

Stepfamily Realities How To Overcome Difficulties And Have A Happy Family

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Drawing on case studies and experiences with a broad range of stepfamily situations, the book provides valuable insights and practical advice to help stepfamilies overcome inherent difficulties and blend successfully. The 19 chapters address the following topics: (1) an overview of stepfamily realities; (2) beginning to understand how stepfamilies work; (3) individual differences and the force of togetherness; (4) the force of separateness in stepfamilies and the search for self; (5 ...

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Providing practical information and effective advice, this helpful guidebook helps stepfamilies understand and cope with the special problems and issues that arise in new family relationships.

Note: hyperlinks below will take you to the Break the Cycle! Website (formerly "Stepfamily inFormation") that this book and series are based on. Use your browser's "back" button to return to Xlibris. This is the fourth volume in a series of six dedicated to breaking the epidemic [wounds + unawareness] cycle that promotes America's tragic divorce epidemic. The prior volume, Stepfamily Courtship (Xlibris.com, 2002), outlines seven Projects to help courting couples make wise commitment decisions. This book for stepfamily coparents and supporters adds five more projects based on the prior seven ones. If couples didn't do the prior projects (which is common), they can start the first six any time. A sobering reality: if either partner made any unwise courtship choices, it's unlikely that doing these other 11 Projects will guard them and their dependents from the five hazards that promote psychological or legal re/divorce. Nonetheless, working at the the projects will give minor kids their best chance at avoiding inherited psychological wounds, and passing them on to their descendents like their unaware ancestors did. The five post-re/wedding co-parenting projects are: 8) Nourish your re/marriage and steadily keep it your second priority, after personal integrity and wholistic health - except in emrgencies. In complex multi-home stepfamilies this is hard for many couples to do; as they 9) Merge three or more multi-generational biofamilies, and evolve strategies to resolve inevitable values and loyalty conflicts and Persecutor-Victim-Rescuer relationship triangles; while you 10) (a) Build a co-parenting team with your kids' "other parents," (b) stay current on your kids' progress with their many developmental and adjustment needs, and (c) continually adjust and refine your co-parenting "job descriptions" based on your stepfamily mission statement. Because all nine of these ongoing co-parent projects are complex, confusing, and conflictual 11) Intentionally build a support network for you and your kids, and use it regularly. Finally 12) Help each other (a) stay balanced personally, re/maritally, and co-parentally each day, and (b) enjoy this whole challenging, en

Providing practical information and effective advice, this helpful guidebook helps stepfamilies understand and cope with the special problems and issues that arise in new family relationships. Simultaneous.

This second edition synthesizes the emerging knowledge base on the diversity of stepfamilies, their inherent concerns, and why so relatively little is still known about them. Its extensive findings shed needed light on family arrangements relatively new to the literature (e.g., cohabitating stepparents), the effects of these relationships on different family members (e.g., stepsiblings, stepgrandparents), the experiences of gay and lesbian stepfamilies, and the stigma against non-nuclear families. Coverage reviews effective therapeutic and counseling interventions for emotional, familial, and social challenges of stepfamilies, as well as the merits of family education and self-help programs. The authors explore prevailing myths about marriage, divorce, and stepfamily life while expanding the limits of stepfamily research. Among the topics included: • The cultural context of stepfamilies. • Couple dynamics in stepfamilies. • Gay and lesbian couples in stepfamilies. • The dynamics of stepparenting. • Siblings, half-siblings, and stepsiblings. • Effects of stepfamily living on children. • Clinical perspectives on stepfamily dynamics. For researchers and clinicians who work with families, it enriches the literature as it offers insights and guidelines for effective practice as well as possible avenues for future research.

What's Different about This Book? This modular reference book and series for co-parents and human-service professionals is unique in the genre of stepfamily media for seven reasons. It is the only current resource that... Is based on (a) 30 years' clinical research, including over 17,000 hours' consultation with over 1,000 typical divorced and stepfamily adults and some of their kids; (b) five widespread re/marital hazards, and (c) 12 Projects to neutralize the hazards. This volume... Integrates six core concepts: # proven family-systems principles; and... # an inner-family concept of human personalities, linked to... # a definition of high-nurturance families; # a framework of seven effective-thinking and communication skills, # healthy three-level grieving and healing blocked grief; and... # a framework of stepfamily realities, meanings, and merger-adjustment tasks. A fifth uniqueness is that the book... Provides Internet addresses to over 150 experience-based stepfamily articles, worksheets, and other resources to augment its contents. This is one of several guidebooks for a free, 8-module self-study course for people interested in healing and self-growth. Lesson 7 focuses on evolving high-nurturance stepfamilies. And this book is different because of... My personality, writing style, training (BSME and MSW), and 72 years' life experience (engineering, business, teaching, and 30 years' practice of psychotherapy with hundreds of stepfamily clients). My learnings from personal "ACoA" recovery (from a low-nurturance childhood) since 1986 greatly influence this site and series of stress-prevention guidebooks. And... I have many years of personal experience as a stepgrandson, adult stepson, stepfather of two girls, and stepbrother of four - and an admirer of two haughty stepcats.

Written for both biological parents and stepparents, this helpful guide provides the tools necessary to raising well-adjusted children after

a stressful divorce. Innovative in its technique and cowritten by a certified divorce and stepfamily expert and her own stepchildren's mother, this etiquette book provides an authentic guide for ex-spouses to interact on a civil and healthy level. Sample conversation for everyday scenarios help exes create a positive environment and ensure the mental and physical well-being of the children. Whether it's coordinating discipline between households, introducing a new partner, dealing with late child support payments, or providing a regular schedule for children, this guide empowers parents to change what they can--their attitudes and communication skills. In doing so, divorced parents can increase their self-esteem and personal growth and emerge confident that they can handle awkward situations and powerful emotions while keeping the children's best interests a priority.

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

The contemporary family is being distracted, disturbed and distraught by societal pressures from every direction. The nuclear family concept, believed crucial to child rearing, is becoming passé according to census data. Or has the wave of disruption to families crested? It is hoped that this bibliography will serve as a useful tool to researchers seeking further information on families and the pressures being exerted upon them in the 21st century.

The bestselling treatment planning system for mental health professionals The Adolescent Psychotherapy Treatment Planner, Fifth 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 conduct disorder, substance use, low self-esteem, suicidal ideation, ADHD, and eating disorders Organized around 36 behaviorally based presenting problems, including peer/sibling conflict, school violence, sexual abuse, 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

Designed for use with children in grades K-6, this book provides a review of support groups: their nature and value; the tripartite model of children's needs, behaviours they need to learn and environmental conditions that support learning; the Keystone Learning Model, which encompasses the tripartite model, strengths and decision-making; and 'nuts and bolts' suggestions for creating and managing child support groups. The book also addresses various support groups chapter by chapter and homework ideas are provided with each chapter.

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