

KIDS-IN-A-BREAK: Providing the Necessary Support for Your Child of Divorce

Online Course Outline

Forward:

KIAB COURSE INTRODUCTION

You have made an important decision in choosing to complete this KIDS-IN-A-BREAK: Providing the Necessary Support for Your Child of Divorce course. Divorce is challenging for adults. It is more challenging for children. Without needed support and effective collaborative parenting, the negative impact on children experiencing family separation can be devastating.

This KIAB course is designed for you to learn three major things:

- I. The impact of family separation and divorce of children.
- II. The factors that cause children to be negatively impacted in divorce.
- III. Tools parents and other adults can use to minimize the negative impact of divorce on their children.

No one course can provide you with everything you will need to help your children. KIAB is designed to give you a strong starting point in both understanding a child's experience of divorce and specific things you need to do and provide for your child.

To continue your learning, we invite you to visit our web site at:

<http://www.divorce-classroom.com/> . We never want our children to experience another divorce and we never want our grandchildren to taste the bitter pain of family separation.

We cannot accomplish this goal through hope alone. We must understand the communication and relationship interaction patterns that cause marriages to fail and what we need to do to break those patterns. This will require time, effort, and hard work.

We owe it to ourselves; we owe it to our children!

Please know that I am here to help you and to help us help one another!

Sincerely,

Bill Schacht
KIAB Course Facilitator

Your KIDS- IN-A-BREAK Course Facilitator

A Licensed Clinical Social Worker for more than 35 years, **William (Bill) Schacht**, MS, LCSW is the founder of the PEOPLE OF DIVORCE – The Association. He is also the owner and Clinical Director of Performance Enhancement Health Services, SC, a Wisconsin State Mandated outpatient mental health practice in Franklin, WI.

Bill has been recognized for his work with thousands of individuals, couples, business owners, executives & managers, athletes, and entertainers helping them and their organizations achieve and sustain peak performance. His blend of expertise in human creativity, relationship building, effective communication, change process, problem-solving, and mind-body technology sets him apart from other professionals in getting good things to happen for his clients.

Bill takes a "functional" approach to teaching and counseling, keeping his students and clients focused on what they want rather than what they think is "wrong." He is exceptionally active in therapy, creating a "dig down deep" and "see the big picture" experience for clients. His tendency to be fun-loving and playful in style provides clients with a sense of emotional relief, even in the most difficult situations. His "get down to business" approach keeps clients confident that good work is getting done in his seminars and classes.

PEOPLE OF DIVORCE – The Association is Bill's brainchild. The idea to create the organization was born out of four poignant experiences from Bill's life:

- Bill enjoyed the benefits of his parents' loving marriage and close family ties.
- Bill and his daughter, Hunter Rose, went through an unwanted divorce in 2001. They have made a commitment to do whatever necessary to never go through that pain again.
- Bill and his colleagues have learned that families of "divorce" present easily identifiable and well-defined patterns of communication that caused their relationship breakdown and that people must learn to change these patterns or they are at risk of producing more failed relationships.
- Over the past 10 years, many more parents are bringing their children to his clinic for support in facing the challenges of family separation, divorce, and blending of families. Because most of these children do not have a diagnosable mental health disorder, they are not appropriate for psychotherapy. Thus, Bill committed to create valuable educational experiences for adults and children of divorce to minimize the negative impact and break the cycle of divorce in their families.

These four life events set the course for Bill to make an impact. The idea for the PEOPLE OF DIVORCE - The Association was born. His vision is to unite us in our desire to **never again** go through another divorce and, in our success, significantly reduce the divorce rate in America!

SECTION 1

- I. Impact of divorce on children
 - A. Research statistics of divorce impact on children versus children living with both parents
 - B. Divorce and the change in American family and household
 - C. The Story of Sarah – Real life impact on an adult child of divorce
 - D. Clinical/behavioral observations of divorce impact on children

- II. The realities of divorce that cause negative impact
 - A. Chaos of divorce as a Life Changing Event
 - B. Reaction patterns of children: ages 0-8; ages 9 and above
 - C. Breakdown of children’s perspective of their “family unit”

- III. Communication breakdown within divorcing families
 - A. Complexity of children’s living situation
 - B. Parent preparation for children’s questions about failed relationship and divorce
 - C. Child’s divorce view as “failure” versus parent’s perception of divorce “success”
 - D. Blended Family: the next challenge for children when parents date and remarry

SECTION 2

- IV. The primary cause of a couple’s decision to divorce: the communication pattern of families in separation and divorce
 - A. When life works; when life does not work
 - B. Post-divorce vision and a child’s resiliency
 - C. Parent messages that cause a child’s defensiveness
 - D. Tommy’s basketball game: a real life story of divorce impact

SECTION 3

- V. Divorcing parents providing support for their children
 - A. Why parents do not seek support for their children
 - B. Parent alienation and spouse sabotage
 - C. Scarcity of support resources for adults and children

- VI. Psychotherapy for children
 - A. When psychotherapy is appropriate
 - B. When psychotherapy is not appropriate
 - C. When psychotherapy is potentially harmful to children of divorce
 - D. Children’s responses to family separation: normal versus pathological
 - E. Responsibility to provide education and support in family separation

- VII. Effective solutions: What all children of divorce need
 - A. Opportunity and encouragement to maintain a healthy and functional relationship with both father and mother
 - B. Establishing a common vision of “family” and life structure
 - C. The goal of “*Never Again!*” and due diligence
 - D. Establishing networks of support for your children and yourself
 - E. Appropriate outlets and resources to communicate and process scary thoughts and feelings

- VIII. Collaborative co-parenting
 - A. Identifying, learning, embracing, and consistently executing an effective parenting model
 - B. PEOPLE OF DIVORCE – The Association’s parenting model
 - C. An answer to your child’s question, “Why are you getting a divorce?”

- IX. New and emerging resources for adults and children of divorce
 - A. PEOPLE OF DIVORCE – The Association
 - B. Children’s educational programs – not psychotherapy
 - C. Choosing a therapist, when needed

- X. The POD Association Pledge