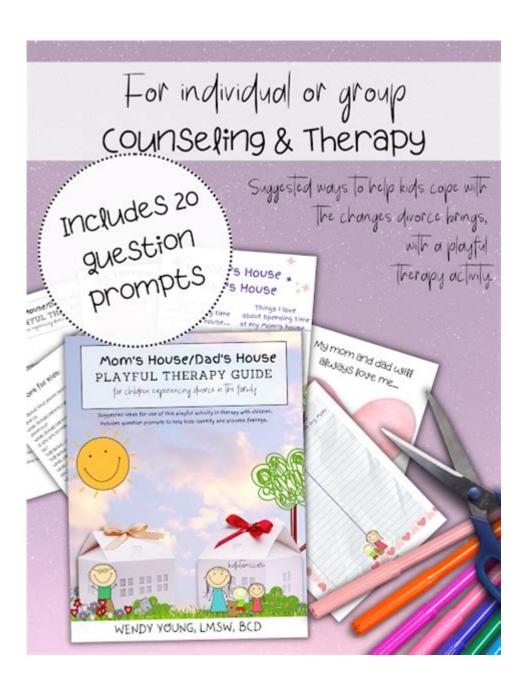
Child Therapy Techniques Divorce



Child Therapy Techniques for Divorce: Helping Children Navigate Parental Separation

Divorce is a profoundly challenging experience for everyone involved, but children often bear the brunt of its emotional fallout. The upheaval to their routines, family structure, and sense of security can manifest in various behavioral and emotional problems. This post explores effective child therapy techniques specifically designed to help children navigate the complexities of parental divorce, offering parents and therapists alike valuable insights and strategies for support. We'll delve into the common challenges faced by children of divorce and provide actionable steps to promote healing and resilience.

Understanding the Impact of Divorce on Children

Divorce significantly impacts children's emotional and psychological well-being. The intensity of this impact varies depending on factors such as the child's age, personality, the parents' relationship during and after the divorce, and the quality of support systems available.

Common Challenges Faced by Children:

Grief and Loss: Children may grieve the loss of the intact family unit, experiencing sadness, anger, and confusion.

Anxiety and Fear: Uncertainty about the future, changes in living arrangements, and potential parental conflict can trigger significant anxiety.

Behavioral Problems: Acting out, aggression, regression (e.g., bedwetting), changes in sleep patterns, and difficulty concentrating are common responses.

Guilt and Self-Blame: Children often mistakenly believe they are responsible for their parents' separation, leading to feelings of guilt and low self-esteem.

Difficulty Adjusting to New Routines: Navigating two households, different parenting styles, and potentially new schools or social circles can be overwhelming.

Effective Child Therapy Techniques for Divorce

Several therapeutic approaches prove highly effective in helping children cope with divorce. These techniques often involve a combination of strategies tailored to the child's individual needs and developmental stage.

1. Play Therapy:

Play therapy is particularly beneficial for younger children who may struggle to express their emotions verbally. Through play, children can process their feelings in a safe and non-threatening environment. Therapists use play materials like dolls, puppets, and art supplies to help children symbolically represent their experiences and work through their emotions.

2. Cognitive Behavioral Therapy (CBT):

CBT helps children identify and challenge negative thought patterns contributing to anxiety, depression, or anger. Therapists teach children coping mechanisms and problem-solving skills to manage difficult emotions and navigate challenging situations. This approach is effective in

addressing specific behavioral problems related to divorce.

3. Family Therapy:

Family therapy involves sessions with the child and both parents (if possible) to improve communication and conflict resolution skills. The focus is on fostering a collaborative approach to co-parenting and creating a more stable and supportive environment for the child.

4. Art Therapy:

Art therapy provides a non-verbal outlet for children to express their feelings and experiences. Drawing, painting, sculpting, and other creative activities can help children unlock emotions that they may find difficult to articulate.

5. Narrative Therapy:

Narrative therapy helps children reframe their experiences by focusing on their strengths and resilience. This approach encourages children to view their stories of divorce not as defining narratives but as parts of their ongoing lives, emphasizing their ability to overcome challenges.

Creating a Supportive Home Environment

Therapeutic interventions are most effective when complemented by a supportive and consistent home environment. Parents can significantly contribute to their child's healing by:

Maintaining Open Communication: Encourage children to express their feelings without judgment. Minimizing Parental Conflict: Avoid arguing in front of children and strive for respectful communication.

Providing a Consistent Routine: Maintaining stable routines provides a sense of security and predictability.

Encouraging Healthy Coping Mechanisms: Teach children healthy ways to manage stress and emotions (e.g., exercise, mindfulness).

Seeking Support: Parents should acknowledge their own emotional needs and seek support from family, friends, or support groups.

Conclusion

Navigating the challenges of divorce as a child requires significant emotional resilience. By utilizing appropriate child therapy techniques and fostering a supportive home environment, parents and therapists can empower children to heal, adapt, and thrive amidst the changes brought on by parental separation. Remember that seeking professional help is a sign of strength, and early intervention is crucial in minimizing long-term negative impacts.

