

Child-based Interventions for Children of Divorced Families: A New Conceptual Framework

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1. Previous research - Demographics

Europe (Eurostat)

- General increase
- Less marriage, more divorce

Children and divorce

- A rise in births outside marriage (cohabiting couples and lone parents)
- 35% of the USA children do not live with married parents (Child Trends Databank, 2015)

1. Previous Research - Theory

General (Amato, 2000)

Increased risk on

- Internalizing problematic behaviour / feelings
- Externalizing problematic behaviour / feelings

Mental health promotion (Stathakos & Roehrle, 2003)

- Intervention programs
- Complex interplay (Hetherington, Bridges, & Insabella, 1998)

1. Previous Research - Problem

Rapid **proliferation** of intervention programs



Identification of **characteristics** is difficult
(strengths & difficulties)



Fragmentation

No grip on entire field
(blind spots)

2. Research Question

Development of a conceptual framework

Characteristics:

- Child-based
- Primary school children
- Improving well-being
- Divorced/separated families
- Timeframe 1980-2015

3. Method

Literature review

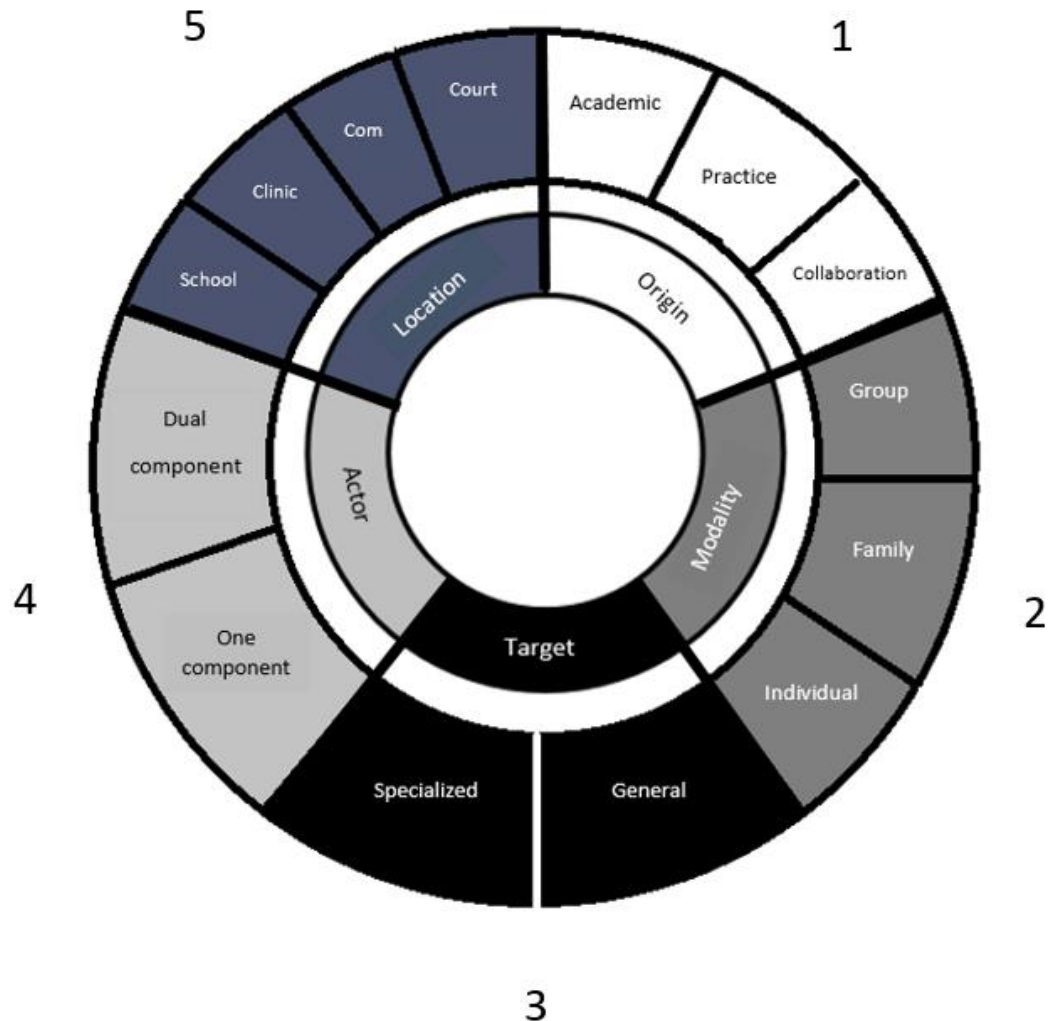
Non exhaustive list of 25 intervention programs

