

Divorce recovery group

Name of Group Members

Instructor

Institution

Location

Date of Submission

Introduction and Rationale

The subject of divorce has become a common debate in the modern society since unlike in the past where divorce rates were low, that is no longer the case. Nevertheless, prior to delving more into the subject of divorce, it is vital to first discuss what divorce entails. As explained by Amato (2000), divorce entails the coming to an end of a marriage through the legal procedure.

When divorce occurs, it is widely reported that it has negative impacts to the society due to various reasons. For instance, it has been found that it consumes both human and social capital as the costs paid by the taxpayer are increased while at the same time decreasing the taxpaying portion of the society. On the other hand, divorce also has negative impacts on the society, market place, government, school and family as well as other aspects of the society (Hetherington and John, 2002). Paul and Juliana (2002) have explained how divorce enduringly weakens the family structure as the relationship between the divorcing parents and the children of the parents who are divorcing is significantly affected by the divorce. Indeed, according to Paul and Juliana (2002) the parents as well as the kids who are involved in divorce needs to be counseled since in situations where no counseling takes place, the parents and the children involved are negatively affected by the divorce and that might have devastating impacts to their entire life as they might have negative views of relationship as well as dating among other issues.

This group was formed with the sole purpose of helping those who have been involved with divorce in the past to cope with divorce since if no counseling is offered

to the increasing number of people involved in divorce; it has been found that divorce can have significant negative long term impacts. Within the society, the divorce rates have been increasing on yearly basis and there is an increasing number of people who have been involved in divorce in the community for the last few years. Majority of these people are yet to fully recover from the divorce experience and it is from that view that this specific divorce recovery group has been formed so that people who are still suffering from divorce can be counseled so that they can be able to move on with life.

From a quantitative research that was carried out an involved a sample size of 50 participants who are residents of the community, it was found that at least 60% of the participants were divorced. Moreover, the participants who were not divorced also indicated that they knew some friends and even relatives who were divorced and were in need of some form of counseling so that they could be able to cope with the consequences of divorce. For the respondents who have been divorced, majority of them noted that even though they were still moving on with life, they were still in need of some form of counseling as they occasionally felt the impact of divorce in the their lives. Thus, from such views, it was very clear that there was a need for a divorce recovery group that would help the people who have been involved in divorce in the community to effectively manage the impacts that divorce had on their lives.

As noted by Mitchell (2007), when effectively executed, divorce recovery groups can be of great benefits from those who are battling negative impacts that divorce has had on them.

Theory

In this section of the paper, the theory that will be used by the divorce recovery group when counseling those who have been involved in divorce will be discussed.

Interpersonal Therapy

In the divorce recovery group, the Interpersonal therapy theory will be theory that will be used. As discussed by Teyber and McCure (2010), interpersonal therapy takes a different perspective as it concentrates on the relationship hurdles that tend to result to people behaving in certain ways that are unproductive ways. In addition, the scholars (Teyber and McCure, 2010), point that the concept behind the interpersonal therapy approach is that counselors have to take into consider the way people interrelate with each rather than just getting to know how the people think and tend to act on their own.

In that view, in case of the divorce recovery group, it can be explained that the interpersonal therapy theory will be ideal for those who are have been involved in divorce in the past and tend to have a negative attitude mainly due to the fact that they are not in a position to freely express their feelings. In addition, the approach will also be beneficial to the parents who have been involved in divorce as it will help them to have a better understanding of the type of impacts that their behaviors can have on their children. As a result, the theory will make it possible for those who have been involved in divorce to make adjustments in interpersonal relationships thus making it easier for these people to interact with other people and in the process get to heal (Teyber and McCure, 2010).

Application of the theory

As the theory that will be used will be interpersonal therapy as has already been discussed, it can be explained the approach will have an impact on the goals of the group, leadership of the group, techniques to be used and processes to be used. Indeed, all the approaches that will be used will all be based on the interpersonal therapy. Thus, as far as the goals are concerned, the key goal or objective will be to ensure that the person who has undergone divorce is able to relate well with other people. On the other hand, the leadership approach that will be used will be a decentralized approach implying that other members of the group will also have some say in the leadership matters of the group.

Sessions Outline**Session 1: Introduction**

Goal: To ensure that every one becomes acquainted with the cancelling sessions that will be carried out five times at the agreed date

Supplies Needed: Notebooks and pen

Room Set up: The chairs will be set up in a circular format with the counselor sitting at the center. This set up has been preferred due to the fact that it will make it ideal for the counselor to have a eye contact with every person.

