

Making Divorce Easier on Your Child

50 Effective Ways
to Help Children Adjust



NICHOLAS LONG, PH.D.,
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Authors of Parenting the Strong-Willed Child

Making Divorce Easier On Your Child 50 Effective Ways To Help Children Adjust

D. Ivan Young



Making Divorce Easier On Your Child 50 Effective Ways To Help Children Adjust:

Making Divorce Easier on Your Child: 50 Effective Ways to Help Children Adjust Nicholas Long, Rex Forehand, 2002-03-01

From the bestselling authors of Parenting the Strong Willed Child expert strategies and action steps for divorcing parents While there are many trade books on children and divorce most tend to be filled with extensive discussions of the psychological impact on children with little effective advice You want immediate answers and quick access to expert strategies you can use to help your kids today and in the future Making Divorce Easier on Your Child arms you with 50 effective strategies and action steps for helping your kids cope with divorce packaged in a convenient quick bite format It is based on the authors years of clinical experience dealing with the children of divorce as well as their extensive research into the causes and cures of divorce related emotional problems Informative and sensible offering realistic clear cut recommendations Robert Brooks Ph D Faculty Harvard Medical School and coauthor of Raising Resilient Children **The**

Therapist's Notebook, Volume 2 Lorna L Hecker, Catherine Ford Sori, 2012-12-06 Get the updated classic that provides innovative exercises that promotes change The Therapist s Notebook Volume 2 More Homework Handouts and Activities for Use in Psychotherapy is the updated classic that provides mental health clinicians with hands on tools to use in daily practice This essential resource includes helpful homework assignments reproducible handouts and activities and interventions that can be applied to a wide variety of clients and client problems Useful case studies illustrate how the activities can be effectively applied Each expert contributor employs a consistent chapter format making finding the right activity easy The Therapist s Notebook Volume 2 More Homework Handouts and Activities for Use in Psychotherapy includes innovative field tested activities to assist therapists in a wide range of applications including adults children adolescents and families couples group work trauma abuse recovery divorce and stepfamily issues and spirituality Format for each chapter follow by type of contribution activity handout and or homework for clients and guidance for clinicians in utilizing the activities or interventions objectives rationale for use instructions brief vignette suggestions for follow up and contraindications Three different reference sections include references professional readings and resources and bibliotherapy sources for the client Various theoretical perspectives are presented in The Therapist s Notebook Volume 2 More Homework Handouts and Activities for Use in Psychotherapy including cognitive behavioral narrative therapy solution focus choice theory and reality therapy REBT strategic family therapy experiential art and play therapies couples approaches including Gottman and Emotionally Focused Therapy medical family therapy Jungian family of origin therapy adventure based therapy The Therapist s Notebook Volume 2 More Homework Handouts and Activities for Use in Psychotherapy is a horizon expanding guide for marriage and family therapists psychiatric nurses counselors social workers psychologists pastoral counselors occupational therapists counselor educators school social workers school counselors and students The Big Book of Parenting Solutions Michele Borba, 2009-08-11 The Today show expert tackles 101 issues ranging from sibling rivalry lying and peer pressure to

cell phone use and TV addiction Indispensable Publishers Weekly A recommended read for moms by Working Mother magazine In this down to earth guide parenting expert Michele Borba offers advice for dealing with children s difficult behavior and hot button issues including biting temper tantrums cheating bad friends inappropriate clothing sex drugs peer pressure and much more Written for parents of kids age 3 13 this book offers easy to implement advice for the most important challenges parents face with kids from toddlers to tweens Includes immediate solutions to the most common childhood problems and challenges Written by Today s resident parenting expert Michele Borba Offers clear step by step guidance for solving difficult childhood behaviors and family conflicts Contains a wealth of advice that is easy to follow and gets quick results Author has written outstanding parenting books including Building Moral Intelligence No More Misbehavin Don t Give Me that Attitude and more Each of the 101 issues includes clear questions specific step by step solutions and advice that is age appropriate Moms and dads have come to rely on Dr Borba for advice on issues large and small The Big Book of Parenting Solutions is an indispensable comprehensive and authoritative guide to the wonderful and sometimes wacky world of parenthood You ll find yourself dipping into it for answers again and again Dana Points Editor in Chief Parents Magazine The easy to use problem solution format will have you battling your biggest parenting crises with confidence Working Mother