United States of America (n = 17) and Western Europe (Netherlands n = 2; Sweden n = 1; United Kingdom n = 1). Other intervention programs were from Canada (n = 1), Iran (n = 1), Israel (n = 1) and South Africa (n = 1)

4. Results - General

Five-dimensional conceptual framework

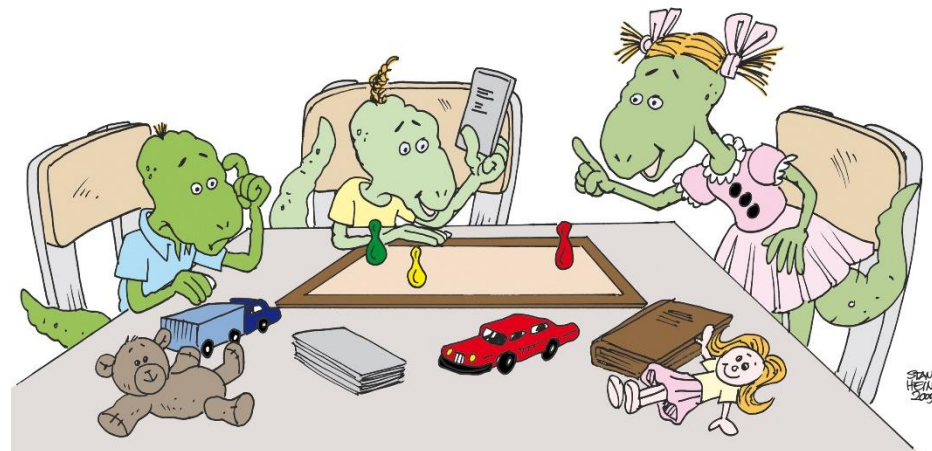
1. Origin
2. Modality
3. Target group
4. Actor(s)
5. Location