FAQs

- 1. At what age should a child begin therapy after a divorce? There's no one-size-fits-all answer. If a child displays significant behavioral changes, emotional distress, or struggles to adapt, seeking professional help is advisable, regardless of age.
- 2. How long does child therapy typically last for divorce-related issues? The duration varies depending on the child's needs and progress. Some children may benefit from short-term therapy, while others may require longer-term support.
- 3. Is it necessary for both parents to be involved in therapy? Ideally, yes, as collaborative coparenting significantly benefits the child's well-being. However, therapy can still be effective even if only one parent is involved.
- 4. How can I find a therapist specializing in child therapy and divorce? Consult your pediatrician, family doctor, or search online directories for therapists specializing in child and family therapy. Look for therapists with experience working with children navigating divorce.
- 5. How can I help my child cope with anger related to the divorce? Validate their feelings, teach them healthy ways to express anger (e.g., exercise, journaling), and model healthy anger management strategies yourself. Consider professional help if anger becomes excessive or unmanageable.

child therapy techniques divorce: Creative Interventions for Children of Divorce Liana Lowenstein, 2006 An innovative collection of therapeutic games, art techniques, and stories to help children of divorce express feelings, deal with loyalty binds, disengage from parental conflict, address anger and self-blame, and learn coping strategies. Includes a theoretical overview for practitioners, a sample treatment plan, and a reproducible handout to give parents. Also contains a ten-week curriculum that can be used in therapy or support groups. A much needed compilation for counsellors, therapists, and group facilitators.

child therapy techniques divorce: Cory Helps Kids Cope with Divorce Liana Lowenstein, 2013 Ages 4 to 8 years. This book is part of the Cory Series to help children cope with challenging issues. This version presents engaging activities to help very young clients cope with divorce. Cory, the central character in the story, helps children gradually confront and process their feelings and reactions related to the divorce. Therapeutic games, art, and other playful activities are incorporated to lower the threat level of therapy and engage children in treatment. Questions and

re-enforcers are woven throughout the story to captivate and sustain the childs interest in the story, and to evaluate and encourage the childs integration of the material. Includes a reproducible story, activities, and detailed parent handouts.

child therapy techniques divorce: Play Therapy Techniques Charles E. Schaefer, Donna M. Cangelosi, 2002 The second edition of Play Therapy Techniques includes seven new chapters in addition to the original twenty-four. These lively chapters expand the comprehensive scope of the book by describing issues involved in beginning and ending therapy, using metaphors, playing music and ball, and applying the renowned Color Your Life technique. The extensive selection of play techniques described in this book will add to the clinical repertoire of students and practitioners of child therapy and counseling. When used in combination with formal education and clinical supervision, Play Therapy Techniques, Second Edition, can be especially useful for developing treatment plans to address the specific needs of various clinical populations. Students and practitioners of child therapy and counseling, including psychologists, psychiatrists, social workers, nurses, and child life specialists will find this second of Play Therapy Techniques informative and clinically useful.

child therapy techniques divorce: Creative Family Therapy Techniques Liana Lowenstein, 2010 Bringing together an array of highly creative contributors, this comprehensive resource presents a unique collection of assessment and treatment techniques. Contributors illustrate how play, art, drama, and other approaches can effectively engage families and help them resolve complex problems. Practitioners from divergent theoretical orientations, work settings, or client specialisations will find a plethora of stimulating and useable clinical interventions in this book.

child therapy techniques divorce: Engaging Children in Family Therapy Catherine Ford Sori, 2012-12-06 A common question at the initial meeting of a family therapist and a new client(s) is often whether or not to include a child or children in the counseling sessions. The inclusion of a child in the family therapy process often changes the dynamic between client and therapist -- and between the clients themselves -- within the context of the counseling sessions. And yet, although this is such a common experience, many counselors and family therapists are not adequately equipped to advise parents on whether to include a child in therapy sessions. Once the child does make an appearance in the counseling session, the therapist is faced with the challenges inherent in caring for a child, in addition to many concerns due to the unique circumstance of the structured therapy. Counseling a child in the context of a family therapy session is a specific skill that has not received the attention that it deserves. This book is intended as a guide for both novice and experienced counselors and family therapists, covering a wide range of topics and offering a large body of information on how to effectively counsel children and their families. It includes recent research on a number of topics including working with children in a family context, the exclusion of children from counseling, and counselor training methods and approaches, the effectiveness of filial play therapy, the effects of divorce on children, and ADHD. Theoretical discussion is given to different family therapy approaches including family play therapy and filial play therapy. Central to the text are interviews with leaders in the field, including Salvador Minuchin, Eliana Gil, Rise VanFleet and Lee Shilts. A chapter devoted to ethical and legal issues in working with children in family counseling provides a much-needed overview of this often overlooked topic. Chapters include discussion of specific skills relevant to child counseling in the family context, case vignettes and examples, practical tips for the counselor, and handouts for parents.

