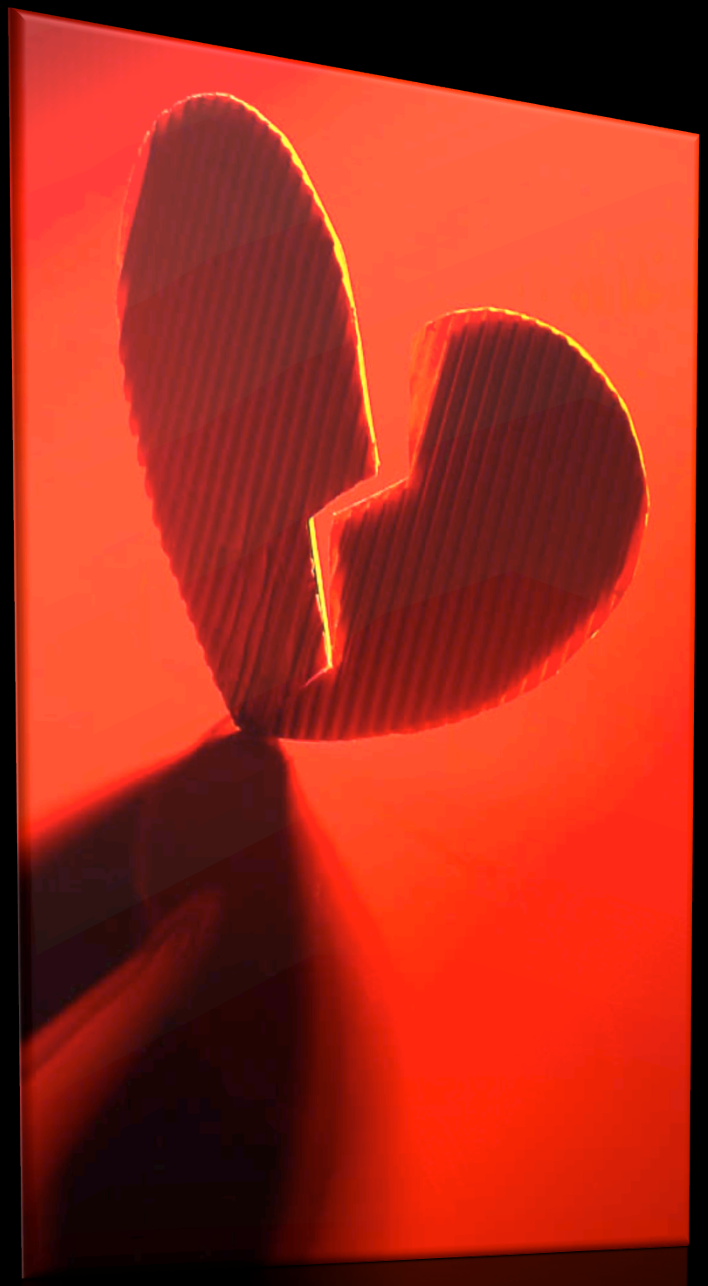


Divorce

Factors, Effects, & Terms

Legal Aspects of Divorce

Division of Assets

Who maintains ownership of homes, cars, property, retirement plans, household items, etc.

Alimony

Court-ordered spousal support, usually periodic payments, but sometimes paid in a lump sum as part of a marital agreement

Child Support

Court-ordered payments from the non-custodial parent to the custodial parent in support of the children's physical needs (food, clothing, shelter)

Legal Aspects of Divorce

Custody

- **Physical**
  - *Relates to the physical location of the child or The adult with whom the child resides*
  - Sole, primary, shared, and joint are used to describe various parenting and visitation plans
- **Legal**
  - *A legal status giving authority to approve all major decisions affecting a minor child*
  - Joint, split, and shared legal custody require both parents approval of all major decisions

