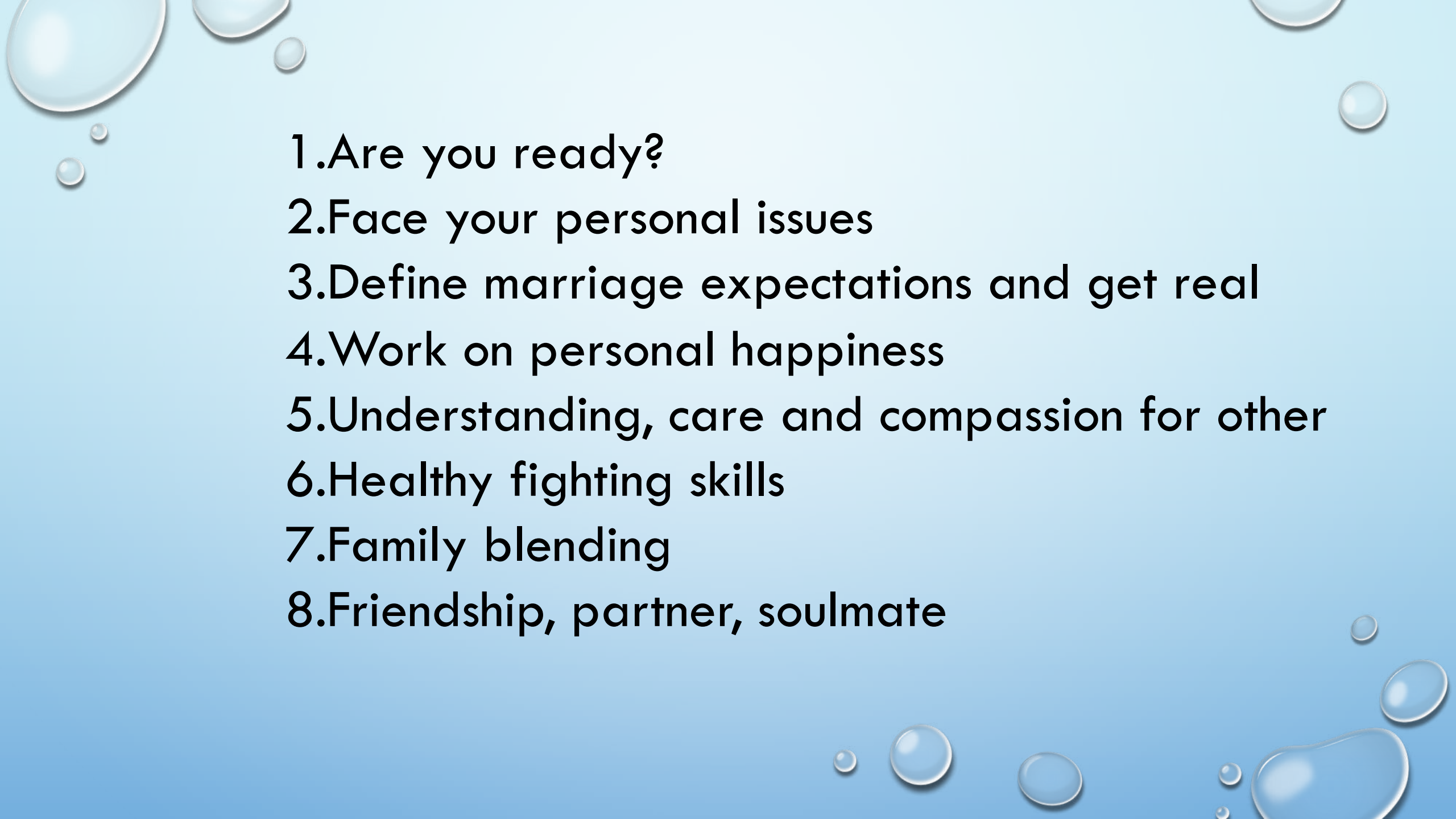
The background is a light blue gradient. There are several realistic-looking water droplets of various sizes in the corners. In the top-left corner, there are four droplets of different sizes. In the top-right corner, there are two droplets. In the bottom-right corner, there is a cluster of several droplets, including a large one and several smaller ones. In the bottom-center area, there are three more droplets of varying sizes.