child therapy techniques divorce: <u>Divorce Busting Michele Weiner Davis, 1993-02 A step-by-step approach to making your marriage loving again.</u>

child therapy techniques divorce: Complete Group Counseling Program for Children of Divorce Sylvia Margolin, 1996-06-19 For guidance counselors, social workers, nurses and others who work closely with elementary students troubled by problems of divorce, this unique new resource presents 12 ready-to-use, school-tested group sessions with background information and reproducible materials to help children who are struggling to cope with and accept changes in their families. The sessions are preceded by guidelines for establishing divorce groups, ideas for

beginning and ending each session, suggestions for responding to the confusion children may express, and case studies with actual examples of the children's questionnaires and artwork. Each of the 12 group sessions provides ready-to-use lesson plans and reproducible activity sheets that can be copied as many times as needed: general background on divorce, why parents marry and divorce, changes, two houses, feeling angry, feeling guilty, the grieving process, legal issues, stepparenting, a happy marriage, review, achieving closure.

child therapy techniques divorce: Creative Interventions for Troubled Children & Youth Liana Lowenstein, 1999 This best-selling collection is filled with creative assessment and treatment interventions to help clients identify feelings, learn coping strategies, enhance social skills, and elevate self-esteem. A wealth of innovative tools for practitioners working with children in individual, group, and family counselling. Aimed at 4 to 16 year olds.

child therapy techniques divorce: FirstPlay Kinesthetic Storytelling Janet Courtney,
 2018-09-06 FirstPlay Kinesthetic Storytelling Practitioner Training ManualBy Dr Janet a Courtney
 child therapy techniques divorce: 101 Favorite Play Therapy Techniques Heidi Kaduson,
 Charles Schaefer, 2010-07-09 This book is an amazing resource for play therapy techniques. The

contributors come from a diverse group including child-centered, cognitive-behavioral, gestalt, Jungian, psychodynamic, and prescriptive play therapy.

child therapy techniques divorce: Digital Play Therapy Jessica Stone, Taylor & Francis Group, 2021-12-29 The newly updated Digital Play Therapy focuses on the responsible integration of technology into play therapy during and after the COVID-19 pandemic. With a respect for the many different modalities and approaches under the play therapy umbrella, this book incorporates therapist fundamentals, play therapy tenets, and practical information for the responsible integration of digital tools into play therapy treatment. All chapters have been updated, and new chapters discuss strategies for using teletherapy effectively during and beyond the pandemic. This revised edition provides a solid grounding both for clinicians who are brand new to the incorporation of digital tools as well as to those who have already begun to witness digital play therapy's power.

child therapy techniques divorce: Parenting Matters National Academies of Sciences, Engineering, and Medicine, Division of Behavioral and Social Sciences and Education, Board on Children, Youth, and Families, Committee on Supporting the Parents of Young Children, 2016-11-21 Decades of research have demonstrated that the parent-child dyad and the environment of the familyâ€which includes all primary caregiversâ€are at the foundation of children's well- being and healthy development. From birth, children are learning and rely on parents and the other caregivers in their lives to protect and care for them. The impact of parents may never be greater than during the earliest years of life, when a child's brain is rapidly developing and when nearly all of her or his experiences are created and shaped by parents and the family environment. Parents help children build and refine their knowledge and skills, charting a trajectory for their health and well-being during childhood and beyond. The experience of parenting also impacts parents themselves. For instance, parenting can enrich and give focus to parents' lives; generate stress or calm; and create any number of emotions, including feelings of happiness, sadness, fulfillment, and anger. Parenting of young children today takes place in the context of significant ongoing developments. These include: a rapidly growing body of science on early childhood, increases in funding for programs and services for families, changing demographics of the U.S. population, and greater diversity of family structure. Additionally, parenting is increasingly being shaped by technology and increased access to information about parenting. Parenting Matters identifies parenting knowledge, attitudes, and practices associated with positive developmental outcomes in children ages 0-8; universal/preventive and targeted strategies used in a variety of settings that have been effective with parents of young children and that support the identified knowledge, attitudes, and practices; and barriers to and facilitators for parents' use of practices that lead to healthy child outcomes as well as their participation in effective programs and services. This report makes recommendations directed at an array of stakeholders, for promoting the wide-scale adoption of effective programs and services for parents and on areas that warrant further research to inform policy and practice. It is meant to

serve as a roadmap for the future of parenting policy, research, and practice in the United States.

child therapy techniques divorce: Cognitive-Behavioral Play Therapy Susan M. Knell, 1995-10-01 Cognitive-Behavioral Play Therapy (CBPT) incorporates cognitive and behavioral interventions within a play therapy paradigm. It provides a theoretical framework based on cognitive-behavioral principles and integrates these in a developmentally sensitive way. Thus, play as well as verbal and nonverbal approaches are used in resolving problems. CBPT differs from nondirective play therapy, which avoids any direct discussion of the child's difficulties. A specific problem-solving approach is utilized, which helps the child develop more adaptive thoughts and behaviors. Cognitive-behavioral therapies are based on the premise that cognitions determine how people feel and act, and that faulty cognitions can contribute to psychological disturbance. Cognitive-behavioral therapies focus on identifying maladaptive thoughts, understanding the assumptions behind the thoughts, and learning to correct or counter the irrational ideas that interfere with healthy functioning. Since their development approximately twenty-five years ago, such therapies have traditionally been used with adults and only more recently with adolescents and children. It has commonly been thought that preschool-age and school-age children are too young to understand or correct distortions in their thinking. However, the recent development of CBPT reveals that cognitive strategies can be used effectively with young children if treatments are adapted in order to be developmentally sensitive and attuned to the child's needs. For example, while the methods of cognitive therapy can be communicated to adults directly, these may need to be conveyed to children indirectly, through play activities. In particular, puppets and stuffed animals can be very helpful in modeling the use of cognitive strategies such as countering irrational beliefs and making positive self-statements. CBPT is structured and goal oriented and intervention is directive in nature.

