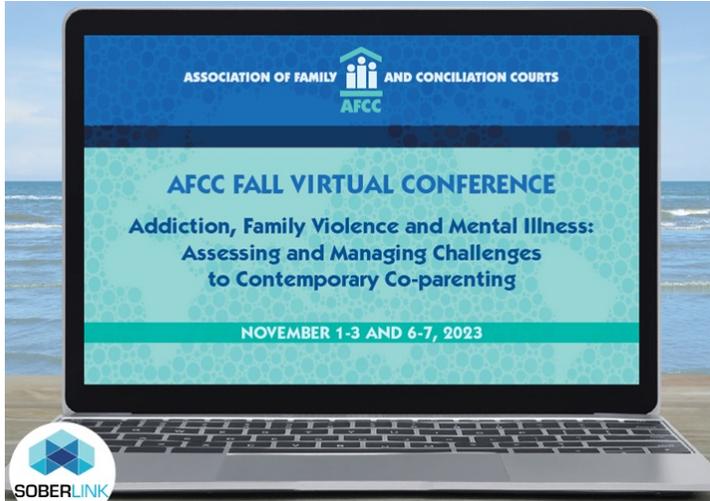




September 2023
VOL. 18 No. 9

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AFCC Fall 2023 Virtual Conference

Addiction, Family Violence and Mental Illness: Assessing and Managing Challenges to Contemporary Co-parenting

November 1-3 and 6-7, 2023

Join AFCC online for our 2023 virtual conference. This conference features two pre-conference institutes, 20 workshops, an opening session, and a plenary session. All workshops and general sessions will be recorded and made available to all registrants live (A total of 33 hours of recorded content*!)

AFCC-AAML Joint Conference

Washington, DC
September 28-30, 2023

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AFCC Fall Virtual Conference

November 1-3 & 6-7, 2023
Virtual

AFCC 61st Annual Conference

Call for Proposals
Exhibitor Prospectus

AFCC Chapter

Pre-Conference Institutes:

1. Parent-Child Contact Disruption in Multi-Problem families: What Do We know? What Can We Do?
2. Everything Lawyers Ever Wanted to Know About High Conflict Divorce but Are Afraid to Ask

Opening Session: Children, Mental Health, and Family Law

Presented by:

- April Harris-Britt, PhD, AHB
- Lyn R. Greenberg, PhD, ABPP
- Hon. Bruce R. Cohen

Plenary Session: Trauma-Informed Lawyering

Presented by:

- Hon. Liberty Aldrich
- Sarah Katz, JD
- Mindy F. Mitnick, EdM, MA

See the complete schedule in the conference [brochure](#). Along with everything else we have in store for you including workshop information, presenters, times/agenda, and CE information.

Members Outside of North America Register for Free!

In recognition of time zone limitations, all AFCC members who reside outside of North America may register for the conference at no charge and may attend the live sessions and also have access all conference recordings. Use the [online form](#) to register.

**AFCC can only provide a certificate of attendance for sessions viewed lived - certificates will not be provided for recorded content.*

What Four-Plus Decades of Research and Clinical Practice Tell Us

A Baker's Dozen Tips for Parenting, Stepparenting and Discipline in Stepfamilies

Patricia Papernow

1) For many children, becoming a stepfamily is harder, and takes more time, than adjusting to divorce.

Adults are often eager to move forward well before children are ready. Children may be feeling a sense of loss (loss from the divorce, loss of intimate time with their parent; if there's been a move, loss of friends, school, familiar neighborhood, and familiar surroundings). They often struggle with loyalty binds ("If I care about my stepmom/stepdad, I feel disloyal to my mom/dad"). [Continue reading.](#)

Conferences

AFCC Florida 19th Annual Advanced Education Program

October 4-6, 2023
Orlando, FL

AFCC New Jersey Coercive Control

October 10, 2023
Lincroft, NJ

AFCC Illinois Annual Conference

October, 19, 2023
Chicago, IL

AFCC Ontario Annual Conference

October 19-20, 2023
Toronto, ON

AFCC Colorado Fall Conference

October 20-21, 2023
Denver, CO

AFCC Indiana Annual Conference

October 27, 2023
McCordsville, IN

AFCC Arizona 41st Annual Conference

January 19 - 21, 2024
Sedona, AZ

AFCC California Annual Conference

February 2-4, 2024
San Francisco, CA

AFCC Washington Spring Conference

April 19, 2024
Seattle, WA

AFCC is now accepting 90-minute workshop proposals for our upcoming 61st Annual Conference in Boston.

