

DOCUMENT RESUME

ED 239 182

CG 017 229

**AUTHOR** Hale, Lynelle C.  
**TITLE** Divorce and Single-Parent Family Counseling. Searchlight Plus: Relevant Resources in High Interest Areas. No 26+.

**INSTITUTION** ERIC Clearinghouse on Counseling and Personnel Services, Ann Arbor, Mich.

**SPONS AGENCY** National Inst. of Education (ED), Washington, DC.

**PUB DATE** 83

**CONTRACT** 400-83-0014

**NOTE** 127p.

**AVAILABLE FROM** ERIC/CAPS, 2108 School of Education, University of Michigan, Ann Arbor, MI 48109-1259.

**PUB TYPE** Information Analyses - ERIC Information Analysis Products (071) -- Reports - Descriptive (141)

**EDRS PRICE** MF01/PC06 Plus Postage.

**DESCRIPTORS** Counseling Objectives; \*Counseling Services; \*Counseling Techniques; \*Divorce; \*Family Counseling; \*Family Problems; Financial Problems; Literature Reviews; Needs Assessment; \*One Parent Family; Remarriage

**ABSTRACT**

This document, based on a computer search of the ERIC database, presents a review of the literature on divorce and single parent families. Statistics from the 1980 census are presented which show that 19.7 percent of children under 18 live with a single parent, who in the overwhelming number of cases is the mother. The document presents data on the economic problems, causes, and adjustment issues surrounding divorce. The impact of divorce on children is discussed as well as the particular needs of single parent families stemming from the dissolution of the marriage and the setting up of a new lifestyle. Areas of strain to the mother and to the father are identified. Problems inherent in remarriage are reviewed and intervention strategies are suggested. The helping role of society is explored in the areas of legal services, custody laws, conciliation counseling, mediation counseling, personal counseling, and school programs. References and an annotated bibliography from the computer search of the ERIC database complete the document. (BL)

\*\*\*\*\*  
 \* Reproductions supplied by EDRS are the best that can be made \*  
 \* from the original document. \*  
 \*\*\*\*\*

# DIVORCE AND SINGLE-PARENT FAMILY COUNSELING

Lynelle C. Hale



# Searchlight

*Relevant Resources in High Interest Areas*

# plus

U.S. DEPARTMENT OF EDUCATION  
NATIONAL INSTITUTE OF EDUCATION  
EDUCATIONAL RESOURCES INFORMATION  
CENTER (ERIC)

This document has been reproduced as received from the person or organization originating it.

Minor changes have been made to improve reproduction quality.

• Points of view or opinions stated in this document do not necessarily represent official NIE position or policy.

"PERMISSION TO REPRODUCE THIS  
MATERIAL HAS BEEN GRANTED BY

ERIC/CAPS

TO THE EDUCATIONAL RESOURCES  
INFORMATION CENTER (ERIC)."

**The National  
Institute of  
Education**



This publication was prepared with funding from the National Institute of Education, U.S. Department of Education under contract no. 400-83-0014. The opinions expressed in this report do not necessarily reflect the positions or policies of NIE or the Department of Education.

**ERIC COUNSELING AND PERSONNEL SERVICES CLEARINGHOUSE**

School of Education  
The University of Michigan  
Ann Arbor, Michigan 48109  
Published by ERIC/CAPS

**DIVORCE AND SINGLE-PARENT FAMILY COUNSELING**

---

Lynelle C. Hale

**Searchlight Plus: Relevant Resources  
In High Interest Areas. 26+**

**AN INFORMATION ANALYSIS PAPER  
Based on a computer search of the ERIC database  
November 1966 through February 1983.**

CG 017229

**ERIC COUNSELING AND PERSONNEL SERVICES CLEARINGHOUSE  
1983**

## INTRODUCTORY NOTE

---

First there was the **Searchlight** series--computer searches with abstracts of the ERIC database on topics of major interest and importance to ERIC/CAPS users and helping professionals in the field. Then came the **Searchlight Plus** series, computer searches of the topics in most demand PLUS in-depth analyses of the documents in the search. The opening narrative in each **Searchlight Plus** highlights certain documents, identifies major issues and trends, describes the historical background and existing programs, and points out the implications of the information for the work of human services professionals. For those who need succinct, timely, and practical information but lack the time to examine the total collection of data, the **Searchlight Plus** is the "perfect package." For a complete list of current topics, please contact the ERIC/CAPS Publications Department.