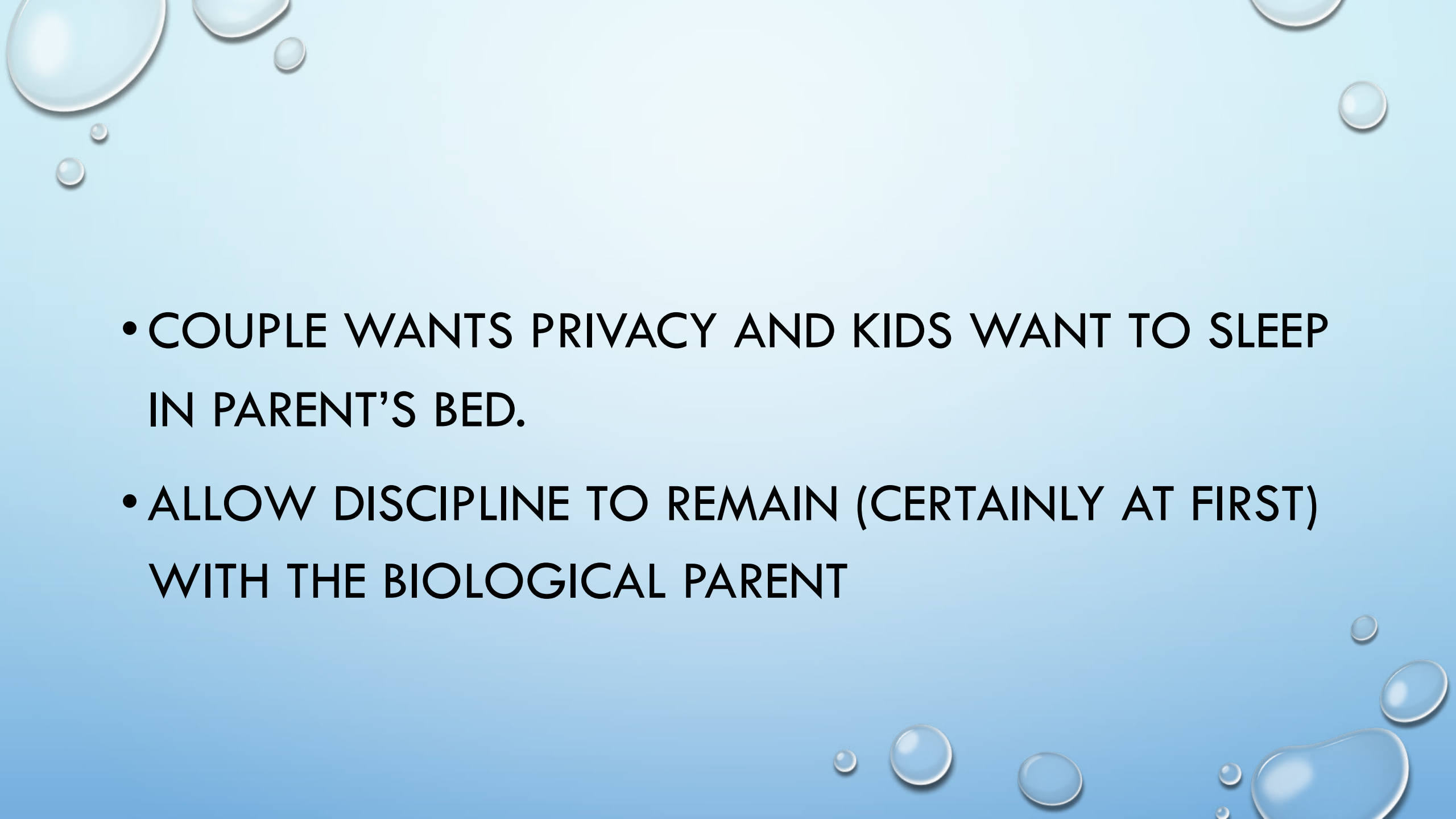
Marriage TAKE II

**Marriage is the triumph of
imagination over intelligence.
Second marriage is the triumph
of hope over experience.**

Oscar Wilde



- 
- A light blue background with several realistic water droplets of various sizes scattered across it, some with highlights and shadows, giving them a 3D effect.
1. Are you ready?
 2. Face your personal issues
 3. Define marriage expectations and get real
 4. Work on personal happiness
 5. Understanding, care and compassion for other
 6. Healthy fighting skills
 7. Family blending
 8. Friendship, partner, soulmate

- 
- COUPLE WANTS PRIVACY AND KIDS WANT TO SLEEP IN PARENT'S BED.
 - ALLOW DISCIPLINE TO REMAIN (CERTAINLY AT FIRST) WITH THE BIOLOGICAL PARENT

THE WAY TO A MAN'S HEART....