AFCC 61st Annual Conference

June 5-8, 2024

Boston, Massachusetts

Proposals may draw on one of the topics below or introduce a completely different topic.

Conference topics may include:

- Trans Youth in Separating Families
- Individualized Parenting Plans for Multiple Siblings
- Transgender Parenthood
- Transnational Families
- Assisted Reproduction Technologies
- LGBTQ+ Families
- New Ideas for Parent Education Programs
- Innovations in Family Court Services
- Parent-child Contact Problems
- Digital Family Law
- Relocation
- Intimate Partner Violence
- International Family Law
- Stepfamily Transitions
- Parenting Coordination
- Family Law and Mental Health
- Empirical Methods in Family Law Research
- Allegations of Child Sexual Abuse
- Family Dispute Resolution Innovations



All proposals are due by 11:00pm Eastern Daylight Time (USA), October 2, 2023. Please see the [Call for Proposals](#) for more information and use the [online form](#) to submit your application.

Exhibit, Sponsor, and Advertise

The annual conference is our hallmark event, offering participants unique access to an incredible interdisciplinary network of professionals. We are expecting this conference will bring together 900-1,000 of the family law industry's top professionals including judges, lawyers, psychologists, mediators, academics, parenting plan evaluators, parenting coordinators, dispute resolution professionals, and court service personnel. If your business caters towards family law professionals, this is the perfect opportunity to showcase your products or services to those who would benefit most from them. Read the [exhibitor prospectus](#) and contact [Abby Rebholz](#) to sign up.

Online Training Programs

AFCC online training programs will be returning this winter with three excellent courses.

The Fundamentals of Parenting Coordination

December 4-7, 2023

This comprehensive parenting coordination (PC) training is based on the AFCC Guidelines for Parenting Coordination and the Recommendations for Comprehensive Training of Parenting Coordinators. This program will include a comprehensive overview of the parenting coordination process, including definition of the role, responsibilities, and function of the parenting coordinator; an overview of family

dynamics; specific PC strategies, techniques, and interventions; implications of intimate partner violence; cultural considerations; ethical issues; and use of technology.



Participants will learn about the parenting coordinator's scope of authority, strategies to help parents improve cooperation and communication, how to help clients utilize the process, and how to effectively write recommendations or decisions.

Presenters:

- Debra K. Carter, PhD
- Robin M. Deutsch, PhD, ABPP
- Shely Polak, PhD
- Matthew J. Sullivan, PhD

The [program brochure](#) is now available and registration will open soon!

Advanced Issues for Family Law and Dispute Resolution Professionals

January 16-18, 2024

This year's advanced issues training will feature several new topics, including a new four-hour program on court involved therapy presented by Matthew Sullivan, PhD and Lyn Greenberg, PhD, ABPP. Stay tuned for more information.

The Fundamentals of Conducting Parenting Plan Evaluations

March 11-14, 2024 and March 18-20, 2024

Webinar Corner

What Works (and What Doesn't) for Kids and Adults in "Blended Families"

Patricia Papernow, EdD

Wednesday, October 18th, 2023

1:00pm – 2:00pm Eastern Time (US/Canada)

Registration will close on October 17th, 2023 at 9:00am Eastern Time US/Canada .