1

The following se  
members, special nee  
families.

LIV.

(Excludes perso

---

Living arrangements o  
and marital status of p

Of the total U. S. where at least one spo children lived in a re percentage of children

The 1990 predict

poverty line. Male-

levels, and the figure

the House Select Co

minor children with

these mothers actual

The reverse is also true: a family that is more rewarding or less sufficiently attractive

Laner has developed

understanding family

and individual levels.

adolescence, and hard

parental, community,

chronological. Levy

Separation, individuat

includes the grief proc

and recovery. Conte

- I. Developing Self, Self Esteem and Establishing Independence.
- II. Involvement in Tension Releasing Social and Routine Activities and Contacts with Relatives
- III. Investing in Children and Maintaining Family Stability
- IV. Maintaining Social Support Through Religious and Social Activities
- V. Expressing Feelings and Seeking Understanding Through Personal and Professional Relationships (p. 98)

Goetting (1981) and Kitson and Raschke (1983) have reviewed the research literature on the negative consequences of divorce. For adults these are likely to include time and money management difficulties, physical and mental health problems, diminished social and sexual activities initially and diminished satisfaction later, and role definition strain. Role redefinition strain includes difficulties in child management as well as stresses in relationships with extended family members.

Though health correlates with divorce have been heavily documented, the exact cause-effect linkage is unclear. Is divorce a cause or an effect of health disturbances? One study showed that health problems were associated more closely with marital happiness than with marital status (EJ 041 619). Research is beginning to indicate that role redefinition strain may be correlated with the degree of attachment to the former spouse. Many questions about factors facilitating adjustment remain unanswered because of inadequate quantity and/or quality of research (Kitson & Raschke, 1983):

1. Do men or women hurt more?
2. Does having children help or hinder?
3. Do fault-grounds laws make matters worse?
4. Do age and length of marriage make a difference?
5. Do the better educated and the wealthier cope better?
6. Are dating and sexual activity necessary for adjustment?
7. Does counseling really help the pain go away?
8. What psychological traits are positive resources?

Much more research is needed to clarify our understanding of the consequences of divorce on adults and what factors facilitate the adjustment process.

### Impact on Children

Interest in the effects of parental divorce on children has been fairly intense, but the research work is far from complete. Goetting (1981) defines the bottom line in research efforts as twofold: (1) little can be said conclusively about the effects of divorce on children because of methodological limitations of the research, and (2) negative effects may well be a consequence of marital discord rather than marital structure.

Goetting reviewed a number of studies which investigated the effect on cognitive performance and school achievement. The conclusions are contradictory and factors are inadequately segregated. If excessive absence is the most evident debilitating factor, what can schools do to facilitate the child's more regular participation? Though there may be some immobilization or regression in school productivity associated with divorce, one could logically conclude that consequence from the definition of a crisis state as being temporarily dysfunctional. The real question is how do school personnel provide the appropriate support which allows the child to move through the crisis trauma as quickly, yet thoroughly, as possible. And how can schools support the parents' efforts to reorganize the family into a functional single-parent structure?

Researchers have also been interested in divorce's impact on the personality development of children. Studies of young children are again inconclusive and contradictory. Recent efforts to control more variables indicate that the conflict atmosphere in the home is more detrimental than the marital status of the parents. Research by Mess and Camara suggests that the relationships among family members seem to affect child behavior more than does marital status (EJ 220 409). Furthermore, maintaining positive relationships with both custodial and non-custodial parents can greatly mitigate the negative behavioral consequences of divorce.