Helping the Noncompliant Child Robert J. McMahon,Rex L. Forehand,2005-08-01 This popular treatment manual presents an empirically validated program for teaching parents to manage noncompliance in 3 to 8 year olds Practitioners are provided with step by step guidelines for child and family assessment detailed descriptions of parent training procedures effective adjunctive treatment strategies and complete protocols for conducting and evaluating the program Nationally recognized as a best practice for treating conduct problems the program is supported by a substantial body of treatment research

Parenting the Whole Child: A Holistic Child Psychiatrist Offers Practical Wisdom on Behavior, Brain Health, Nutrition, Exercise, Family Life, Peer Relationships, School Life, Trauma, Medication, and More . . . Scott M. Shannon,2014-02-03 Understanding child health and wellness through a holistic lens Complementing his book for professionals here Scott Shannon equips parents and caregivers with a better way to understand the mental health challenges their children face including how cutting edge scientific concepts like epigenetics and neuroplasticity mean new hope for overcoming them Readers learn how the most common stressors in kids inadequate nutrition unaddressed trauma learning problems family relationships and more are often at the root of behavioral and emotional issues and what steps can be taken to restore health and wholeness without immediately turning to medication

The School Counseling and School Social Work Treatment Planner Sarah Edison Knapp,David J. Berghuis,Carey Dimmitt,2012-06-25 The Bestselling treatment planning system For mental health professionals The School Counseling and School Social Work Treatment Planner Second Edition provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of HMOs managed care companies third party payors and state and federal agencies New edition features empirically

supported evidence based treatment interventions including coverage of disruptive classroom behaviors reinforcing student success bullying peer conflict and school violence Organized around 33 behaviorally based presenting problems in treating students who experience social and emotional difficulties including social maladjustment learning difficulties depression substance abuse family instability and others Over 1 000 prewritten treatment goals objectives and interventions plus space to record your own treatment plan options Easy to use reference format helps locate treatment plan components by behavioral problem Includes a sample treatment plan that conforms to the requirements of most third party payors and accrediting agencies including CARF The Joint Commission TJC COA and the NCQA Additional resources in the PracticePlanners series Documentation Sourcebooks provide the forms and records that mental health professionals need to efficiently run their practice Homework Planners feature behaviorally based ready to use assignments to speed treatment and keep clients engaged between sessions For more information on our PracticePlanners products including our full line of Treatment Planners visit us on the web at www.wiley.com/practiceplanners

Your Child's Divorce Marsha Temlock, 2006 When an adult child's marriage ends lots of folks are hurt The divorcing couple of course and their children Until now however little attention has been paid to the parents of the divorcees Temlock's examination of this sensitive topic offers parents a friendly guidebook packed with helpful information and suggestions from parents who've been there Her five stage model of the divorce process for parents Accepting the News Rescuing Your Child Responding to Changes Stabilizing the Family Refocusing and Rebuilding will help readers stay grounded through the emotional upheavals they'll share with their children and grandchildren This practical manual puts an arm around the shoulder of parents of divorcing adults and supports them through the difficult days of the divorce process and its aftermath [Help Your Child Or Teen Get Back on Track](#)