What's important for folks involved with families in the courts, and with family conflict, is that after divorce, at least one partner usually recouples. Whether the new couple marries or not (and increasingly they do not), this means that after divorce comes stepfamilies. The new adult couple is usually looking for a happy new "blended family." However, it turns out that a stepfamily is a fundamentally different family form that makes some big challenges for all involved. Many of these challenges contribute to resist/refuse dynamics: Kids are often struggling with losses and loyalty binds. Often the pace of change is way too fast for kids. For these and other reasons, kids often don't feel very welcoming of a new stepparent. Parents and stepparents polarize around discipline. Stepparents are often pulled prematurely into



discipline (a major player in resist/refuse cases). Add that, so very often, when one partner recouples, the tension between ex-spouses goes up, exposing kids to adult conflict.

The bad news is that trying to navigate stepfamily challenges with a first-partner family map makes pain and blame and unhappiness for everyone. The good news is that there are things that work to meet these (big!) challenges. But what works is often quite different from what works in a first-partner family. Join us to learn evidence-based strategies to meet the unique needs of “blended families.”

Patricia Papernow, EdD has taught about “blended families” and post-divorce parenting all over the U.S. and the world, sharing what 5 decades of research and clinical work tells us about best practices for meeting the often-intense challenges for kids and adults. She has authored dozens of articles and book chapters about stepfamilies as well as some of the leading books in the field, including *Surviving and Thriving in Stepfamily Relationships: What Works and What Doesn't*, and, with Karen Bonnell, *The Stepfamily Handbook: From Dating to Getting Serious to Forming a “Blended Family.”* Patricia is a psychologist in Hudson, MA. She sits on the Experts Council of the National Stepfamily Resource Center and is a member of the NSRC advanced training faculty. She is the recipient of the award for Distinguished Contribution to Family Psychology from the Society for Couple and Family Therapy (American Psychological Association) and the Award for Distinguished Contribution to Couple and Family Therapy from the American Family Therapy Academy.



Registration

Members: \$15

Non-Members: \$50

Certificate of Attendance

Members: \$15

Non-members: \$20

[Register Now!](#)

AFCC DE&I Webinar Series

The Intersection of Family Court, Religion, and Tradition

Leah R. Younger, PsyD & Darrin W. Gerson, PsyD

Wednesday, October 11, 2023

4:00pm-6:00pm Eastern Time (US & Canada)

Registration closes October 10, 2023, at 9am Eastern Time US

Registration is free, but you must register in order to receive the link to join the webinar.

Family law professionals bring a unique set of biases and opinions to their work. Personal backgrounds and experiences inform how clients, their families, and their traditions are viewed - as well with the actual work professionals provide. In this webinar, the presenters will discuss the various religious and cultural issues that often present for family law professionals. They will also share the numerous experiences they have had when working with clients of various religious backgrounds, and with the intersection of religion and cultural traditions. Attendees will have the opportunity to increase their awareness of variations and nuances that have implications for parenting plans, agreements between parents, and court orders. The presenters will review how their interventions have been informed to meet the needs of their clients.

Leah R. Younger, PsyD, is a licensed psychologist in New York State. After working in elementary schools and child inpatient settings, Dr. Younger obtained postdoctoral training and has been practicing in the fields of child and forensic psychology since. In her current role as Clinical Director of Younger Psychology, Dr. Younger provides a wide range of child and divorce-related services. These include performing assessments and therapeutic interventions with diverse populations of children, adults, and families. Dr. Younger also provides trial consultation services, including testifying as an expert witness and conducting peer review. Dr. Younger performs these functions for families involved in Family and Supreme Courts of Nassau County, Richmond County, Kings County, Queens County, and New York County.



Darrin W. Gerson, PsyD, a clinician at Younger Psychology, Dr. Gerson is a New York State licensed psychologist with extensive experience working with children, adolescents, and adults in a host of settings including inpatient, residential, and outpatient facilities. He is currently the Chief of Service at Creedmoor Psychiatric Center. Dr. Gerson conducts psychological evaluations across Long Island and New York City for parties including DSS/ACS, OCFS, Family Court and Supreme Court, and has provided a range of other assessments, including focused diagnostic evaluations and in-depth evaluations of competency and risk assessment.



[Register Now!](#)

More Upcoming Webinars!