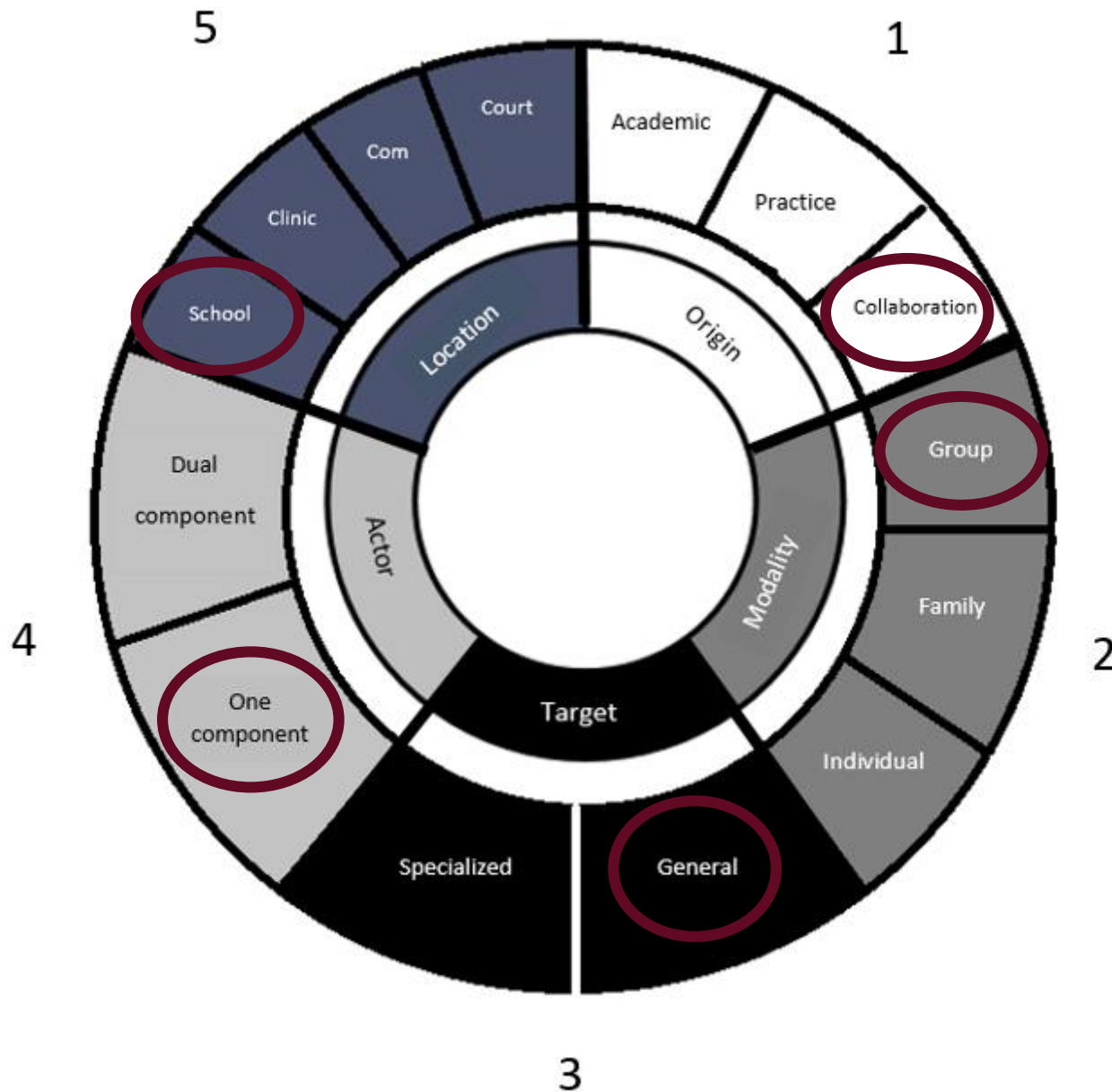
5. Application: Case 1

Program: Children of Divorce Intervention Program – CODIP (1985)

- Source: Cognitive based intervention
- Goal: Help children cope with challenging family changes
- Tools: Support, awareness, explanation of feelings and coping skills
- Age: 5-14 years old



5. Application: Case 1



5. Application: Case 1

- Origin: Collaboration
- Modality: Group
- Target group: General
- Actor(s): One component
- Location: School