Kenneth H. Talan, 2009 Offers guidance to help parents understand their child's emotional mental and behavioral problems and includes information on the types of professional help that is available [Parenting the Strong-Willed Child: The Clinically Proven Five-Week Program for Parents of Two- to Six-Year-Olds, Third Edition](#) Rex Forehand, Nicholas Long, 2010-08-06 A clinically proven five week program for improving your child's behavior Rex Forehand Ph D and Nicholas Long Ph D have helped thousands of parents achieve discipline using positive reinforcement without yelling or harming the child's self esteem Their clinically proven five week program gives you the tools you need to successfully manage your child's behavior giving specific factors that cause or contribute to disruptive behavior ways to develop a more positive atmosphere in your family and home and strategies for managing specific behavior problems The completely revised and updated edition includes new information based on research about child temperament new chapter on the hot topic of play as a means of strengthening parent child relationship new section on collaborative disciplining with preschool teachers expanded section about depression and stress linked to parenting new research findings about ADHD and its treatment Uncover the specific factors that contribute to your child's disruptive behavior Identify with real life parent testimonials and discover strategies

for managing specific behavior problems Authors Rex Forehand Ph D and Nicholas Long Ph D are experts in the field of child psychology New research highlights the scientific foundation behind the program Topics include Understanding Your Strong Willed Child s Behavior Strong Willed Behavior and How It All Begins Why Is My Child Becoming Even More Strong Willed It Takes More than Just Good Parenting Does My Child Have ADHD Addressing Strong Willed Behavior A Five Week Program Does My Child s Behavior Really Need to Change Week 1 Attending Week 2 Rewarding Week 3 Ignoring Week 4 Giving Directions Week 5 Using Time Outs Integrating Your Parenting Skills Creating a Positive Climate for Behavior Change Creating a More Positive Home Improving Your Communication Skills Developing More Patience Building Positive Self Esteem Helping Your Child Solve Problems with Peers Solving Some Common Behavior Problems Additional Recommendations Specific Problem Behaviors *The School Counseling and School Social Work Treatment Planner, with DSM-5 Updates, 2nd Edition* Sarah Edison Knapp, David J. Berghuis, Catherine L. Dimmitt, 2017-03-22 This timesaving resource features Treatment plan components for 33 behaviorally based presenting problems Over 1 000 prewritten treatment goals objectives and interventions plus space to record your own treatment plan options A step by step guide to writing treatment plans that meet the requirements of most accrediting bodies insurance companies and third party payors Includes Evidence Based Practice Interventions as required by many public funding sources and private insurers PracticePlanners THE BESTSELLING TREATMENT PLANNING SYSTEM FOR MENTAL HEALTH PROFESSIONALS The School Counseling and School Social Work Treatment Planner Second Edition provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of HMOs managed care companies third party payors and state and federal agencies New edition features empirically supported evidence based treatment interventions including coverage of disruptive classroom behaviors reinforcing student success bullying peer conflict and school violence Organized around 33 behaviorally based presenting problems in treating students who experience social and emotional difficulties including social maladjustment learning difficulties depression substance abuse family instability and others Over 1 000 prewritten treatment goals objectives and interventions plus space to record your own treatment plan options Easy to use reference format helps locate treatment plan components by behavioral problem Includes a sample treatment plan that conforms to the requirements of most third party payors and accrediting agencies including CARF The Joint Commission TJC COA and the NCQA Additional resources in the PracticePlanners series Documentation Sourcebooks provide the forms and records that mental health professionals need to efficiently run their practice Homework Planners feature behaviorally based ready to use assignments to speed treatment and keep clients engaged between sessions For more information on our PracticePlanners including our full line of Treatment Planners visit us on the Web at www.wiley.com/practiceplanners