Affirmative Practice with LGBTQ+ Clients and Family Members

Allan Barsky, MSW, JD, PhD
December 11, 2023

Confirmation Bias: Getting it Backwards in High Conflict Cases (and How to Correct It)

Bill Eddy, LCSW, Esq.
January 11, 2024

Equal Parenting Time in Practice and Policy: A Friendly Debate and Discussion

William V. Fabricius, PhD & Michael Saini, PhD
February 13, 2024

Family Matters 2.0: Navigating Family Law in the Age of AI

Susan Guthrie, JD
March 5, 2024

The "Good Enough" Parenting Plan Evaluation

Leslie Drozd, PhD
April 9, 2024

Grappling with No: Children Declining Treatment in the Age of Consent

Barbara Fidler, PhD, CPsych & Stacey Platt, JD

May 8, 2024

The Hats We Wear as Court Experts: Roles, Conflicts, and Helpfulness

Jeffrey Wittmann, PhD

June 18, 2024

See All Upcoming Webinars!

AFCC-AAML 2023 Joint Conference

Advanced Issues in Child Custody: Evaluation, Litigation, and Settlement

Capital Hilton

Washington, DC

September 28-30, 2023

Thank you to everyone who has registered for our joint conference with AAML starting next week! We look forward to seeing everyone in Washington, DC.

Still want to register? Register [online](#) or in-person at the conference!

Family Court Review Going Digital in 2024

AFCC's quarterly journal, *Family Court Review (FCR)*, will be disseminated exclusively in digital format beginning in January 2024. According to AFCC President Stacey Platt, "This reflects the AFCC Board's desire to support efficient, effective, and environmentally friendly dissemination of FCR, enabling publication of a greater number of high quality articles on an ongoing basis. Articles will be posted for Early View as soon as they are ready rather than waiting for print production."

Family Court Review is the world's #1 ranked family and juvenile law journal, according to the Washington & Less Law Journal Rankings. Since 2005, AFCC readership has expanded beyond AFCC membership from fewer than 150 print subscriptions to access by nearly 6,500 institutions worldwide, with more than 160,000 online article views annually.

Access the FCR Online!

Starting January 2024, AFCC members will be notified when new volumes are released. All FCR articles will be posted to the FCR archives which can be accessed via the member center on the AFCC [website](#). There you can read any new articles or previous articles you may have missed.



Make sure to [sign up for alerts](#) for when a new article is published in FCR which will allow you to stay up to date on the latest research.

AFCC Member News

Justice Debra Paulseth, AFCC member from Ontario, has been awarded the 2023 Dena Moyal Award for Distinguished Services by the Ontario chapter of AFCC. Debra has led and worked on reforms as well as served the family justice community in evolving capacities over the years and has acted as a mentor to many. Congratulations, Debra!



AFCC eNEWS

The *AFCC eNEWS* is the monthly e-newsletter of the Association of Family and Conciliation Courts. The *eNEWS* provides up-to-date information for professionals including practice tips, international news, and the latest initiatives in family law and conflict resolution. The *AFCC eNEWS* is provided at no charge to you; anyone can subscribe.

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September 2023
Vol. 19 No. 8

**What Four-Plus Decades of Research and Clinical Practice Tell Us:
A Baker's Dozen Tips for Parenting, Stepparenting and Discipline in Stepfamilies**
Patricia Papernow, EdD

1. For many children, becoming a stepfamily is harder, and takes more time, than adjusting to divorce.

- Adults are often eager to move forward well before children are ready. Children may be feeling a sense of loss (loss from the divorce, loss of intimate time with their parent; if there's been a move, loss of friends, school, familiar neighborhood, and familiar surroundings). They often struggle with loyalty binds ("*If I care about my stepmom/stepdad, I feel disloyal to my mom/dad*").
- Children also struggle with the amount and pace of change in their lives. Research tells us that as the amount of change goes up, children's wellbeing goes down.
- Wait to introduce new loves until the relationship has weathered some ups and downs and you know it is solid. Take new meetings a step at a time – start with low key unpressured "meeting in the park." Then have new person drop by for a limited amount of time. And go home! When everyone is together, keep the focus on *parent-child relationships*, not the new couple relationship. Tell children when a new love is going to come over or spend the night. For more details about these early stages, see *The Stepfamily Handbook: From Dating, to Getting Serious, to Forming a "Blended Family"* (Bonnell & Papernow, 2019).
- Bottom line: *Kids often need much more time to make new stepfamily relationships than the adults wish they did.* When in doubt, slooooww down!

