



Announcing

Repairing Disrupted Family Relationships A 12-week group program

Dr. Peggie Ward and Dr. Jane Appell announce a 12-week psycho-educational group program for high-conflict separated or divorced families where a child or children are in danger of losing a relationship with one parent. Children in such families are often in the middle of their parents' conflicts and forced to make a choice about their allegiance to one or another parent. Research indicates that these children have difficulties trusting others, feeling secure and protected, accurately processing information, and developing secure relationships as adults. This year Overcoming Barriers Inc. has selected this program as one of its projects for 2012 to supplement the range of its program offerings. Overcoming Barriers, Inc. a non-profit organization that has run summer camp programs and intensive weekend programs for these families.

The RDFR program consists of 4 components for each family:

- Weekly parent groups with a combination of favored parents and non-favored parents (2 groups—each parent will be in one 12-week group)
- Weekly children groups (children will be in one 12-week group on Saturdays)
- Family intervention meeting (in week 11)
- Development of follow-up recommendations

The program is a research based psycho-education and experiential program which targets specific feelings, cognitions and behaviors on the part of parents and children in families disrupted by post separation conflicts. The program goals are to help all participants:

- Identify thoughts feelings and actions that trigger negative responses
- Develop multiple perspectives that allow for changes in behavior
- Learn tools to manage overwhelming affect
- Have opportunities for a shift in entrenched relationship patterns

We are seeking 8 families for this pilot program. We will require a minimum of six families in order to run the program. We are looking for families that fit the following criteria:

- One or more children aged 9 or above who have a disrupted relationship with one parent

- Parents who are in moderate to high conflict who are both willing (or court ordered) to participate and are open to possibility of change
- Families who are able to commit to 12 group meetings (one weeknight meeting for each parent and a Saturday meeting for the children)

The cost of the program, including the weekly groups for each parent, weekly group for up to 3 children, one full weekend of parent-child or family meetings is approximately \$5000 per family. We hope to raise funds to create scholarships to defer some of these costs for families in need.

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