Similar conclusions are drawn from the work of developmental psychologists: "Nurturant, competent, accessible fathers facilitate the psychosocial development of both sons and daughters, whereas hostile, distant, or inaccessible fathers (whether absent or present) inhibit the sociopersonality development" (EJ 177 416, p. 169). Rosenthal agrees.

from a psychoanalytic  
disappears is more c  
longitudinal studies of  
crisis for children, but  
period of time (EJ 220

Researchers hav

members of the family

the task for the system

professional therapeutic

5. Classes on single

6. "Big Sister" or

Custodial single parent

demands. The money c

for relieving some of th

healthier development

relationship whatsoever

inevitable. Another st

increase in the number

Several authors h

families (EJ 260 216, E

relief from the overwhelm

as the addition of the

emotionally satisfied p

---

number of care-giving

stepsibling friendships

# Custody Laws and Imp

Since California

no-fault or include no

from "patria potesta

detrimental alternati

courts. Fifty years

are now occurring re

divorce counseling; e

division (before and e

divorce adjustment

research. Though

to the mental health

member conducts a

custody resolution co

Minneapolis indicate

require further inter

counseling sessions t

Though most p  
agreement rather th  
still exist. Many ther  
in the current divo  
comprehensively on

# Counseling Services

In addition to families? Benjamin a philosophy of humani with the client for gr

vulnerable to men. L

esteem before again

and autonomy concern

the emotional express

Family Systems

Two techniques  
Autopsy procedure to  
Rather than focusing  
function of various  
approach found to be

diverse segments of

~~conduct six weekly~~

successful and evidence

The success of paren

the divorce adjustment

# Group Counseling

Children talk with a

the use of groups are

be very effective with

Schneider adds role p

wrote a play and an

not knowing what to

from teacher worksh

child of divorced po

resources, as well as

adapted to meet the

School resources:

program is described

perhaps the most va

identify and validate

structure. Curricul

introduced at the ele

But transition p

As a result of our exp

will find more workab

learn to deal with,

condemnation. Perha

Ahrons, C. R. The bir

American children in

pp. 1; 3.

**Marital status and liv  
November 30, 198**

**Monthly vital statistic  
Service, National**

**National Center for H**



Print 25/5/1-98

DIALOG F1101: ERIC -

EJ269943 C0922781

Children of Viet  
Approach to Dealing  
Drenan, Solly B.;  
American Journal of  
1982

Available from: Rep

LANGUAGE: English

DIALOG F1101: ERIC -

EJ259083 CG522099

Custody and Visitation  
Program.

Scheiner, Lillian C  
Family Relations, v  
Available from: Rep

LANGUAGE: English

DIALOG File: ERIC

EJ25 1975 CG521280

The Divorce Myth.

Bernard, Janine M

Personnel and Guilt

Available from: R

Language: English

Document Type:

DIALOG File1: ERIC -

EJ245465 CG520898

The Decision to Remar

Garfield, Robert

Journal of Divorce,

Language: English

Document Type: JOUR

Presents a general

which divorced people

DIALOG F1101: ERIC

EJ240131 CG520248

Divorce Counseling  
Option.

Lazrus, Arnold A.

Journal of Marital

1981

Available from: Re

Language: English

17 CG519554  
Counseling Children of Divorce in the Elementary  
s; Understanding Process and Technique.  
nshein-Schneider, Mary; Baird, Kay L.  
nnel and Guidance Journal, v59 n2 p88-91 Oct 1980  
lable from: Reprint: UMI  
uage: English  
ment Type: JOURNAL ARTICLE (080); PROJECT DESCRIPTION

roduces a reality-based perspective on divorce groups so  
ary school counselors may have an advanced cognitive  
or and realistic expectation of the counseling group.  
g, role playing and rehearsal, and books and puppets can  
d to help the child accept divorce through peer support.  
r/JAC)  
ripts: \*Children; \*Counseling Techniques; \*Divorce;  
ary Education; Empathy; \*Group Counseling; Group  
cs; Peer Acceptance; Program Descriptions; \*Role Playing  
ool Counseling; School Counselors

00 CG519659  
ly Therapy for the "Truncated" Nuclear Family.  
Gerald H.  
rnational Journal of Family Therapy, v2 n3 p193-99 Fall  
80  
lable from: Reprint: UMI  
uage: English  
ment Type: JOURNAL ARTICLE (080); PROJECT DESCRIPTION

truncated nuclear family consists of a two-generation  
in which conflict has produced a polarization of values.  
ngle-parent family is at special risk. Go-between  
s enables the therapist to depolarize sharply conflicted  
and reduce pathogenic relating. (Author)  
ripts: Counseling Techniques; \*Counselor Client  
onsh \*Family Counseling; Family Problems; \*Nuclear  
Parent Family; Program Descriptions;  
pathology, Systems Approach; Values  
tifiers: \*Go Between Process