2. Children need secure parent-child attachment.

- Study after study tells us that parental recoupling is linked to a loss of attention and connection for children. Falling in love is intoxicating to most humans. As a result, a new couple relationship often (quite accidentally) pulls parents away from their children.

- Encourage stepcouples to keep carving out regular, reliable one-to-one time for kids and their parents, without stepparents present. (Time when the parent can focus fully on the child. Not multi-tasking time!)
- Young adults and adult children also continue to need reliable one-to-one time with their own parent!
- Dan Siegel reminds us that “helping children feel felt” is incredibly regulating for kids. Parents can help children in this big transition by providing empathy and compassion for what’s hard. “*This new stepfamily thing is tough, huh.*” “*Hard to have all these strange people around, huh.*”
- The dilemma is that, at the same time that kids are struggling, adults are often thrilled. Empathy requires a stretch! And it requires parents to face squarely into their children’s pain – not any parent’s favorite thing to do!

3. Age and gender make a difference:

- Research finds that stepfamilies are generally easier for children eight and under, and generally easier for boys.
- If kids are very young, and their parents have managed to maintain a low conflict divorce, stepparent-stepchild relationships are likely to be much easier.
- Adult daughters of older recoupling dads also have a hard time, especially if the dad-daughter relationship was especially distant, or especially close, before and during the divorce.
- Children who are struggling will need more time to make the adjustment. They may also need to spend less time “being a family” and more time one-to-one with their parents.

4. Hands down, “authorITATIVE parenting” is best for children on every measure imaginable. Authoritative parenting is both loving *and* moderately firm:

- *Loving*: Authoritative parents are responsive, warm, and empathic.
- *Firm*: AND authoritative parents calmly set moderately firm limits. They make “developmentally appropriate demands for maturity.” They monitor their children’s behavior, and they follow through.

5. Stepfamily structure easily divides parents and stepparents.

- Stepparents everywhere seem to want more limits and boundaries with their stepchildren.
- Parents everywhere seem to want more love and understanding for their children.
- The goal is not to feel the same way. They probably won’t. The goal is to take a breath, slow down, and try to fully understand each other. When they don’t agree, see number 8!

6. Parents need to retain the disciplinary role.

- Until and unless a stepchild has formed a caring, trusting relationship with their stepparent, *parents need to remain in charge of discipline and limit-setting.*
- Many (many) stepfamilies go awry here. It’s the driver behind lots of resist/refuse cases.
- Research finds that even *authoritative* discipline, too early, doesn’t work for stepparent-stepchild relationships!
- *Sometimes, just moving a stepparent out of a disciplinary role can substantially ease a struggling child’s adjustment.*
- Note: For stepparents, relinquishing discipline can be hard. Stepparents often feel that parents are too permissive. Stepparents often see the need for more limits (sometimes accurately, sometimes not, often some of each). (See number 5 above.)

- Once children feel they have a caring trusting relationship, stepparents can move *slowly* into an **authorITATIVE** (leading with warmth & moderately firm) disciplinary role. This very often takes years, not months! It is somewhat more likely with children eight and under. It is somewhat less likely with older children.
- In many healthy, thriving stepfamilies, stepparents do not have a disciplinary role.

7. AuthoriTARIAN parenting by stepparents is almost always toxic.

- *Authoritarian* parenting is hard and demanding without enough of the regulating warmth and empathy that children need.
- Authoritarian parenting often uses negative labels (“You’re lazy.” “You’re a brat.”) rather than calm requests (“Would you take out the garbage please.”)
- Unfortunately, stepparents are easily pulled into authoritarian parenting. That’s partly because kids’ behavior is often more irritating to stepparents than it is to parents.
- Relinquishing this style will be especially hard for stepparents who were raised with authoritarian parenting. Empathize that *authoritative* (warm and firm) parenting may feel “wimpy” or “weak” (even though we now know that its exactly what kids need).