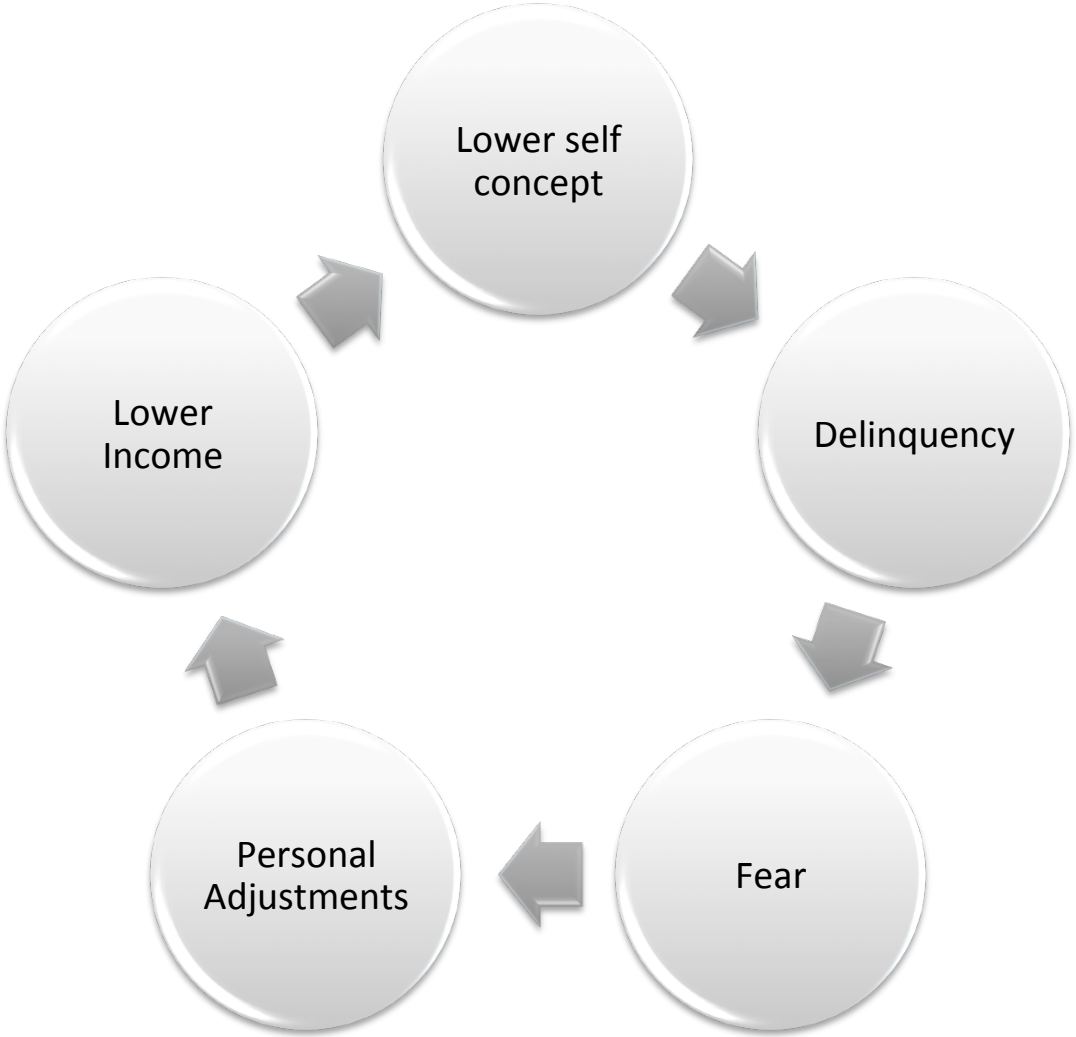
Divorce

- What factors lead to divorce?
- What are the negative outcomes of divorce?
- Are there positive outcomes of divorce?
- Do you think parents should stay together for the kids?
- How can parents make divorce easier for their children?

What factors lead to divorce?

- Addiction
- Spousal Abuse
- Conflict
- Infidelity
- Trust Issues
- Loss of Interest
- Communication Issues

What are the effects of divorce?



How are children effected by divorce?