...IS THROUGH HIS STOMACH





**THE WAY TO A DIVORCED FATHER'S HEART....
...IS THROUGH HIS CHILDREN**

STEP PARENT

- WHAT ROLE?
- REPLACEMENT?
- AUTHORITY?
- PRIORITY?
- IN CHARGE?
- RESENTMENT
- REPLACEMENT

"Essential reading if you're dating a parent, or you're a parent dating!"

THE

STEPFAMILY HANDBOOK

From Dating, to Getting Serious,
to Forming a "Blended Family"



KAREN S. BONNELL, MS - PATRICIA L. PAPERNOW, EdD

Family Blending



A large, glossy red heart is centered in the image. It has a smooth, reflective surface with highlights and shadows that give it a three-dimensional appearance. The heart is a vibrant red color and is set against a plain white background.

Blood makes you related; love makes you family.



**WORST
CASE**




**BEST
CASE**





Learn ways to troubleshoot complex situations that arise.

1. Plan ahead
 2. Roles and responsibilities
 3. Financial issues
 4. Ex issues
 5. Children issues, health, emotional
 6. Blending issues
 7. Designated therapist
- 





Resources

Parents:

Too Good to Leave, Too Bad to Stay: A Step-by-Step Guide to Help You Decide Whether to Stay In or Get Out of Your Relationship (1997) by [Mira Kirshenbaum](#)

The Unexpected Legacy of Divorce: The 25 Year Landmark Study by Dr. Susan Wallerstein (2001)

The Seven Principles for Making Marriage Work: A Practical Guide from the Country's Foremost Relationship Expert (2015) Gottman, Silver
Splitting: Protecting Yourself While Divorcing Someone with Borderline or Narcissistic Personality Disorder by [Bill Eddy](#) and [Randi Kreger](#) (2011)

The High-Conflict Couple: A Dialectical Behavior Therapy Guide to Finding Peace, Intimacy, and Validation Paperback (2006) Alan Fruzzetti

Helping Your Kids Cope with Divorce the Sandcastles Way (1999) by [M. Gary Neuman](#)

Co-parenting

Co-parenting with a Toxic Ex: What to Do When Your Ex-Spouse Tries to Turn the Kids Against You by Amy Baker PhD/ Paul R Fine LCSW (2014)

5 Types of People Who Can Ruin Your Life: Identifying and Dealing with Narcissists, Sociopaths, & Other High-Conflict Personalities (2018) [Bill Eddy](#)

High Conflict People in Legal Disputes Second Edition, Revised and Updated (2016) [Bill Eddy](#)

The High-Conflict Co-Parenting Survival Guide: Reclaim Your Life One Week At A Time (2019)

BIFF: Quick Responses to High-Conflict People, Their Personal Attacks, Hostile Email and Social Media Meltdowns (2014) by [Bill Eddy](#)

Don't Alienate the Kids! Raising Resilient Children While Avoiding High Conflict Divorce (2010) [Bill Eddy](#)

After divorce and Remarriage

Rebuilding: When Your Relationship Ends by Bruce Fisher EdD, Robert Alberti PhD (2016)

Saving Your Second Marriage Before It Starts: Nine Questions to Ask Before -- and After -- You Remarry by [Les Parrott](#) and [Leslie Parrott](#) (2015)

Dating Radar: Why Your Brain Says Yes to "The One" Who Will Make Your Life (2017)

Family Blending

Blend: The Secret to Co-Parenting and Creating a Balanced Family by Mashonda Tifere and Alicia Keys (2018)



Resources

For Kids

Short storybook style:

Two Homes (2003) by Claire Masurel (Author), Kady MacDonald Denton (Illustrator)

Standing on My Own Two Feet: A Child's Affirmation of Love in the Midst of Divorce (2008) by Tamara Schmitz

Living with Mom and Living with Dad (2012) by Melanie Walsh (Author, Illustrator)

Divorce Feels Yucky!: The Kids' Secret To Feeling Better 1st Edition by Madison Lovato, Lucas Lovato

Was It the Chocolate Pudding?: A Story For Little Kids About Divorce (2005)

Dinosaurs Divorce (Dino Tales: Life Guides for Families) (1988)

Intellectual style:

Talking to Children About Divorce: A Parent's Guide to Healthy Communication at Each Stage of Divorce (2016)

by Jean McBride MS LMFT

Workbook style:

Kid's Divorce Workbook – Revised, 2012 by Dr. Michael Prokop



CORE WELLNESS

HELPING CLIENTS THROUGH SEPARATION, DIVORCE, CO-PARENTING AND BLENDING



Presentation by:

Dr. Joseph Tropper

PsyD, MS, LCPC, CCTP

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