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## Divorce Small Group Activities And Discussion

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Mend: A Story of Divorce  
Sacred Divorce  
The Divorce Journal for Kids  
The D Word (Divorce)  
The Life-Saving Divorce  
Divorce Busting  
Building Champions  
Cory Helps Kids Cope with Divorce  
Marriage & Divorce  
Breaking the Cycle of Divorce  
Complete Group Counseling Program for Children of Divorce  
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Handbook of Group Counseling and Psychotherapy  
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Our Happy Divorce  
Divorced Girl Smiling  
The Storms Can't Hurt the Sky  
Group Therapy for High-Conflict Divorce  
Mom's House, Dad's House for Kids  
My Family's Changing  
Kid First Divorce Treatment Program  
Leading Psychoeducational Groups for Children and Adolescents  
Biff  
Mom's House, Dad's House  
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Creative Interventions for Children of Divorce  
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Parenting Today's Teens  
Parenting Apart  
The Good Divorce

Primal Loss  
Splitopia

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## MCGEE SAWYER

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### Mend: A Story of Divorce Simon and Schuster

Even in our world of redefined life partnerships and living arrangements, most marriages begin through sacred ritual connected to a religious tradition. But if marriage rituals affirm deeply held religious and secular values in the presence of clergy, family, and community, where does divorce, which severs so many of these sacred bonds, fit in? Sociologist Kathleen Jenkins takes up this question in a work that offers both a broad, analytical perspective and a uniquely intimate view of the role of religion in ending marriages. For more than five years, Jenkins observed religious support groups and workshops for the divorced and interviewed religious practitioners in the midst of divorces, along with clergy members who advised them. Her findings appear here in the form of eloquent and revealing stories about individuals managing emotions in ways that make divorce a meaningful, even sacred process. Clergy from mainline Protestant denominations to Baptist churches, Jewish congregations, Unitarian fellowships, and Catholic parishes talk about the concealed nature of divorce in their congregations. Sacred Divorce describes their cautious attempts to overcome such barriers, and to assemble meaningful symbols and practices for members by becoming compassionate listeners, delivering careful sermons, refitting existing practices like Catholic annulments and Jewish divorce documents (gets), and constructing new rituals. With attention to religious, ethnic, and class variations, covering age groups from early thirties to mid-sixties and separations of only a few months to up to twenty years, Sacred Divorce offers remarkable insight into individual and cultural responses to divorce and the social emotions and spiritual strategies that the clergy and the faithful employ to find meaning in the breach. At once a sociological document, an ethnographic analysis, and testament of personal experience, Sacred Divorce provides guidance, strategies and answers to readers looking for answers and those looking to heal.

### Sacred Divorce Champion Press (Canada)

Gram teaches Otis how to cope and deal with his parents' divorce, to not blame himself, and to realize that he still has a family.

### *The Divorce Journal for Kids* Simon and Schuster

The texts focus on preschool-aged children, children in kindergarten through grade two, children in grades three through six, and teenagers. Each curriculum contains ten ninety-minute sessions that should be implemented over a period of ten weeks. By employing age-appropriate themes to engage the child and provide continuity throughout the sessions, the division of material within the curricula assures that the activities reflect the developmental level of the grieving child or adolescent. Each person grieves differently, and Grief Support Group Curriculum addresses the issues related to mourning while recognizing the importance of individuality in grieving.

### **The D Word (Divorce)** Gold Leaf Press (WA)

The "No Kids in the Middle" (Kinderen uit de Knel) intervention programme addresses high-conflict divorce through a multi-family approach. This first English language edition contains descriptions of the therapeutic sessions, references to a homework book (van der Est et al.) for parents and their network, along with extra information about the theoretical foundations of the programme. The book starts with theoretical foundations and a summary of the scientific research behind the methodology before moving on to focus on the methodology of the intervention programme per session, with detailed descriptions of each therapeutic session. Through these session descriptions, the authors demonstrate how the theory of the methodology can be put into practice within a group setting. The methodology is also conveyed in such a way that the key pillars and themes are clear, with a best-practice framework clearly demonstrated. Yet at the same time, the authors leave room for customization depending on the actual clients and therapists, and for this framework to be built upon further. With this programme now practiced and studied throughout Europe, Group Therapy for High-Conflict Divorce and its methodology will act as a living framework to help continuously improve practice and research among professional therapists, while also appealing to social workers and legal

professionals.