The Parents' Guide to Psychological First Aid Gerald Koocher, Annette La Greca, 2010-11-01 Does your young daughter talk endlessly about invisible friends dragons in the basement and monsters in the closet Is your teenager about to

start high school or being victimized by bullies Is your son mortally afraid of certain insects or of injections at the doctor s office Compiled by two seasoned clinical psychologists The Parents Guide to Psychological First Aid brings together articles by recognized experts who provide you with the information you need to help your child navigate the many trying problems that typically afflict young people Written in an engaging style this book offers sage advice on a raft of everyday problems that have psychological solutions The contributors cover such topics as body image and physical appearance cigarettes drugs and alcohol overeating and obesity dental visits the birth of a sibling and sibling rivalries temper tantrums fostering self esteem shyness and social anxiety and much more Each expert article provides an overview of the issues offers reassurance for minor problems and strategies for crisis management and discusses the red flags that indicate that professional help is needed In addition the book is organized into various categories to make it easier to find information For instance the Family Issues section includes articles on Blended Families Divorce and Traveling the Adolescent Issues section covers such topics as Dating and Driving and the Social Peer Issues section explores such subjects as Sportsmanship Homesickness and Making Friends An encyclopedic reference for parents concerned with maintaining the mental health of their children this indispensable volume will help you help your child to deal effectively with stress and pressure to cope with everyday challenges and to rebound from disappointments mistakes trauma and adversity

Doing Couple Therapy, Second Edition Robert Taibbi, 2017-05-24 Subject Areas Keywords brief conflicts counseling couple therapy couples therapy distress divorce families family intimate relationships marital problems marriage partners psychotherapy systemic techniques therapists treatment maps treatments DESCRIPTION Now thoroughly revised this practical user friendly guide has helped thousands of novice couple therapists and students to navigate the challenges of clinical work with couples in conflict Robert Taibbi presents effective strategies for rapidly identifying a couple s core issues and conducting each stage of therapy from the first sessions to termination Rich with sensitive detailed case material the book features end of chapter exercises that help readers identify and develop their own strengths as practitioners Appendices include reproducible client handouts that can be downloaded and printed in a convenient 8 1 2 x 11 size

Parenting the Strong-Willed Child, Revised and Updated Edition: The Clinically Proven Five-Week Program for Parents of Two- to Six-Year-Olds Rex Forehand, Nicholas Long, 2002-03-15 The bestselling five week program to improving the disruptive child s behavior now updated and revised Based on more than 40 years of collective research parents and longtime child behavior experts Dr Rex Forehand and Dr Nicholas Long have devised a program to help you find positive and manageable solutions to your child s difficult behavior Now in a revised and updated edition Parenting the Strong Willed Child is a self guided program for managing disruptive young children based on a clinical treatment program This hands on guide provides you with a step by step five week program toward improving your child s behavior as well as the entire family s relationship Providing you with the necessary tools for successfully managing the difficult child the book covers specific factors that cause or contribute to a child s

disruptive behavior ways to develop a more positive atmosphere in your family and home actual reports by parents of difficult children strategies for managing specific behavior problems how to tell if your child might have ADHD and more *LEROY AND CHERYL'S ADVENTURE* WJW,2013-08 Helping Children Understand Separation and Divorce It is essential that parents and caregivers of children understand the thoughts and feeling that children may have when their parents decide to separate or divorce This can be a very confusing time for children and they need to know that their basic needs will be met and their relationship with both parents will continue Take your child children questions and concerns seriously and listen to what they say During this transition sometime sibling may become closer argue or physically fight Some maybe become emotionally distant Keep in mind that all children are individually different no matter what their age Just as adults adjust differently children adjusts differently In addition realize that feeling of loss and anger is typical emotions These are helpful websites and children books for adults and anyone working with children Childcentereddivorce com Little Parachutes Children picture books about Divorce Separation Kidshealth org Making Divorce Easier on Your Child 50 Effective Ways to Help Children Adjust by Nicholas Long and Rex Forehand Dinosaurs Divorce A guide for changing families by Laurene Krasny Brown and Marc Brown Pre Teen Pressures Divorce by Debra Goldentyer *Assessment and Treatment of Childhood Problems* Carolyn S. Schroeder, Julianne M. Smith-Boydston,2017-06-29 This highly accessible work now thoroughly revised has shown thousands of students and clinicians how to assess and treat children s emotional and behavioral difficulties from a developmental perspective The authors provide a sound understanding of typical development ages 2 12 and the risk and protective factors for psychopathology Chapters on common psychological disorders and family stressors describe the nature of each problem review evidence based treatments and offer step by step guidelines for intervention illustrated with helpful case examples A comprehensive framework for assessing children and planning treatment is used throughout Purchasers get access to a Web page where they can download and print the book s 24 reproducible forms and handouts in a convenient 8 1 2 x 11 size New to This Edition Chapters on developmental disabilities and trauma Significantly revised to reflect advances in assessment treatment and developmental psychopathology research Additional material on pharmacological treatments in each disorder specific chapter Sibling rivalry chapter expanded to include difficulties with peers Updated for DSM 5