child therapy techniques divorce: The SAGE Encyclopedia of Marriage, Family, and Couples Counseling Jon Carlson, Shannon B. Dermer, 2016-09-15 The SAGE Encyclopedia of Marriage, Family and Couples Counseling is a new, all-encompassing, landmark work for researchers seeking to broaden their knowledge of this vast and diffuse field. Marriage and family counseling programs are established at institutions worldwide, yet there is no current work focused specifically on family therapy. While other works have discussed various methodologies, cases, niche aspects of the field and some broader views of counseling in general, this authoritative Encyclopedia provides readers with a fully comprehensive and accessible reference to aid in understanding the full scope and diversity of theories, approaches, and techniques and how they address various life events within the unique dynamics of families, couples, and related interpersonal relationships. Key topics include: Assessment Communication Coping Diversity Interventions and Techniques Life Events/Transitions Sexuality Work/Life Issues, and more Key features include: More than 500 signed articles written by key figures in the field span four comprehensive volumes Front matter includes a Reader's Guide that groups related entries thematically Back matter includes a history of the development of the field, a Resource Guide to key associations, websites, and journals, a selected Bibliography of classic publications, and a detailed Index All entries conclude with Further Readings and Cross References to related entries to aid the reader in their research journey

child therapy techniques divorce: Two Homes Claire Masurel, 2014-03-25 Parents looking for a book about separation or divorce will find few offerings as positive, matter-of-fact, or child-centered as this one. . . . Simple, yet profoundly satisfying. – Booklist (starred review) At Mommy's house, Alex has a soft chair. At Daddy's house, Alex has a rocking chair. In each home, Alex also has a special bedroom and lots of friends to play with. But whether Alex is with Mommy or with Daddy, one thing always stays the same - Alex is loved. The gently reassuring text focuses on what is gained rather than what is lost when parents divorce, while the sensitive illustrations, depicting two unique homes in all their small details, firmly establish Alex's place in both of them. Two Homes will help children - and parents - embrace even the most difficult of changes with an open and optimistic heart.

child therapy techniques divorce: Coping With Divorce, Single Parenting, and

Remarriage E. Mavis Hetherington, 2014-04-08 This book, written for scholars and practitioners alike, describes theoretical and research advances in the myriad complicated images of life for children and parents in families affected by divorce, remarriage, and single parenting.

child therapy techniques divorce: Partners in Play Terry Kottman, Kristin Meany-Walen, 2016-01-08 Play therapy expert Terry Kottman and her colleague Kristin Meany-Walen provide a comprehensive update to this spirited and fun text on integrating Adlerian techniques into play therapy. Clinicians, school counselors, and students will find this to be the definitive guide for using Adlerian strategies with children to foster positive growth and effective communication with their parents and teachers. After an introduction to the basics of the approach and the concepts of Individual Psychology, the stages of Adlerian play therapy are outlined through step-by-step instructions, detailed treatment plans, an ongoing case study, and numerous vignettes. In addition to presenting up-to-date information on trends in play therapy, this latest edition emphasizes the current climate of evidence-based treatment and includes a new chapter on conducting research in play therapy. Appendixes contain useful worksheets, checklists, and resources that can be easily integrated into practice. Additional resources related to this book can be found in the ACA Online Bookstore at www.counseling.org/publications/bookstore and supplementary material Here *Requests for digital versions from ACA can be found on www.wiley.com. *To purchase print copies, please visit the ACA website. *Reproduction requests for material from books published by ACA should be directed to publications@counseling.org

child therapy techniques divorce: My Family's Changing Pat Thomas, 1999-02-01 Are there children in your life who are experiencing the pain of their parents' divorce? This book will help give advice and information in a gentle and sensitive way. It will help children face their fears, worries and questions when the family is going through a break-up. Parents, teachers, and gift givers will find: language that is simple, direct, and easier for younger children to understand information about a divorce in my family a helpful book written by a psychotherapist and counselor a whole series of books for children to explore emotional issues The A First Look At series promotes positive interaction among children, parents, and teachers, and encourage kids to ask questions and confront social and emotional questions that sometimes present problems. Books feature appealing full-color illustrations on every page plus a page of advice to parents and teachers.

child therapy techniques divorce: Techniques of Child Therapy, Second Edition Morton Chethik, 2003-06-01 This classic text offers an in-depth examination of major issues in child psychotherapy and highlights frequently encountered challenges in working with children and parents. Basic concepts of adult dynamic psychotherapy - such as the therapeutic alliance, resistance, transference and countertransference, and insight - are redefined and adapted to the special requirements of therapy with 4- to 12-year-olds. Readers are guided through a number of cases as treatment unfolds, gaining insight into all of the attendant problems, strategies, and opportunities. Yielding unique insights into the emotional and cognitive world of the child, the volume presents effective treatment strategies for a wide range of clinical problems. New chapters in the second edition provide step-by-step coverage of two major cases, from intake through termination.