### **The Life-Saving Divorce** Tyndale House Publishers, Inc.

Buddhism has been applied to everything from parenting to golf, but until now no one has offered Buddhist principles as a healing path through divorce. In *Storms Can't Hurt the Sky*, Gabriel Cohen bravely delves into his personal experience-along with insights from Buddhist masters, parables, humor, social science studies, and interviews with other divorces-to provide a practical and very helpful guide to surviving the pain of any break-up. Focusing on the emotions most common in the dissolution of a relationship-anger, resentment, loss, and grief -- *Storms Can't Hurt the Sky* shows how thinking about these feelings in surprisingly different ways can lead to a radically better experience. This compulsively readable book offers sound advice and much-needed empathy for anyone dealing with a break-up.

### **Divorce Busting** Simon and Schuster

Eight essential keys to resolving conflict and rebuilding your life. This unique and empowering guide gives divorcing couples the skills to manage their divorce successfully, handle the legal and emotional issues harmoniously, and redefine and preserve the positive elements of their relationship. Informed by eight mediation concepts developed and used by the authors in their practice, the process outlined in this book will allow divorcing couples to deal rationally with the issues rather than allowing fear, anger, and grief to dictate their actions. *Making Divorce Work* leads couples to experience divorce as a celebration of the end of a relationship that served them well and provides the tools to deal with virtually every aspect of divorce-from money and custody to grieving and pain-to be proud of the way they handled their divorce and to start their new lives from a better place.

Watch a Video

### **Building Champions** Jessica Kingsley Publishers

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.

#### **Cory Helps Kids Cope with Divorce** Clarion Books

This book seeks to offer a user-friendly, practical guide on school-based mental health counseling approaches for K-12 school counselors, psychologists, and other mental health professionals. Highlighting best practices, this book will explain how these educators can provide counseling in the secondary and tertiary prevention levels of the Positive Behavioral Interventions and Supports (PBIS) and Response to Intervention (RTI) frameworks. Informative and research-based, this book is tailored for busy professionals.

#### **Marriage & Divorce** Certa Publishing

The Handbook of Group Counseling and Psychotherapy is a comprehensive reference guide for group practitioners and researchers alike. Each chapter reviews the literature and current research as well as suggestions for practice in the psycho educational arena, counselling, and therapy groups. The Handbook encourages the notion that the field is improved through increased collaboration between researchers and practitioners. Through a review of cutting-edge research and practice, the Handbook includes } 48 articles by renowned experts in group work } the history and theory of group work } topics across the lifespan } an entire section on multicultural issues } a variety of clinical problems and settings } appendices include the Association for Specialists in Group Work Training Standards, Best Practice Standards, and Principles for Diversity-Competent Group Workers The Handbook is divided into seven sections: Current and Historical Perspectives on the Field of Group Counselling and Psychotherapy, reviews and analyzes the many contributions and contributors that have made group counselling and psychotherapy a vital and potent treatment method. The chapter outlines review articles spanning four decades, and outlines the evolution of group themes over the last 100 years. Best Practices in Group Counselling and Psychotherapy uses