Doing Couple Therapy, First Edition Robert Taibbi,2012-08-22 Wise compassionate and highly practical this engaging text covers the entire process of therapeutic work with couples from opening sessions and assessment through skills building core issues and termination Students and novice couple therapists learn effective strategies for intervening with couples of any age who are struggling with acute crises or longstanding conflicts and power struggles Rich with sensitive detailed case material the book features numerous exercises that help readers identify and develop their own strengths as practitioners Self care strategies and tips for getting the most out of supervision are provided Special topics include how to address couple issues with only one partner and couple therapy applications for chronic mental health problems **Divorce Mediation**

Manual Stanley L. Bartelmie, 2011-04-04 Divorce Mediation Manual offers an important resource for anyone contemplating divorce This manual is meant to positively assist and inform couples engaged in the process of divorce mediation helping them navigate the process Divorce mediation is about choosing what to do when a marriage is coming apart and decisions must be made about what's best for both parties If there are children involved the mediation process can become an important process to promote a healthy connection between the parents and the children In mediation the couple meets with a neutral third party the mediator with his or her help they work through the issues they need to resolve so they can end their marriage peacefully respectfully and inexpensively The basic topics to resolve in mediation include the following Division of assets and debts Child custody and establishing a parenting plan Child support spousal support or family support Division of employee retirement benefits Resolving reimbursement claims Avoiding taxes and defining the tax basis of assets to be divided Divorce Mediation Manual is an effective guide to making the right choices when considering a divorce or engaged in divorce mediation

Break Up, Don't Break Down D. Ivan Young, 2010 Your relationship may be breaking up but you will not be breaking down If anything you're correcting a mistake that was hurting four people you and the person you're with not to mention the two people who you were destined to meet

Divorce Doesn't Have to Be That Way Jane Appell, 2006 A comprehensive guide to divorce counseling for therapists and all helping professionals Divorce Doesn't Have to Be That Way is packed with intervention procedures for all key elements of the divorce counseling process from decision to legal issues Written specifically for helping professionals who want to give healthy support to their clients the emphasis is on a family centered non adversarial approach Among the key topics working with problem personalities domestic abuse custody alternatives to litigation Therapists will find the critical entry points and the guide to avoiding common helper traps uniquely valuable

Talk So They Can Hear Joanne Norman, 2010-12-28 On many occasions parents seem to forget about the children Communicating divorce to children is essential for stability Some parents may decide not to tell the children they are divorcing Through extensive research the decision not to tell children about divorce is a bad idea The focus here is not only about telling children about divorce It is how divorce is communicated to children before during and after the divorce Both parents should sit down with the children and help them understand that life for them will not be the same There will be issues centered on child custody and residency among other things None of these issues will be comfortable for children A great deal of research has been done There is much more that can be done on the subject of communicating divorce to children My hope is that future research would include children of color

Making Divorce Easier On Your Child 50 Effective Ways To Help Children Adjust: Bestsellers in 2023 The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous engrossing novels enthralling the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the fascinating narratives that have enthralled audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This heartfelt tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Making Divorce Easier On Your Child 50 Effective Ways To Help Children Adjust : Delia Owens "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a exceptional and thrilling novel that will keep you speculating until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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