8. Meanwhile, stepparents have input, parents have final say.

- Successful stepcouples *do* work as a team.
- Often stepparents can help parents to firm up a bit. Parents can help stepparents to develop more understanding and empathy for children.
- This requires that parents and stepparents listen across their differences, stay curious about their differences, and learn from each other.
 - And, still, again, until stepparents have a caring trusting relationship with their stepchildren, stepparents have *input* into decisions about and limits for children. Parents have *final say* with their own children. Stepparents do not directly discipline, parents do.

9. The guideline for stepparents is “connection before correction.”

- Spending one-to-one time with stepchildren is very helpful in building this new relationship. (Because children usually need their parents much more than they need their stepparents, when parents are around, parent-child relationships dominate, and stepparents are pushed to the side.) Start with the more available child(ren).
- Find easy, fun things to do together, without the parent – help a child to make his or her favorite dinner, play basketball together, make a favorite dessert together, go to a game, do a craft project together, get a child to teach you a computer skill.
- Express your genuine curiosity and compassion to your stepchild. “How’d that math test go?” “Looks like you’re feeling sad. Want to talk?” “What did you think about that?”
- Successful stepparent roles include friend, uncle, aunt, caring adult. Over time, a stepparent can often become very loving “intimate outsider” – intimate enough to know a child well and care deeply, but outside enough not to be as reactive as a parent might be. For children, an “intimate outsider” stepparent can be a wonderful mentor, career guide, and sounding board.
- Some stepchildren (especially those eight and under) may be available for a more intimate parent-like relationship.
- Other children will need much more distance. Children who have an especially tight loyalty bind with their other parent, kids who have had a lot of loss and change, or who are vulnerable in other ways (on the spectrum, for instance), or who are older,

will likely need much more time. Some may need to remain somewhat distant from a stepparent.

- *Stepparents do not have to be silent. They do have to communicate in ways that build connection: "I'd love it if ..."* (Not, "You will or else...")
- Stepparents need care from their partners. For all humans, rejection and feeling "invisible" is painful. Stepparents often need to reach for comfort (*"I could use a hug."*) Parents can help stepparents by offering extra warmth and understanding. (*"I know it's hard when he can't look at you."*)

10. Research continues to find that successful stepfamilies face the same challenges that struggling stepfamilies do.

- Successful stepcouples have better interpersonal skills. Stepfamily challenges create lots of differences and unexpected glitches, often at times you'd most expect to be fun or easy or close. When successful stepcouples have a glitch, they take a breath and calm themselves down. They communicate constructively, with kindness and caring.
- Successful stepcouples also repair when there is a glitch. *"I'm so sorry I got a little sharp!"*
- Struggling stepcouples criticize and/or avoid. They are more likely to use researcher John Gottman's "Four Horsemen of the Apocalypse": Criticism, Defensiveness, Contempt, and Stonewalling.

11. Maintain a ratio of five positive to one negative in communication with kids (and adults)

- Positive communication between adults and children goes down in stepfamilies.
- Especially at this major transition, children need to feel warmth and caring from adults. This remains true even when (sometimes especially when) kids are "behaving badly." Remember, "bad behavior" often means a stepchild is struggling, but doesn't have language for what they need, or believes the adults won't get it.
- Adults do need to set limits (*"You have every right to be upset. But no swearing and no throwing things."*) Adults also need to provide empathy and compassion (*"Sounds like this was a hard day. Can you use your words to tell me?"*) (Then listen and, even if it's hard, look for what you DO understand. You're going for connection, not correction!
- Be sure to look children in the eyes and express warmth and caring. Parents, this does not mean failing to set limits. It means, remaining "authorITATIVE" – leading with warmth and empathy with clear limits. *"I know it's tough that you've got a stepparent and new stepsibs. It's still important to be civil to them. Do you need more time apart from them?"*
- Proactively provide specific, positive feedback to kids: *"I saw you took out the trash. Thanks! It's a stinky job and it helps a lot when you do it."* *"I saw you said hello to Joe (stepdad) this morning. I know it's tough for you that he's here. Thanks!"* *"I saw you studied hard for that math test, and you did well on it. You Go."*
- *All of these guidelines also apply to your adult relationship. Count!* Increase your positives: Look your sweetie in the eye. Look for things you can appreciate. Offer extra tenderness and extra hugs (out of children's sight). Do sweet things for each other.