child therapy techniques divorce: Essential Play Therapy Techniques Charles E. Schaefer, Donna Cangelosi, 2016-01-07 Highly practical and user friendly, this book presents 58 play therapy techniques that belong in every child clinician's toolbox. The expert authors draw from multiple theoretical orientations to showcase powerful, well-established approaches applicable to a broad range of childhood problems. Activities, needed materials, and variations of each technique are succinctly described. Of critical importance for today's evidence-based practitioner, each chapter also includes a historical perspective on the technique at hand, a rationale explaining its therapeutic power, and a review of relevant empirical findings. The book enables readers to determine which strategies are appropriate for a particular child or group and rapidly incorporate them into practice.

child therapy techniques divorce: *Healing Hearts* Elizabeth Hickey, Elizabeth A. Dalton, 1994 Divided into three parts, this book was written to foster healing for divorcing parents and to help

divorcing couples support their children. Part one deals with interpersonal issues and individual growth. The reader is lead through the personal processes of divorce; actions parents can take to help themselves and their children adjust to the situation are highlighted. Some of the topics covered here include shared parenting, a child's perspective, repairing the damage, security and reassurance, domestic violence, difficult divorces, and redefining the family. Part two examines the legal system. It is hoped that by demystifying the legal process, divorce will become less frustrating and will afford the individual more choices. Some of the issues addressed here are legal issues in parenting, the mechanics of co-parenting, and finances and the reality of divorce. In part three, entitled Medicine for the Heart, children share their experiences with divorce. Over 50 children were interviewed about their parents' divorce and how it affected them. They offer advice to parents about how to make divorce easier on other children. (RJM)

child therapy techniques divorce: Filial Therapy Risë VanFleet, 2014

child therapy techniques divorce: Directive Play Therapy Elsa Soto Leggett, PhD, LPC-S, RPT-S, Jennifer N. Boswell, PhD, LPC-S, NCC, RPT, 2016-10-26 Structured, therapist-led approaches to play therapy are becoming increasingly popular due to their time-limited nature and efficacy for such specific disorders as trauma and attachment issues. This is the first book to provide comprehensive coverage of numerous directive play therapy techniques and interventions that are empirically validated and can be adapted for use in clinical, school, group, and family settings. Designed for both students and practitioners, the text addresses the theoretical bases for these approaches and provides in-depth, practical guidance for their use. The book describes how directive play therapies differ from nondirective therapies and illustrates best practices in using directive techniques. It examines such diverse approaches as cognitive behavioral, solution focused, sensorimotor, and the use of creative arts in play therapy. Each approach is covered in terms of its theoretical foundation, research basis, specific techniques for practice, and a case example. The text describes how to adapt directive play therapy techniques for use in various contexts, such as with families, in groups, and in schools. Helpful templates for treatment planning and case documentation are also included, making the book a valuable resource for both training courses and practicing professionals in play therapy, clinical mental health counseling, child counseling, school counseling, child and family social work, marriage and family therapy, and clinical child psychology. Key Features: Delivers step-by-step guidance for using directive play therapy techniques--the first book to do so Addresses theoretical basis, research support, and practical techniques for a diverse range of therapies Covers varied settings and contexts including school, clinical, group, and family settings Includes case studies Provides templates for treatment planning and case documentation

child therapy techniques divorce: Shared Physical Custody Laura Bernardi, Dimitri Mortelmans, 2021-07-07 This open access book provides an overview of the ever-growing phenomenon of children in shared physical custody thereby providing legal, psychological, family sociological and demographical insights. It describes how, despite the long evolution of broken families, only the last decade has seen a radical shift in custody arrangements for children in divorced families and the gender revolution in parenting which is taking place. The chapters have a national or cross-national perspective and address topics like prevalence and types of shared physical custody, legal frames regulating custody arrangements, stability and changes in arrangements across the life course of children, socio-economic, psychological, social well-being of various family members involved in different custody arrangements. With the book being an interdisciplinary collaboration, it is interesting read for social scientists in demography, sociology, psychology, law and policy makers with an interest family studies and custody arrangements.

child therapy techniques divorce: Internal Family Systems Therapy Richard C. Schwartz, 2013-09-18 This book has been replaced by Internal Family Systems Therapy, Second Edition, ISBN 978-1-4625-4146-1.

child therapy techniques divorce: Loving Your Children More Than You Hate Each Other Lauren J. Behrman, Jeffrey Zimmerman, 2018-05-01 Hate your ex but love your kids? If so, this much-needed guide offers practical tips and strategies to help you manage intense emotions, deal

with shame and blame, and create a peaceful, loving environment for your children. Let's face it—divorce is tough. In a high-conflict divorce, your ex may attempt to undermine your relationship with your children, blame you for the failed marriage, and be hostile toward you in general. Unfortunately, this negativity can affect your kids, too. You need to break the cycle of rage and conflict now, for their sake. This book can help. Loving Your Children More Than You Hate Each Other offers powerful skills based in dialectical behavior therapy (DBT) and values-based parenting to help you both take control of your emotions. You'll get tools to help you identify cycles of conflict, as well as strategies for breaking these cycles before they get out of hand. You'll also learn strategies to effectively communicate with one another and your children in a way that is healthy and productive. If you're going through a high-conflict divorce, you need real tools to help you manage the pain and anger that can follow. This book will show you the skills you need to go from ex to co-parent, and start rebuilding your—and your child's—life.