Emotional Problems → Behavioral Problems → Health Problems

↓

Increased risk of abuse → Drug/alcohol abuse → Suicide

↓

Poor academics → Future relationship problems

Helping Children Cope with Divorce

- Develop a consistent visitation pattern
- Provide children with economic stability
- Use community resources available
- Support of friends and family
- Decrease conflict between parents

Grieving Process

After Death, Divorce, or other Traumatic Experience

Physical Reactions

Tightness in Throat

Pain

Disinterest in Eating

Numbness

Tired

Overcome by or Loss of Emotion

Can't Sleep

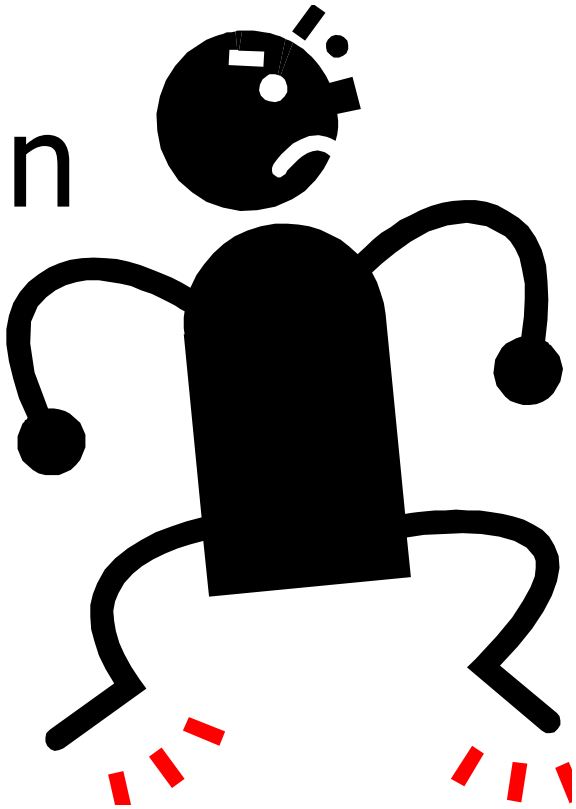
Emotional Reactions

Stabbing Pain

Hostility

Feeling of Relief

Sense of Unfairness



Guilt

Sudden Anger

Anxiety

Fear

Stage 1: Denial

- ***Refuse to believe what has happened***
- Experience Shock—may cause flu like symptoms
- In the case of death--may re-enact rituals that we used to go through with the loved one
  - Set an extra plate at the table
  - Expect them to be there when we get home
  - Flash back to memories and conversations

Stage 2: Anger

- The anger can manifest itself in many ways:
  - ***Blame others for the loss***
  - ***Become easily agitated***
  - ***Frequent emotional outbursts***
  - ***Become angry at oneself***
- Remember release of this anger is essential to move on from this stage.

Stage 3: Bargaining

- In divorce
  - One spouse may try to do things to encourage the other to come back to them
  - Children may try to get parents back together
- In death
  - Try to make a deal, to have the loved one back as they were before the tragic event occurred

Stage 4: Depression

- ***Usually occurs two to three months after the loss and is the most difficult of the stages to understand***
  - Bereaved person may withdraw from the world
  - May be outbursts of tears
  - May feel like he/she is being punished
  - Joy may be difficult to express
- May need professional counseling

Stage 5: Acceptance

- This is the final stage of grief
- ***It happens when you know that you have to go on***
- You can accept your loss and now be able to regain your energy and goals for the future
- It will take time to get to this stage

Grieving Process

- **4 Basic Needs of Someone who is Grieving**
  - Companionship
    - They may not want to be alone for a period of time
  - Ventilation of fears
  - Time
  - Time alone

Grieving Process

- **What to say to someone who is grieving:**
  - It's okay to cry
  - I just wanted you to know I am thinking about you
- **What not to say:**
  - Cheer up!
  - Time will heal all wounds
  - He/She is better off
  - It was God's Will

Grieving Process

- **How to express Condolences . . .**
  - Personal Letter
  - Phone Calls
  - Visit
  - Flowers
  - Gifts of Money
  - Gifts of Food