96 CG519655  
apy with Siblings in Reorganizing Families.  
nberg, Elinor B.; And Others  
rnational Journal of Family Therapy, v2 n3 p139-58 Fall  
80  
lable from: Reprint: UMI  
uage: English  
ment Type: JOURNAL ARTICLE (080); REVIEW LITERATURE

loss of parenting figures often leaves children without  
tent parental support and with increased fears of  
nment. Siblings can offer each other a significant  
t system. Work with sibling groups can help children  
ve conflicts and remove interferences to mutually

supportive relationships. Two Commentaries follow. (Auth  
Descriptors: Case Studies; Counseling Techniques;  
Divorce; \*Family Counseling; Family Problems; \*  
Relationship; \*Group Counseling; One Parent Family; \*Sib  
State of the Art Reviews  
Identifiers: \*Support Systems

EJ233886 CG519615  
Crisis Group Therapy with the Separated and Divorced.  
Hassall, Edward; Madar, Dorothy  
Family Relations, v29 n4 p591-97 Oct 1980  
Available from: Reprint: UMI  
Language: English  
Document Type: JOURNAL ARTICLE (080); GENERAL REPORT  
REVIEW LITERATURE (070)

This description of the steps in the treatment p  
begins with cognitive mastery of the normal spect  
reaction and continues through the stages of expressin  
resolving grief to the restructuring of the individual  
situation. (Author)  
Descriptors: \*Adjustment (to Environment); Cop  
Processes; Coping; \*Counseling Techniques;  
Intervention; Developmental Stages; \*Divorce;  
Counseling; Individual Development

EJ233796 CG519487  
Divorce Counseling Guidelines for the Late Divorced F  
Langelier, Regis; Deckert, Pamela  
Journal of Divorce, v3 n4 p403-11 Sum 1980  
Language: English  
Document Type: JOURNAL ARTICLE (080); NON-CLASSROOM M  
(055)

Offers divorce counseling guidelines for the fem  
divorces after 20 years or more of marriage, based on a  
study of late divorced female Canadians. Research emp  
six major life adjustment areas: emotions; divorce g  
finances and budgeting; children; life-style chang  
independence. (Author)  
Descriptors: \*Adjustment (to Environment);  
\*Counseling Techniques; \*Divorce; \*Females; Foreign Cou  
Guidelines; Older Adults; Skill Development; Social Adj  
Identifiers: \*Canada

92 CG519483  
Decision to Divorce: Perspective.  
Schrift, Stan L.; Kunz.  
Journal of Divorce, v3 n4 p319-37 sum 1980  
Language: English  
Document Type: JOURNAL ARTICLE (080); RESEARCH REPORT (143); LITERATURE (070)  
Pages of respondents that ended in divorce were not as many as marriages of other couples they had known nor did they meet expectations held prior to entering into the relationship. The most frequent problem was unfaithfulness.  
Descriptors: \*Counseling Effectiveness; \*Decision Making; \*Interpersonal Relationship; \*Marital Instability; \*Marriage Counseling; \*Problems; \*Social Exchange Theory;

93 CG519086  
Working with Stepfamilies: Principles of Practice.  
Hanson, Harriette C.  
Journal of Marital and Family Therapy, v25 n4 p304-08 Jul 1980  
Available from: Reprint: UMI  
Language: English  
Document Type: JOURNAL ARTICLE (080); REVIEW LITERATURE (141)  
This article outlines common characteristics of stepfamilies, and discusses relevant principles for social workers when dealing with these families. A fundamental principle is that the therapist's overall approach should be based on an understanding of the economic and sociological context of divorce and remarriage. (Author)  
Descriptors: \*Counseling Techniques; \*Divorce; \*Economic Problems; \*Family Characteristics; \*Family Counseling; \*Family Therapy; \*Marriage; \*Social Workers  
Identifiers: \*Stepfamilies; \*Stepfathers