research, theory, and group counseling experience to provide group leaders and researchers with the most current and best practices in conducting group counseling and psychotherapy. Multicultural Groups follows the ASGW Principles for Diversity-Competent Group Workers and is intended to provide group leaders with essential information about different cultural groups and their world views, perceptions of groups, naturalistic healing methods, suggested group interventions, and implications for groups. Chapters cover Native-Americans, Latinos, Asians, and African-Americans, disabled persons, and gender and sexuality. Groups Across Settings includes examples of psycho-educational, counseling, and psychotherapy groups in a variety of settings. This section presents readers with theoretical and empirical support for group work in such settings as the Veterans Administration system, university counselling centers, and more. Groups Across the Lifespan consist of chapters across many age groups. For children and adolescents, cognitive and developmental issues are addressed. For adults, socialization and interpersonal issues are addressed, including separate chapters for male and female groups. Finally, a chapter on the elderly deals with cognitive, health, and life review issues. Special Topics Groups presents a continuum of different types of groups used to treat people with interpersonal and developmental issues, such as grief, substance abuse, depression, and others. Each chapter in this section provides definitions and descriptions of the issues along with theoretical and empirical support. Finally, Critical Issues and Emerging Topics attempts to reflect the zeitgeist and provide a glimpse into group interventions for the future. Emerging issues, such as online groups, prevention groups, and peer-led mutual help groups receive careful attention and analysis. The Handbook of Group Counseling and Psychotherapy, the first reference devoted to this emerging and rapidly growing field, is essential for academics, researchers, professionals, and librarians serving the group therapy community. There is no similar reference available, and it will prove a landmark volume for years to come.

#### Breaking the Cycle of Divorce Penguin

Internationally renowned therapist, family expert and mediator Isolina Ricci, Ph.D. presents this definitive and newly updated guide to divorce and making shared custody work for parents and children. The ground-breaking classic, Mom's House, Dad's

House, has become the standard for two generations of divorcing parents, and includes examples, self-tests, checklists, tools, and guidelines to help separated moms and dads with the legal, emotional, and financial issues they will encounter as they work to create happy and stable homes. This comprehensive guide looks anew at the needs of all family members with creative options and common-sense advice, including: \* The map to a "decent divorce" and two happy homes \* Helping children of divorce with age-specific advice \* Negotiating Parental Agreements and custody arrangements \* Breaking away from "negative intimacy" with a difficult ex-husband or ex-wife \* Sidestepping destructive myths about divorce (and marriage) \* Handling long-distance parenting and parenting alone With Mom's House, Dad's House, parents will learn how to help their children heal and find a sense of continuity, security, and stability throughout the divorce process and in any custody situation. Complete Group Counseling Program for Children of Divorce Unhooked Books

Smile! It's not just the end of your marriage, it's the beginning of your second chance! Missy Benson has a two and a half carat diamond engagement ring with color grade H, VS2 clarity and a value of \$36,000. It's absolutely gorgeous, practically flawless, and let's be honest, really big! But what the successful Chicago realtor doesn't have anymore is a husband. After 12 years of marriage, her husband, Paul, a handsome, wealthy attorney has devastated her by breaking up their marriage for Priscilla Sommerfeld, a young, personal trainer, who according to Missy's sassy assistant, J.J., looks more like a Las Vegas stripper than a fitness expert. Not sure what to do with her ring, and with no financial issues to worry about, Missy decides to put it up for sale on Craigslist. The price: 99 cents! The catch: She gets to pick the buyer. In essence, she's looking for the perfect guy, but not for herself. Her hope is to regain faith that good men do exist, and that marriages can last forever. Now referring to herself as "the divorced girl," Missy interviews dozens of young men who are vying for the huge ring. It's a contest that includes outrageous characters, hilarious and sentimental stories, and two finalists, both of whom Missy adores and who she must choose between. Then there's Parker Missoni, the sexiest contestant by far, who drives her crazy with his brutal honesty, and at the same time stops her heart with his deep brown eyes. Divorced Girl Smiling is

the story of a woman's journey to do whatever it takes to heal herself from divorce. It's about acceptance, reflection, taking accountability for mistakes, and appreciating all of life's wonderful gifts. In other words, if you have the guts to put the past behind, admit your mistakes, embrace your future, and give love another chance, you will surely be a divorced girl smiling.

