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)
DIVORCE AND SINGLE-PARENT FAMILY COUNSELING

Lynelle C. Hale

Relevant Resources in High Interest Areas

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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.

ERIC COUNSELING AND PERSONNEL SERVICES CLEARINGHOUSE
1983
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.
The following special members, special need families.
Living arrangements of person and marital status of person.
Of the total U.S. children lived in a re
percentage of children

The 1990 predict...
poverty line. Male-headed households, and the figure for the House Select Committee on minor children with only one of these mothers actually...
The reverse is also true; more rewarding or less sufficiently attractive.

Laner has developed understanding family and individual levels.
adolescence, and hard
parental, community,
chronological. Levy
Separation, individual
includes the grief proc
and recovery. Centr
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 clear. 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 Hess 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 sociopsychology development" (EJ 177 416, p. 169). Rosenthal agrees.
from a psychoanalytic perspective is more common in longitudinal studies of crisis for children, but over a period of time (EJ 220). Researchers hav
members of the family
the task for the syst
professional therapeutic
5. Classes on sing
6. "Big Sister" or Custodial single parent demands. The money of for relieving some of the healthier development a
relationship whatsoevers inevitable. Another st increase in the number.

Several authors have families (EJ 260 216, E
relief from the overwhelming as the addition of the emotionally satisfied number of care-giving stepsibling friendships.
Custody Laws and Implications

Since California no-fault or include new from "patria potestas detrimental alternative relationships.
courts. Fifty years later, divorce counseling; and divorce adjustment research. Though
to the mental health member conducts a custody resolution in Minneapolis. Indicate it requires further intervention counseling sessions.
Though most people are in agreement rather than disagreement, many theories still exist. Many theories in the current divorce comprehensively on
Counseling Services

In addition to families? Benjamin philosophy of human
with the client for gr
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 parents the divorce adjustment
Children talk with a group and the use of groups are very effective with Schneider adding roles. Schneider wrote a play and presented it.
not knowing what to do from teacher workshops, child of divorced parents, resources, as well as adapted to meet the School profes...
program is described perhaps the most valuable structure. Curriculum introduced at the elementary school.
But transition proves difficult. As a result of our experience, we will find more workable solutions. Perhaps we can learn to deal with condemnation. Perhaps...
Marital status and live births, November 30, 1981.

Monthly vital statistics

Service, National Center for Health Statistics
Children of Vict
Approach to Dealing with
Dreman, Solly B.; C
American Journal of Guidance
1982
Language: English
Custody and Visitation Program.

Scheiner, Lillian C

Family Relations, volume


Language: English
The Divorce Myth.
Bernard, Janine M.
Personnel and Guidance.
Available from: Reproductions
Language: English
Document Type:
The Decision to Remarry

Garfield, Robert

Journal of Divorce

Language: English

Document Type: JOUR

Presents a general which divorced people
Option.

Divorce Counsel

EJ240131
CG520248

1981

Journal of Marriage and Family Therapy

Lazrus, Arnold A.

Available from: ERIC Clearinghouse on Marriage and Family Living

Language: English

M. L. Schneirn-Schneider, Mary; Baird, Kay L.


Counselors may have an advanced cognitive and realistic expectation of the counseling group's role playing and rehearsal, and books and puppets can help the child accept divorce through peer support.

Descriptors: Children; Counseling Techniques; Divorce; Elementary Education; Empathy; Group Counseling; Group Processes; Peer Acceptance; Program Descriptions; Role Playing in Counseling; School Counselors

Crisis Group Therapy with the Separated and Divorced.

Hassall, Edward; Mader, Dorothy

Family Relations, v29 n4 p591-97 Oct 1980

This description of the steps in the treatment process begins with cognitive mastery of the normal spool reaction and continues through the stages of expressing resolving grief to the restructuring of the individual situation. (Author)

Descriptors: Adjustment (to Environment); Coping; Intervention; Developmental Stages; Divorce; Counseling; Individual Development

Divorce Counseling Guidelines for the Late Divorced Female.

Langelier, Regis; Decker, Pamela

Journal of Divorce, v3 n4 p403-11 Sum 1980

Offers divorce counseling guidelines for the family divorced after 20 years or more of marriage, based on study of late divorced female Canadians. Research emphasized six major life adjustment areas: emotions; divorce grief; finances and budgeting; children; life-style change; and independence. (Author)

Descriptors: Adjustment (to Environment); Counseling Techniques; Divorce; Females; Foreign Countries; Guidelines; Older Adults; Skill Development; Social Adjustment

Identifiers: Canada

Loss of parenting figures often leaves children without intimate parental support and with increased fears of abandonment. Siblings can offer each other a significant support system. Work with sibling groups can help children resolve conflicts and remove interferences to mutually supportive relationships. Two commentaries follow. (Author)

Descriptors: Case Studies; Counseling Techniques; Divorce; Family Counseling; Family Problems; Family Relationship; Group Counseling; One Parent Family; Siblings

State of the Art Reviews:

Identifiers: Support Systems

Crisis Group Therapy with the Separated and Divorced.