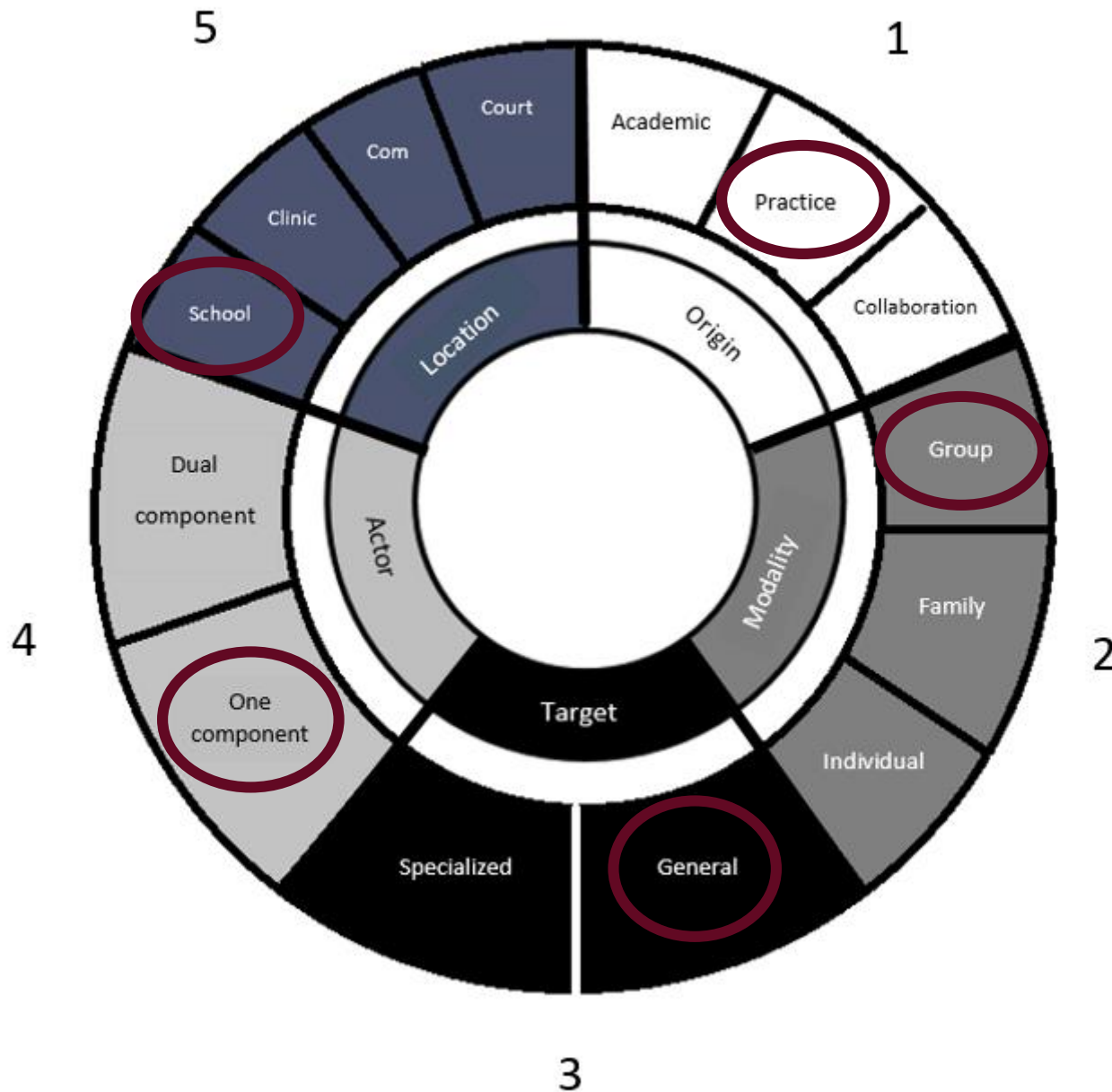
5. Application: Case 2

Program: Kids in Divorce Situations - KIDS (2005)

- Source: Cognitive behavioural intervention
- Goal: Finding recognition, regain control, activating help and processing the divorce
- Tools: Roleplay, conversations and challenges
- Age: 8-12 years old



5. Application: Case 2



5. Application: Case 2

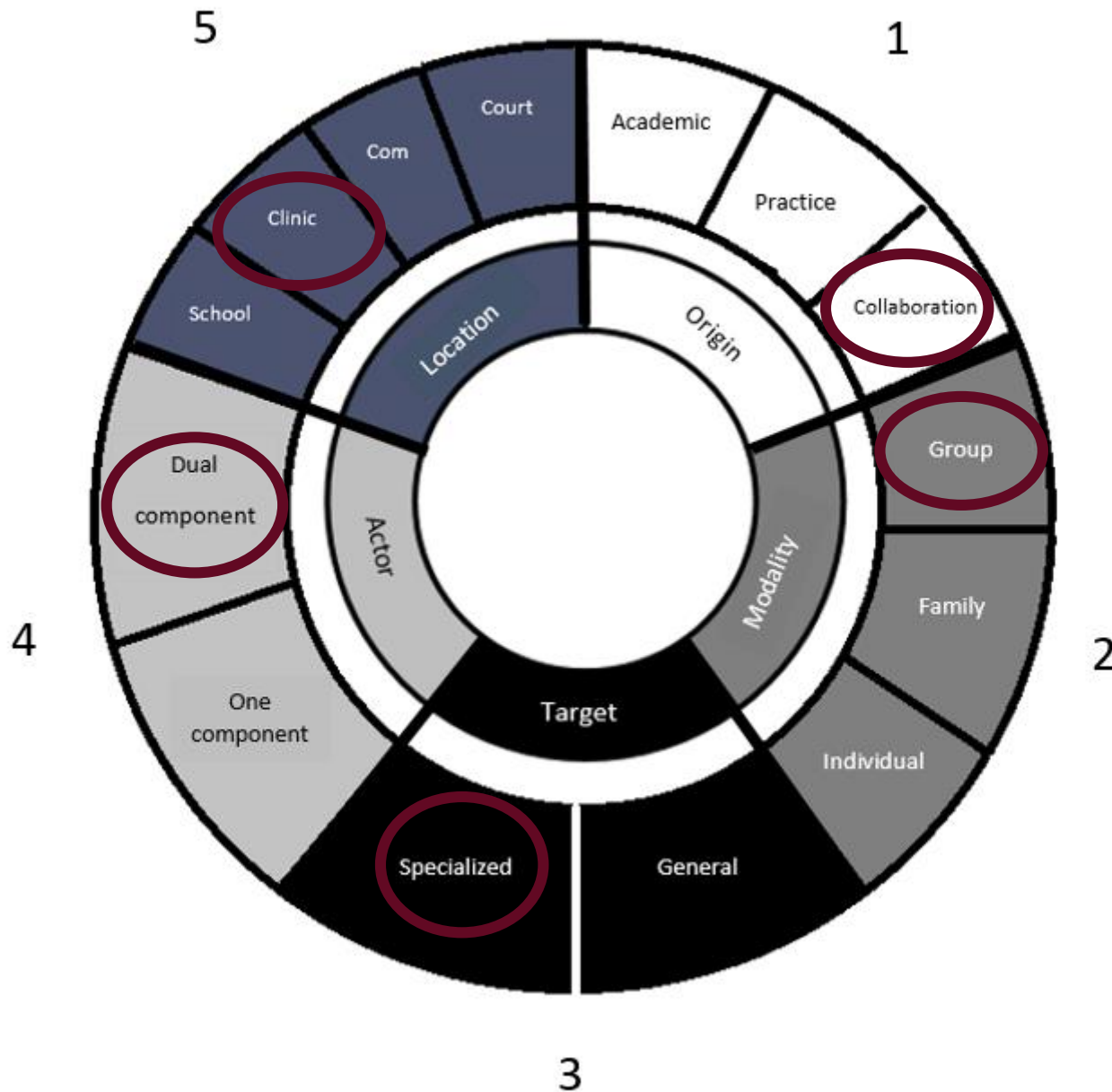
- Origin: Practice
- Modality: Group
- Target group: General
- Actor(s): One component
- Location: School