*Quick As a Cricket* Oxford University Press

*Mend: A Story of Divorce* is the first in a series of graphic novels written by young adults for their peers. Sophia, the fourteen-year-old author and protagonist, tells the heart-wrenching story of her parents' divorce. She was just nine years old, happy and enjoying life with her mom, dad, and little brother in Las Vegas, Nevada. Unexpectedly, one night, a violent argument disrupted her sleep and shattered her life. The next morning, her parents told her the dreaded news—they were getting divorced. Her dad was moving to California, while Sophia and her brother would stay with their mom. Any child who has experienced the trauma of divorce will understand Sophia's reactions: First, she blamed herself. But then, she remembered a note a teacher once wrote on her report card, and was inspired to focus on bringing both parents back into her life. Even if they could not be under the same roof, she thought, they could still share in caring for her and her brother. Sophia's story will resonate with children (and adults) who have faced a split in their family, or who have friends dealing with divorce. The book includes helpful advice for parents, as well as a special Teacher's Corner page. Zuiker Press is proud to publish stories about important current topics for kids and adolescents, written by their peers, that will help them cope with the challenges they face in today's troubled world.

*Living Unbroken* Workman Publishing Company

The timeless New York Times bestselling guide to parenting that shows the power of inspiring values through example. A unique handbook to raising children with a compassionate, steady hand—and to giving them the support and confidence they need to thrive. Expanding on her universally loved poem "Children Learn What They Live," Dorothy Law Nolte, with psychotherapist Rachel Harris, reveals how parenting by example—by showing, not just telling—instills positive, true values in children that they will carry with them throughout their lives. Addressing issues of

security, self-worth, tolerance, honesty, fear, respect, fairness, patience, and more, this book of rare common sense will help a new generation of parents find their own parenting wisdom—and draw out their child's immense inner resources. If children live with criticism they learn to condemn. If children live with sharing, they learn generosity. If children live with acceptance, they learn to love. And more wisdom.

**Making Small Groups Work** Salt Lake City : Desert Book Company

A child describes the feelings and emotions which are the mark of his individual self.

*Making Divorce Work* Harper Collins

President Spencer W. Kimball speaks to the BYU studentbody in the Marriott Center, discussing marriage (and divorce) from the eternal viewpoint.

**Handbook of Group Counseling and Psychotherapy** SAGE

When your parents tell you that they are getting divorced, you might have lots of big feelings - like anger, fear and sadness - and lots of questions too. This journal is packed full of activities that will help you work through these feelings and get your thoughts and questions out into the open. This journal from parenting expert Sue Atkins gives children aged 7+ a safe place to express their feelings about divorce and the resulting changes, so that they can start to understand them. Full of creative activities to help them process this life-changing event, it provides children with a source of strength and comfort through this challenging time, as well as giving them a way of sharing how they are feeling with a trusted adult.

*Children Learn What They Live* Corwin Press

This facilitator's guide details procedures for conducting engaging and age-appropriate group sessions to help children adapt quickly to the changes brought about by parental divorce or separation. The guide has everything a therapist or counselor needs to facilitate the program, including a full script and abbreviated outline for each session, numerous handouts for group members and parents, a sample consent form, a program graduation certificate, and much more. Sessions give children the opportunity to clarify misperceptions about divorce and

separation, engage in meaningful activities, and discuss topics that they may not have been allowed to explore previously. Because some of these topics may be difficult, each group session includes practice of relaxation skills, homework focused on seeking social support, and opportunities for adaptive cognitive coping.

*Our Happy Divorce* Simon and Schuster

Making your marriage healthy—and making it last—has never been harder. In an age when the pressures on marriage are heavy and divorce is more accepted and easier to obtain, marriages seem to fail as often as they succeed. When you come from a home of divorce, making your own marriage work is even tougher than the norm. Fortunately, in *Breaking the Cycle of Divorce*, author John Trent, an adult child of divorce himself, gives you the encouragement, insight, and tools you need to beat the odds. Learn how you can, in fact, succeed where your parents failed.

**Divorced Girl Smiling** Random House

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.

**The Storms Can't Hurt the Sky** Rutgers University Press

This invaluable book explores the apparent and hidden fears that haunt children as they weather the painful confusion of a divorce. It shows parents how to tell the truth without frightening children, how to strengthen the parent-child relationship, and how to build trust.

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