97 CG519040  
Comparative Analysis of the Effectiveness of Conciliation Proceedings on Certain Personality Variables.  
Hanson, David D.; Seymour, Warren R.  
Journal of Marital and Family Therapy, v6 n3 p269-74 Jul 1980  
Available from: Reprint: UMI  
Language: English  
Document Type: JOURNAL ARTICLE (080); RESEARCH REPORT (143)  
This study examined differences in the amount, and direction, of personality change. Differences in dissolution rates were found, as well as differences in court-ordered counseling, but court-ordered counseling did appear to have a positive effect with some couples. (Author)  
Descriptors: \*Comparative Analysis; \*Counseling Effectiveness; \*Court Litigation; \*Divorce; \*Marital Instability; \*Marriage Counseling; \*Personality Change; \*Spouses

EJ229706 19039  
Towards a Therapeutic Discipline: Commitment: A Divorcee Proposes Attorney-Therapist Marriages or, at the Least, an Affair.  
Steinberg, Joseph L.  
Journal of Marital and Family Therapy, v6 n3 p259-264 Jul 1980  
Available from: Reprint: UMI  
Language: English  
Document Type: JOURNAL ARTICLE (080); PROJECT DESCRIPTION (141)  
A divorce is less likely to seriously traumatize a dissolving family when both the legal and emotional issues of divorce are addressed. Attorney-therapist teams are proposed as an effective vehicle to help minimize the stress of divorce experience. (Author)  
Descriptors: \*Counseling Techniques; \*Divorce; \*Interdisciplinary Approach; \*Lawyers; \*Legal Services; \*Marital Instability; \*Marriage Counseling; \*Therapists

EJ227055 AA531773  
Johnny: A One-Parent Preschooler.  
Salant, Edna G.  
Art Education, v33 n4 p22-24 Apr 1980  
Available from: Reprint: UMI  
Language: English  
Document Type: JOURNAL ARTICLE (080); RESEARCH REPORT (143)  
Presented is a case study of Johnny, a four-year-old child with his divorced mother, which illustrates the application of art therapy to the basic problems experienced by children in a one-parent family. This article is part of a theme issue on art therapy. (SUL)  
Descriptors: \*Aggression; \*Art Therapy; \*Case Studies; \*Counseling Techniques; \*Emotional Problems; \*Fatherless Children; \*One Parent Family; \*Parent Child Relationship; \*Preschool Children; \*Preschool Education

DIALOG File1: ERIC -

EJ223420 CG518601

An Analysis and Int

McKinney, Elizabeth

Journal of the Int

Workers, v24 n3 p260-

Available from: Rep

Language: English

Document Type: JOURNAL

RESEARCH REPORTS (1)

DIALOG File#: ERIC

EJ220409 UD507766

Post-Divorce Fam  
the Consequences of

Hess, Robert D.; e

Journal of Social

Available from. Re

Language: English

Document Type: JOU

The effects of di

DIALOG File1: ERIC -

EJ210689 CG517060

Counseling the Diver

Dreyfus, Edward A.

Journal of Maritime

1979

Available from: Rep

Language: ENGLISH

Document Type: JOU

DIALOG File1: ERIC -

EJ200910 CG516236

Single-Parent Family

Mendes, Helen A.

Social Work, v24 n

Language: ENGLISH

Document Type:

(070)

Presents a beginning

life studies of single

DIALOG File1: ERIC - E

EJ199211 CG516013

Transitional Relatio

Taibbi, Robert -

Journal of Divorce,

Language: ENGLISH

Document Type: JOURN

This article focus

different transition

DIALOG F1101: ERIC

EJ192044 CG515318

Professional Inter  
of Lawyers, Psychot

Kressel, Kenneth;

Journal of Divorce

Language: ENGLISH

This report sum  
groups of lawyers,

divorcing process

DI/ALOG Filet: ERIC - 6

EJ184590 CG514693 .

Conjoint Family Th  
Strategy

Baldeme, Sally M.; A

International Journa

Spr 1978

Available from: Repr

Language: ENGLISH

This article appears

DIALOG File: ERIC -

EJ178148 P5506615

Children of Divorce

Jenkins, Shirley

Children Today, 7,

Available from: Re

Language: ENGLISH

Considers four a  
evaluate the needs o

action: economic p

DIALOG File1: ERIC - 6

EJ177223 CG513899

Divorce Mediator: A

Haynes, John M.

