

# D'Arienzo Psychological Group

---

## Healthy Divorce Healthy Kids Parent Education & Family Stabilization Course

Course Evaluation: Please complete this course evaluation upon completion of the Parent Education & Family Stabilization Course. Once you have completed the course evaluation and submitted it electronically, you will receive a certificate of completion.

<b>Participant Information:</b>	
First Name:	Last Name:
Mailing Address:	
Email Address (for delivery of your Certificate of Completion):	
Phone Number:	
Referral Source:	

<b>Divorce Information:</b>	
Case Number:	<input type="checkbox"/> I don't have a case number
County Issued:	

<b>Legal Representative Information:</b>	
<input type="checkbox"/> I do not currently have legal representation.	
First Name:	
Last Name:	
Address:	
City:	
State:	
Zip Code:	
Day Phone Number:	

### **Component 1: Divorce As Loss**

1. It is helpful to your child to make disparaging comments about your former spouse.

TRUE                      FALSE

2. During the divorce process, it is normal to go through the classic five steps of grief. The emotional process of divorce is similar to the emotional process in coping with death.

TRUE                      FALSE

# D'Arienzo Psychological Group

---

3. List three benefits and three costs of divorcing your spouse:
  1. 1.
  2. 2.
  3. 3.
  
4. List three positive attributes of your former spouse:
  - 1.
  - 2.
  - 3.
  
5. Describe how you will send positive messages to your children about your former spouse:
  
  
  
  
  
  
  
  
  
6. List one way you plan to cope with the distress of divorce:
  
  
  
  
  
  
  
  
  
7. What do you need to let go of in order to better co-parent during the difficult time of early divorce?

## **Component 2: Parenting Roles / Shared Parenting**

1. The research shows that when both parents are actively engaged in the children's lives across a wide range of daily activities and when parents have an authoritative rather than a permissive parenting style, children of divorce benefit the most.

TRUE

FALSE

2. What does your parenting plan / visitation plan look like?

# D'Arienzo Psychological Group

---

3. How does your parenting plan allow your child(ren) to be actively engaged in a variety of daily activities that strengthens the parental and child bonds?

4. List one step of the No-Lose Conflict Resolution:

## **Component 3: Developmental Stages**

1. What is the age of your child(ren) and what are the typical ways they may cope with divorce given their age?

2. What should you do to help them given their age? Give two examples.

1.

2.

3. Children at different developmental stages react to and interpret divorce differently?

TRUE

FALSE

## **Component 4: Communicating with Your Children**

1. Children never want their parents to get back together.

TRUE

FALSE

2. After divorce, it is okay to tell your child(ren) in a gentle way that divorce is final.

TRUE

FALSE

3. In what ways may my child(ren) be responding to the divorce?

# D'Arienzo Psychological Group

---

4. Communication is the most important characteristic in a co-parenting relationship.

TRUE

FALSE

## **Component 5: Communicating with the Other Parent**

1. It is helpful to treat your new relationship with your former spouse like a business one regarding communication.

TRUE

FALSE

2. Step-parents should be included in emails between parents about children without permission given by the biological parent.

TRUE

FALSE

3. How do you plan to exchange important information about your child(ren) with your ex-spouse?

4. Describe your plan in greater detail:

5. What are some of the effects on children when parents have conflict?

# D'Arienzo Psychological Group

---

## **Component 6: Abuse**

1. Stalking is not a form of domestic violence.  

TRUE                      FALSE
2. Child abuse is a form of domestic violence.  

TRUE                      FALSE
3. Individuals making false reports of domestic violence made maliciously cannot be prosecuted due to "Good Samaritan" laws.  

TRUE                      FALSE
4. You must give your name when filing a report of domestic violence.  

TRUE                      FALSE
5. List some behaviors that constitute abuse:

## **Component 7: Legal Concepts**

1. List three factors related to determining what is in the best interest of your child:
  - 1.
  - 2.
  - 3.
2. Describe in a sentence how child support is determined:

## **Component 8: Parental Time**

1. When determining a timesharing plan, only the parents' schedules should be considered.  

TRUE                      FALSE
2. How do you plan to schedule timesharing to best benefit your child(ren)?

# D'Arienzo Psychological Group

---

## **Component 9: Where to Find Additional Help**

1. Who will you contact if you and/or your child(ren) struggle with divorce?

## **Feedback**

Grade our course:    A       B       C       D       F

How can we improve?

What should we add?

What should we remove?

Would you recommend us to a friend?