child therapy techniques divorce: Helping Your Kids Cope with Divorce the Sandcastles Way M. Gary Neuman, Patricia Romanowski, 1999-07-27 Divorce is painful and confusing. Perhaps now more than ever, you want to give your child all the love, support, and guidance he or she needs, but everything seems harder and more complicated. Helping Your Kids Cope with Divorce the Sandcastles Way can help. Based on Gary Neuman's phenomenally successful Sandcastles program, which has helped more than fifty thousand children cope with divorce, this warm, empathetic guide shows you: How to build a co-parenting relationship--even when you think you can't When you or your child should see a therapist Age-appropriate scripts for addressing sensitive issues What to do when a parent moves away How to stop fighting with your ex-spouse How to navigate the emotional turmoil of custody and visitation How to help your child deal with change How to cope with kids' common fears about separation How to introduce significant others into the family and help your child cope with a new stepfamily More than a hundred pieces of artwork from children of divorce will help you appreciate how kids perceive the experience. Dozens of special activities and fun exercises will help you communicate and get closer to your child. This guide shows you that divorce need not be an inevitable blot on children's lives, but an opportunity for them to grow and strengthen the bonds with their parents.

child therapy techniques divorce: How to Talk to Your Kids about Your Divorce
Samantha Rodman, 2015-08-07 Expert advice for discussing divorce with your children Written by
Dr. Samantha Rodman, founder of DrPsychMom.com, How to Talk to Your Kids about Your Divorce
teaches you how to raise a happy, thriving family in a changing environment. Each page offers
expert advice for discussing your decision in healthy and effective ways, including breaking the
initial news, fostering an open dialogue, and ensuring that your children's emotional needs are met
throughout your separation. With Dr. Rodman's proven communication techniques, you will: Initiate
honest conversations where your children can express their thoughts Discuss divorce-related topics
and answer questions in age-appropriate ways Validate your children's feelings, making them feel
acknowledged and secure Strengthen and deepen your relationship with your kids Whether you're
raising toddlers, school-aged children, or young adults, How to Talk to Your Kids About Your Divorce
will help your kids feel heard, valued, and loved during this difficult time.

child therapy techniques divorce: In the Name of the Child Janet R. Johnston, PhD, Vivienne Roseby, PhD, Kathryn Kuehnle, PhD, 2009-04-06 Johnston, Roseby, and Kuehnle take you behind the child's eyes, into their heads...[they] flesh out the familial context, and bring it all back into the larger social world....When you are done reading, you know who these families are, what the children need, and -- as a clinician -- how you can help them. --Marsha Kline Pruett, PhD, MSL Maconda Brown O'Connor Professor Smith College School for Social Work This book addresses problems that arise for children of conflicted and violent divorceÖ.It provides a good base for beginning to treat children in this situation as well as good information for understanding the legal and community services available. --Doody's The fully updated and revised edition of In the Name of the Child examines both the immediate and long-term effects of high-conflict divorce on children. By combining three decades of research with clinical experience, the authors trace the developmental

problems affecting very young children through adolescence and adulthood, paying special attention to the impact of family violence and the dynamics of parental alienation. The authors present clinical interventions that have proven to be most effective in their own clinical work with families. With a new emphasis on the need for prevention and early intervention, this edition examines how defensive strategies and symptoms of distress in children can consolidate into immutable, long-standing psychopathology in their adult lives. This book contains the policies and procedures that can preempt these high-conflict outcomes in divorcing families. Key Features: Contains a new chapter examining the effects of violent divorce on a sample of young adults, tracking their developmental changes from adolescence through adulthood Discusses the developmental threats to both boys and girls of different ages and stages, along with therapeutic interventions and guidelines for parenting plans Proposes principles and criteria for decision-making about custody, visitation, and parenting plans based on individual assessment of the developing child within his or her family Mental health professionals, educators, family lawyers, judges, and court administrators will find this book to be an essential read, with all the knowledge and insight needed to understand the short-and long-term effects of violent divorce on children.

child therapy techniques divorce: Everyday Blessings Myla Kabat-Zinn, 2007-05-15 The bestselling author of the million-copy bestseller Wherever You Go, There You Are and Full Catastrophe Living joins forces with his wife, Myla, in this revised edition of their groundbreaking book about mindfulness in parenting children of all ages. Updated with new material -- including an all new introduction and expanded practices in the epilogue -- Everyday Blessings remains one of the few books on parenting that embraces the emotional, intuitive, and deeply personal experience of being a parent, applying the groundbreaking mind/body connection expertise from global mindfulness leader, Jon Kabat-Zinn and his wife, Myla Kabat-Zinn. Mindfulness is a way of living and there is increasing scientific evidence of its value for optimal health and well-being. A new field in psychology is devoted to mindful parenting, and mindfulness is being increasingly integrated into K-12 education. There has never been a better time for cultivating greater mindfulness in parenting and in family life.