12. Children do best when they have positive relationships with ALL of the adults in their lives.

- Children in a stepfamily have another parent, dead or alive, delightful or distinctly undelightful, outside the household. The most robust predictor of poor wellbeing in children is not divorce. Or single parent families. Or stepfamilies. *It is tension between the adults* (along with lack of authoritative parenting).
- Stepchildren live in *two* homes. Resist the urge to “circle the wagons” around your nuclear family. Do NOT compete with the children’s other parent. Stay with “*We’re different. When you grow up, you can decide which you like better.*” Not, “*We’re better.*”
- Even if the other parent is unavailable, was abusive, or has died, children carry that parent in their hearts and minds. The pull of attachment combined with hurt and anger can be deeply confusing for children. Telling them to turn away from an abusive or unavailable parent often leaves them feeling more alone. The “language of parts” can be helpful: “*Part of you loves your daddy. That makes sense. He’s your dad! And part of you is so upset with him because he forgets to call/comes late/yells at you. Those are totally opposite parts in the same person. They’re both part of you. I’ll help you hold both.*”
- When a parent has died or disappeared, stepparents may believe they can, and their partners may want them to, replace the missing parent. Stepparents will do best helping children remember and grieve their missing parent. On birthdays and holidays, for instance, “*Mom is missing. What do you think she’d do with you today?*” (See Diane Fromme’s excellent book, *Stepparenting the Grieving Child.*)

13. Bottom Line: Forming a stepfamily is a process not an event.

- Even “fast” families take a few years to form a solid sense of “we’re a family.”
- Struggling stepfamilies (i.e., those with fewer skills or less good evidence-informed information about what works and what doesn’t) may need longer.
- Do keep finding easy fun things to do together as a new family. AND carve out regular one-to-one time for the couple without kids present, for the parent-child relationship, and for stepparents and stepchildren. If “family time” is tense, keep it short and spend more one-to-one time throughout the family.

For more information:

Bonnell, K., & Papernow, P. (2019). *The Stepfamily Handbook: From Dating to Getting Serious to Forming a “Blended Family,”* CreateSpace Independent Publishing.

Papernow, P. (2013). *Surviving and Thriving in Stepfamily Relationships: What Works and What Doesn’t.* Routledge.

www.stepfamilyrelationships.com

Join us on October 14, 2023 from 1:00pm to 2:00pm EST for our monthly webinar *What Works (and What Doesn’t) for Kids and Adults in “Blended Families”* with Patricia Papernow, EdD



Patricia Papernow, EdD has taught about “blended families” and post-divorce parenting all over the U.S. and the world, sharing what 5 decades of research and clinical work tells us about best practices for meeting the often-intense challenges for kids and adults. She has authored dozens of articles and book chapters about stepfamilies as well as some of the leading books in the field, including *Surviving and Thriving in Stepfamily Relationships: What Works and What Doesn't*, and, with Karen Bonnell, *The Stepfamily Handbook: From Dating to Getting Serious to Forming a “Blended Family.”* Patricia is a psychologist in Hudson, MA. She sits on the Experts Council of the National Stepfamily Resource Center and is a member of the NSRC advanced training faculty. She is the recipient of the award for Distinguished Contribution to Family Psychology from the Society for Couple and Family Therapy and the Award for Distinguished Contribution to Couple and Family Therapy from the American Family Therapy Academy.