Hassall, Edward; Mader, Dorothy

Family Relations, v29 n4 p591-97 Oct 1980

Language: English

Document Type: JOURNAL ARTICLE (080); REVIEW LITERATURE (070)

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Identifiers: Canada
Nuclear to Divorce: A Perspective.

Stan L. Kunz, 1980

Pages of respondents that ended in divorce were not at marriages of other couples they had known nor did the premature expectations held prior to entering into the marriage. The most frequent problem was unfaithfulness.

The most frequent problem was unfaithfulness.

Descriptors: Counseling Techniques; Decision Making; Interpersonal Relationship; Marital Instability; Social Exchange Theory.

Ins with Stepfamilies: Principles of Practice.

Harrissette C. Work, 1980

Common characteristics of stepfamilies, and relevant principles for social workers when dealing with these families. A fundamental principle is that the counselor's overall approach should be based on an understanding of the emotional and sociological context of divorce marriage. (Author)

Descriptors: Counseling Techniques; Divorce; Economic Stability; Family Characteristics; Family Counseling; Marriage; Social Workers.

Comparative Analysis of the Effectiveness of Conciliation Litigation on Certain Personality Variables.

David D. Seymour, Warren R. Steinberg, 1980

Differences were found in the amount and direction of personality change for some couples. (Author)

Descriptors: Comparative Analysis; Counseling Effectiveness; Divorce; Marital Instability; Personality Change; Spouses.

Johnny: A One-Parent Preschooler.

Edna G. Want, 1980

Presented is a case study of Johnny, a four-year-old with his divorced mother, which illustrates the application of art therapy to the basic problems experienced by children in one-parent family. This article is part of a theme issue on art therapy. (SJL)

Descriptors: Aggression; Art Therapy; Case Study; Counseling Techniques; Emotional Problems; Fatherless One Parent Family; Parent Child Relationship; Preschool Education.

Toward Interdisciplinary Commitment: A Divorce Proposal for Attorney-Therapist Marriages or, at the Least, Affair.

Joseph L. Steinberg, 1980

A divorce is less likely to seriously traumatize the dissolving family when both the legal and emotional aspects of divorce are addressed. Attorney-therapist teams are presented as an effective vehicle to help minimize the stress of a divorce experience. (Author)

Descriptors: Counseling Techniques; Divorce; Interdisciplinary Approach; Lawyers; Legal; Marital Instability; Marriage Counseling; Therapists.

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Edna G. Want, 1980

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An Analysis and Interpretation of the Impact on...
Post-Divorce Families: The Consequences of Divorce

Hess, Robert D.

Journal of Social Issues

Available from:

Language: English

Document Type: JOUR

The effects of divorce on...
Counseling the Divorced

Dreyfus, Edward A.

Journal of Marital Therapy

1979


Language: ENGLISH

Document Type: JOLT
Single-Parent Families
Mendes, Helen A.
Social Work, v24 n
Language: ENGLISH
Document Type:
(070)

Presents a beginning life style study of single parents...
This article focuses on different transitional relationships.
Professional Interests of Lawyers, Psychotic; Kressel, Kenneth; Journal of Divorce Language: ENGLISH

This report summarizes groups of lawyers, divorcing. Process
Conjoint Family Therapy Strategy

Baideme, Sally M.; A
International Journal
Spr 1978

Available from: Reprod.
Language: ENGLISH

This article presents...
Children of Divorce

Jenkins, Shirley

Children Today, 7.

Available from: REEL

Language: ENGLISH

Considers four areas to evaluate the needs of children after a divorce: economic pl...
Divorce Mediator: A
Haynes, John M.
Social Work, 23, 1.
Language: ENGLISH
In response to soaring
laws, the author-
workers--divorce media
Counseling Divorce

During divorce, whether or not...
Families in Divorce

Hozman, Thomas L.

Language: ENGLISH

The authors pre
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; *Marital Health; *Psychological Patterns
ED219145  PS012960
Helping Children
Jewett, Claudia L
1982  156p.
Report No.: ISBN-
Available from: 1
Box 355, Harvard, M
ED210591  CG015616
Marriage Counsel No. 2:
Wolcott, Ilene
Institute of Fam
Jul 1981.  16p.;
Report No.; ISBN-
ED203991 PS012163
Parenting After Professionals.
Available from: Studies, 200 The Rt
Evaluating the Single-Parents.

Leavitt, Shelley E

Sep 1980 38p.; P

the American Psych
Quebec, Canada, Sept

EDRS Price - MF01/
Stepfamilies: A Stepchildren.

Visher, Emily B.; 1979, 280p.

Available from: B

New York, New York

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Cameron, Catherine
the National Council
California, October
due to marginal legit
EDRS Price - MF01
Counseling Couples Approach.


of the National Council of the National Council of California, October
EDRS Price - MF01/0
Family Development Report.
Lewis, Judith; And San Francisco Family Developmental Center
Jun 1975 148p.; Sponsoring Agency
Helping Mothers In
Wagner, Mary M.; W
EDRS Price - MF01/
Language: ENGLISH
Document Type: RES
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