child therapy techniques divorce: The Five Love Languages Gary Chapman, 2009-12-17 Marriage should be based on love, right? But does it seem as though you and your spouse are speaking two different languages? #1 New York Times bestselling author Dr. Gary Chapman guides couples in identifying, understanding, and speaking their spouse's primary love language-quality time, words of affirmation, gifts, acts of service, or physical touch. By learning the five love languages, you and your spouse will discover your unique love languages and learn practical steps in truly loving each other. Chapters are categorized by love language for easy reference, and each one ends with simple steps to express a specific language to your spouse and guide your marriage in the right direction. A newly designed love languages assessment will help you understand and strengthen your relationship. You can build a lasting, loving marriage together. Gary Chapman hosts a nationally syndicated daily radio program called A Love Language Minute that can be heard on more than 150 radio stations as well as the weekly syndicated program Building Relationships with Gary Chapman, which can both be heard on fivelovelanguages.com. The Five Love Languages is a consistent New York Times bestseller - with over 5 million copies sold and translated into 38 languages. This book is a sales phenomenon, with each year outselling the prior for 16 years running!

child therapy techniques divorce: Counseling Children Donna A. Henderson, Charles L. Thompson, 2015-07-23 COUNSELING CHILDREN covers the most practical and up-to-date methods for developing effective approaches to counseling children. Donna Henderson and Charles Thompson's text is unparalleled in its translation of theory into practice. This easy-to-read guide includes useful strategies and case studies to provide students with a realistic look at the counseling field. To further prepare readers for their professional work, the ninth edition includes 2014 ACA ethical standards, best practice guidelines for typical and atypical children's problems, and fresh ideas that facilitate understanding of the world of the child. Expanded coverage of children who

have special concerns and of family interventions provides readers with effective ways to deliver interventions across multiple settings. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

child therapy techniques divorce: Integrative Play Therapy Athena A. Drewes, Sue C. Bratton, Charles E. Schaefer, 2011-07-26 An integrative approach to play therapy blending various therapeutic treatment models and techniques Reflecting the transition in the field of play therapy from a "one size fits all" approach to a more eclectic framework that integrates more than one perspective, Integrative Play Therapy explores methods for blending the best theories and treatment techniques to resolve the most common psychological disorders of childhood. Edited by internationally renowned leaders in the field, this book is the first of its kind to look at the use of a multi-theoretical framework as a foundation for practice. With discussion of integrative play treatment of children presenting a wide variety of problems and disorders—including aggression issues, the effects of trauma, ADHD, anxiety, obsessive-compulsive disorders, social skills deficits, medical issues such as HIV/AIDS, and more—the book provides guidance on: Play and group therapy approaches Child-directed play therapy with behavior management training for parents Therapist-led and child-led play therapies Cognitive-behavioral therapy with therapeutic storytelling and play therapy Family therapy and play therapy Bibliotherapy within play therapy An essential resource for all mental health professionals looking to incorporate play therapy into treatment, Integrative Play Therapy reveals unique flexibility in integrating theory and techniques, allowing practitioners to offer their clients the best treatment for specific presenting problems.

child therapy techniques divorce: School-Based Play Therapy Athena A. Drewes, Charles E. Schaefer, 2010-02-02 A thorough revision of the essential guide to using play therapy in schools Fully updated and revised, School-Based Play Therapy, Second Edition presents an A-to-Z guide for using play therapy in preschool and elementary school settings. Coedited by noted experts in the field, Athena Drewes and Charles Schaefer, the Second Edition offers school counselors, psychologists, social workers, and teachers the latest techniques in developing creative approaches to utilize the therapeutic powers of play in schools. The Second Edition includes coverage on how to implement a play therapy program in school settings; play-based prevention programs; individual play therapy approaches as well as group play; and play therapywith special populations, such as selectively mute, homeless, and autistic children. In addition, nine new chapters have been added with new material covering: Cognitive-behavioral play therapy Trauma-focused group work Training teachers to use play therapy Filled with illustrative case studies and ready-to-use practical techniques and suggestions, School-Based Play Therapy, Second Edition is an essential resource for all mental health professionals working in schools.

child therapy techniques divorce: Reunification Family Therapy Jan Faust, 2017-12-20 A unique, evidence-based treatment manual for repairing parent-child relationships Childhood problems are often related to and worsened by the disintegration of the family structure, whether through parental separation and divorce, military service, or incarceration. Reunification therapy is a therapeutic process incorporating different empirically based methods (CBT, humanistic, and systemic) to help repair relationships between parents and children and restore not only physical contact but also meaningful social, emotional, and interpersonal exchanges between parents and children. This unique manual, bringing together the vast experience of the author, outlines the many situations numerous families currently face and why the need for reunification therapy exists. The therapist works firstly with the individual family members and then with all the family in conjoint sessions. The manual expertly guides clinicians through pretreatment decisions and processes to enable them to decide where, when, and in what form reunification therapy is appropriate, taking into account ethical, legal and special family issues. Detailed chapters outline the structure and issues for the individual and conjoint sessions, as well as a step-by-step treatment plan template. Additional tools in the Appendix enable clinicians to monitor and effectuate change

child therapy techniques divorce: Good Parenting Through Your Divorce Mary Ellen Hannibal, 2002 This guide for divorcing parents helps them to recognize, encourage, and respond to their child's feelings and help them make a healthy transition through this change in their lives.