Social Work, 23, 1,

Language: ENGLISH

In response to soaring

laws, the author

workers--divorce media

DIALOG File1: ERIC.

EJ160192 CG512395

Counseling Divorce

Carter, Dianne K.

Personnel and Gut

Language: ENGLISH

During divorce,

intended or not, t

DIALOG F1101: ERIC

EJ142716 CG510695

Families in Divorced  
Children

Hozman, Thomas L.

Family Coordinator

Language: ENGLISH

The Authors Do

EJ041619 CG503150

Health and Marital Experience in an Urban Population

Renne, Karen S.

Journal of Marriage and the Family, 33, 2, 338-350 May 1971

Language: ENGLISH

the findings indicated that (1) physical and psychological health are associated with marital happiness regardless of marital history, and (2) at the same time, divorce and remarriage tend to "select" the healthier members of the unhappy married population. (Author)

Descriptors: \*Emotional Adjustment; Emotional Problems;  
\*Health; Marital Status; \*Marriage; \*Mental Health;  
\*Psychological Patterns



Print 27/5/1-24

DIALOG File: ERIC

ED219145 . PSO12960

Helping Children

Jewett, Claudia L

1982 156p.

Report No.: ISBN-

Available from: T

Box 355, Harvard, M

DIALOG File 1: ERIC

ED210591 CGO15616

Marriage Counsel  
No. 2:

Wolcott, Ilene

Institute of Family

Jul 1981. 16p.;

Report No.: ISBN-

DIALOG File: ERIC

ED203991 PS012163

Parenting After  
Professionals.

Baden, Clifford,  
Wheelock Coll., B

1981 5tp.

Available from:  
Studies, 200 The Rf

DIALOG File 1: ERIC -

ED197255 ,CG014902

Evaluating the E  
Single-Parents.

Leavitt, Shelley E

Sep 1980 38p.; P

the American Psych

Quebec, Canada, Sept

EDRS Price - MF01/

DIALOG File: ERIC

ED167249# PSO10395

Stepfamilies: A  
Stepchildren.

Visher, Emily B.;

1979 . 280p.

Available from: B

New York, New York

Document Not Avail

DIALOG F1101: ERIC -

ED184261 CG012410

Remarriage Council

Cameron, Catherine

Oct 1977 10p.; P

the National Coun

California, October

due to marginal legit

EDRS-Price - MF01

DIALOG File: ERIC

ED152834 S0010748

Montgomery County

Montgomery County

Jan 1977 95p. ; A

due to poor type der

EDRS Price - MF04,

Language: ENGLISH

Document Type: RES

DIALOG File: ERIC -

ED131009 CG012209  
Counseling Couples  
Approach.

Levy, Terry M.; JOHNSON, J.  
14 Oct 1977 22p.  
of the National Council  
California, October  
EDRS Price - MF01/

DIALOG File: ERIC

ED121412 PS008318

Family Development  
Report.

Lewis, Judith; And

San Francisco F.

Developmental Center

JUN 1978 148p.;

Sponsoring Agency

DIALOG File: ERIC -

ED095453 CG009092

Helping Mothers in

Wagner, Mary M.; W

[1974 32p.

EDRS Price - MF01/

Language: ENGLISH

Document Type: RES

Journal Announceme

**ERIC**

**ERIC**

OPERATED BY

D  
P  
CO

# **IMPORTANT INFORMATION**

---

---

- **ORDER BY ED NO.**  
See Resources in  
(RIE)
- **SPECIFY EITHER:**  
Microfiche (MF)

## **1. PRICE LIST**

The prices set forth herein and any price change will be subject to the approval of the Procurement Contracting Officer.

## **2. PAYMENT**

The prices set forth herein do not include taxes which may apply to the customer. The cost of such taxes shall be the responsibility of the customer.

Payment shall be made in full and shall be without expense to the customer.

## **3. REPRODUCTION**

Express permission to reproduce or to transmit in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system, without the express written permission of the copyright owner, is hereby granted. Such permission must be obtained in writing and shall appear on the title page of such copyrighted material.