5. Application: Case 3

Program: **Sixteen-session group treatment (2013)**

- Source: Dynamic and cognitive-behavioural
- Goal: Lighten emotions, mentalization and normalization of visitation pattern
- Tools: Interpersonal skills and coping techniques
- Age: 6-16 years old with diagnosis of Parental Alienation

5. Application: Case 3



5. Application: Case 3

- Origin: Collaboration
- Modality: Group
- Target group: Specialized
- Actor(s): Dual component
- Location: Clinic

5. Conclusion

Observations

1. Some combinations are rare
E.g.; Academic and individual
2. Similar topics (Kalter, Pickar, & Lesowitz, 1984)
3. Shift in perspective
4. Evaluation (?)

5. Conclusion

Advantages:

- Working instrument
- Showing the 'gaps'

Future steps:

- Referral and tailoring
- Better specification of features and objectives
- More evaluation

Towards a good coordination of intervention programs

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4. Results - Specific

1. Origin:

Development and distribution

- **Academic**

E.g., My two homes (Burroughs, Wagner, & Johnson, 1997)

- **Practice**

E.g., Kids' Turn (Gilman, Schneider, & Shulak, 2005)

- **Collaboration**

E.g., Cognitive-behavioral therapy
(Karami, Ghasemzadeh, Saadat, Mazaheri, & Zandipou, 2012)

4. Results - Specific

2. Modality:

Administered method

- **Group**

E.g., Music Therapy (DeLucia-Waack & Gellman, 2007)

- **Family**

E.g., Cognitive-behavioral family therapy (Spillane-Grieco, 2000)

- **Individual**

E.g., Individual counselling (McConnell & Sim, 1999)

4. Results - Specific

3. Target group:

Administered method

- **General group**

E.g., Support Groups for Children in Troubled Families
(Skerfving, Johansson & Elgan, 2014)

- **Specific subgroup**

E.g., No Kids in the Middle (van Lawick & Visser, 2015)

4. Results - Specific

4. Actor(s):

Involved persons

- One component intervention

E.g., Paper Bag Books (Somody & Hobbs, 2007)

- Dual component intervention

E.g., Kids in Divorce Situations (Pelleboer-Gunnink, Van der Valk, Branje, Van Doorn, & Deković, 2015)

4. Results - Specific

5. Location:

Accessibility, safety and comfort

- **School**

E.g., School-based Developmental Facilitation Group for Children of Divorce (Kalter, Pickar, & Lesowitz, 1984)

- **(Psychological) clinic or welfare center**

E.g., Sixteen-session Group Treatment (Toren et al., 2013)

- **Community Center**

E.g., The New Beginnings Program (Wolchik et al., 2000)

- **Court**

E.g., Sandcastles (Neuman, 1999)