child therapy techniques divorce: Marriage, Divorce, and Children's Adjustment Robert E. Emery, 1999-02-10 Emery reviews the psychological, social, economic, and legal consequences of divorce, and examines how children's risk or resilience is predicted by interparental conflict, relationships with both parents, financial strain, legal/physical custody, and other factors.--BOOK JACKET.

child therapy techniques divorce: I Don't Want to Talk about it Jeanie Franz Ransom, Kathryn Kunz Finney, 2000-01-01 After reluctantly talking with her parents about their upcoming divorce, a young girl discovers that there will be some big changes but that their love for her will remain the same. Includes an afterword for parents on helping children through such a change.

child therapy techniques divorce: Divorce and Co-parenting Elissa P. Benedek, M.D., Samantha A. Huettner, J.D., 2019-08-23 About half of marriages end in divorce, and children of divorced parents experience higher rates of psychological problems. Children's healthy development depends on having continued access to both parents, and Divorce and Co-parenting: A Support Guide for the Modern Family details how parents can work together during and after a divorce for the sake of their children. The authors, a psychiatrist and an attorney, provide a wealth of information for parents, including how to tell children about the divorce; what to expect from the legal processes of mediation, arbitration, and custody; and how to help children deal with their responses to the divorce. Consideration is given to difficulties encountered by both parents and children, with extensive coverage of parenting time, disciplinary issues, establishing a support system or stepfamily, and danger signals that indicate professional help is warranted. A helpful question and answer section and resources are provided, and the book makes liberal use of case examples to help guide the entire family through a difficult transitional time--

child therapy techniques divorce: Narrative Therapy Stephen Madigan, 2011 Narrative Therapy provides an introduction to the theory, history, research, and practice of this post-structural approach. First developed by David Epston and Michael White, this therapeutic theory is founded on the idea that people have many interacting narratives that go into making up their sense of who they are, and that the issues they bring to therapy are not restricted to (or located) within the clients themselves, but rather are influenced and shaped by cultural discourses about identity and power. Narrative therapy centers around a rich engagement in re-storying a client's narrative by re-considering, re-appreciating, and re-authoring the client's preferred lives and relationships. In this book, Stephen Madigan presents and explores this versatile and useful approach, its theory, history, therapy process, primary change mechanisms, the empirical basis for its effectiveness, and recent developments that have refined the theory and expanded how it may be practiced. This essential primer, amply illustrated with case examples featuring diverse clients, is perfect for graduate students studying theories of therapy and counseling, as well as for seasoned practitioners interested in understanding how a narrative therapy approach has evolved and how it might be used in their practice.

Child - Wikipedia

The United Nations Convention on the Rights of the Child defines child as, "A human being below the age of 18 years unless under the law applicable to the child, majority is attained earlier." [11]

CHILD Definition & Meaning - Merriam-Webster

The meaning of CHILD is a young person especially between infancy and puberty. How to use child in a sentence. Is the word kid slang?

Children's Services (DCS) - TN.gov

Learn more about aging out of foster care. See resources for parents, teens and foster families. Learn about your legal options as a caregiver. Welcome to DCS! Promoting safety, ...

CHILD | English meaning - Cambridge Dictionary

CHILD definition: 1. a boy or girl from the time of birth until he or she is an adult, or a son or daughter of any.... Learn more.

CHILD definition and meaning | Collins English Dictionary

A child is a human being who is not yet an adult. When I was a child I lived in a country village. He's just a child. ...a child of six.

CHILD Definition & Meaning | Dictionary.com

Child definition: a person between birth and puberty or full growth.. See examples of CHILD used in a sentence.

Child - definition of child by The Free Dictionary

1. a person between birth and full growth; a young boy or girl. 2. a son or daughter. 3. a baby or infant.

Child - Wikipedia

The United Nations Convention on the Rights of the Child defines child as, "A human being below the age of 18 years unless under the law applicable to the child, majority is attained earlier." [11]

CHILD Definition & Meaning - Merriam-Webster

The meaning of CHILD is a young person especially between infancy and puberty. How to use child in a sentence. Is the word kid slang?

Children's Services (DCS) - TN.gov

Learn more about aging out of foster care. See resources for parents, teens and foster families. Learn about your legal options as a caregiver. Welcome to DCS! Promoting safety, ...

CHILD | **English meaning - Cambridge Dictionary**

CHILD definition: 1. a boy or girl from the time of birth until he or she is an adult, or a son or daughter of any.... Learn more.

CHILD definition and meaning | Collins English Dictionary

A child is a human being who is not yet an adult. When I was a child I lived in a country village. He's just a child. ...a child of six.

CHILD Definition & Meaning | Dictionary.com

Child definition: a person between birth and puberty or full growth.. See examples of CHILD used in a sentence.

Child - definition of child by The Free Dictionary

1. a person between birth and full growth; a young boy or girl. 2. a son or daughter. 3. a baby or infant.

Back to Home