



Helping Children and Parents Cope with Divorce

Presented by Joan B. Kelly, Ph.D.

Seminar Description

Separation and divorce present multiple challenges for children and parents as they reorganize their family structure. Current research identifies risk and protective factors associated with children's psychosocial and academic adjustment and provides important and specific guidance for practitioners working with these families.

This seminar will highlight relevant divorce research and discuss the implications that emerge for effective clinical practice. Therapeutic and educational interventions designed to focus parents on their children's needs, the impact of high conflict and ineffective parenting, and co-parenting models and communication styles will be emphasized.

Dr. Kelly will link research and practice throughout and use group exercises to focus on typical divorce dilemmas. Relevant articles and bibliography will be provided.

J&K Seminars Home Study Program - 12 hours CE credit

Overview of Risk Factors for Children

- Protracted stress of separation
- Diminished parenting & parent adjustment
- Loss of important relationships
- Putting children in the middle of disputes
- Re-partnering and remarriage

Overview of Protective Factors

- Good adjustment of resident & nonresident parent
- Effective parenting of mothers & fathers
- Meaningful involvement of nonresident parents
- Reduced or encapsulated conflict
- Parallel or cooperative co-parental relationship
- Limited number of family transitions

Child Development Research & Parent Plans

- Attachment formation & implications for separation
- Gender differences in parenting
- Controversies about overnights for young children
- Parenting plans for infants and toddlers

More Parenting Plans

- School aged children & adolescents
- What about joint physical custody?

High Conflict Divorced Parents

- Who are they and why do they stay angry?
- Separation factors that consolidate anger and conflict
- The role of personality disorders and mental illness
- Therapeutic, structural, and systems interventions

Male & Female Domestic Violence

- Research on differentiation of types of violence
- Implications for safety and practice

Special Problems for Children & Parents

- When a child becomes alienated from a parent
- Case management & therapeutic interventions
- Reunification therapy when absent parents re-appear

Specialized Non-Therapeutic Interventions for Mental Health Professionals

- Divorce and Parenting Plan Consultant
- Parenting Coordination – What is it?
- Divorce Coach – Collaborative law

Joan B. Kelly, Ph.D

Dr. Kelly, a Clinical Psychologist, is an internationally recognized expert on divorce and children's adjustment and interventions designed to assist parents and enhance resiliency in children. She received her Ph.D from Yale University.

Over two decades, she conducted research on the impact of divorce on children, adolescents, and parents, and the efficacy of divorce and custody mediation. She was Director of the Northern California Mediation Center in Corte Madera, California from 1981- 2000. Her research, writing and practice over four decades has focused on children's adjustment to divorce, custody and access issues, high conflict parents, using child development research to develop appropriate parenting plans, divorce mediation, and Parenting Coordination. Dr. Kelly has published 90 articles and chapters, and her book, *Surviving the Breakup: How Children and Parents Cope with Divorce*, published in 1980 remains a classic. She is on the editorial board of two journals. She has received the Distinguished Mediator Award from the Academy of Family Mediators, the Stanley Cohen Distinguished Research and Meyer Elkin awards from AFCC, was elected a Fellow of the American Psychological Association, and currently serves on the APA Task Force to Develop Guidelines for the Practice of Parenting Coordination.

Now retired from active clinical practice, she continues to teach judges, lawyers, mental health practitioners, and mediators in the U.S. and abroad, provide consultation, and publish articles.

Approved Home Study CE Hours for Psychologists Counselors Social Workers Nurses AOTA
Available for an additional fee - See Exam Enclosed

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