- This will mainly be an introduction session where the individuals are expected to become acquainted with each other as well as the counselor. This session will be very important since it will be crucial that the individuals becomes free with each

other since as counseling commences there will be time when individual experiences have to be shared and the only way that will be possible will only be through making sure that people are familiar with each other and feel comfortable. Thus, the session will start with the counselor asking the individuals to describe themselves. Thereafter, the counselor will briefly discuss how the sessions will be carried out and also give an overview of what is expected from the sessions. In particular, the participants will be informed that they are expected to switch off their phones during the sessions. In addition, they will also be informed that they can ask any questions that they might have at any time during the sessions. This session is expected to last two hours and will be ended by the counselor.

Session 2: Divorce is not the end of life

Goal: To ensure that the individuals get to see that there is life after divorce

Supplies Needed: Laptop and a projector, notebook

Room Set up: Theatre set up with the counselor being at the front

Even though this will be the second session, it will be the first session that will delve into the topic of divorce. The main objective of the session will be to give hope to the participants in order to ensure that they change the negative views that they might have about divorce. Thus, the counselor will commence by starting the definition of divorce as well as the different reasons as to why divorce happens. The session will then proceed to discuss how a lot of people tend to believe that divorce is the end of the

world while that is not actually the case in real life. Indeed, some video recordings of people who have been divorced will be shown where the divorced will be discussing that their life moved on after divorce. The need for the video will be to instill into the minds of the participants that they do not need to be negative about the divorce that has taken place and rather need to view the divorce as another development in life. Thus, by seeing divorce differently, the participants will be expected to be able to change their views and opinions from their partners or even children whom they might have blamed for the divorce. By the end of the session, those who will take part in the session will be able to have a different view of divorce.

Session 3: Depression in Divorce

Goal: To ease the depression that might have emanated from divorce

Supplies needed: Laptop and projector

Room set up: Theater set up with the counselor being at the front

- This session will be aimed at addressing the issue of depression that emanates from divorce. The counselor will use power point presentation to explain to those taking part in the sessions that they should not be depressed about the divorce that they are either undergoing or are already divorced. Indeed, as the session will use interpersonal therapy, this session will mainly focus on the relationship hurdles that tend to result to people behaving in certain ways that are unproductive ways mainly due to the pressures of divorce.

Session 3: How to improve relations

Goal: To ensure that the divorced ensure that no relationships are affected by the divorce

Supplies needed: Laptop and Projector

Room set up: Theater set up with the counselor being at the front

- The key purpose of this session will be to educate the participants on what they need to do in order to ensure that divorce does not have negative impacts on the relationships that they have with other people. In most cases, people who are divorced tend to have the opinion that other people might have played a major role in the divorce and as a result, they tend to struggle to have relationships with other people. The session will focus on how interpersonal relationships can be enhanced since no one can be able to live on his/her own

Session 4: Final session

Goal: Wind up session

Supplies needed: Laptop and projector

Room set up: Theatre

- This will be the final session and it will seek to ensure that the participants have benefited from the sessions. All the points that have been discussed in the session will be highlighted with questions been asked in order to confirm that the session have been beneficial to the participants. In addition, the participants will

be requested to fill a feedback form where they will give their views and opinions about the session.

Marketing and Screening

Since the issue that the session will focus on is mainly the issue of divorce, it will be crucial that necessary measures are put in place in order to ensure that only individuals who are divorced or have already been divorced are involved in the groups. In that view, the following are the screening questions that will be used:

- a) Are you divorced or in the process of getting to be divorced? – This question will be crucial in helping to ensure that only individuals who are about to be divorced or have been divorced are accepted in the group. Indeed, the fact that the sessions are mainly focused on the subject of divorce implies that only those who have firsthand experience of divorce will be considered for been allowed to the group.
- b) How has divorce impacted your life – This question will be crucial as it will help determine the individuals whom the counseling session will be of great benefits to. Indeed, by reviewing some of the impacts that divorce has had on the lives of those who are recovering from divorce, it will be easy to establish those whom will most likely benefit from the sessions.
- c) Do you need help in your divorce recovery process – It will be crucial to ensure that only those individuals who feel that they need help in the divorce recovery process are accepted to the divorce recovery group and it is for that reason that

this question will be used as a criteria to determine who to accommodate in the group and who not to accommodate.

- d) What do you expect from the group – It will be important to find out the type of expectations that the participants will have from the recovery group.

Informed Consent Form

Confidentiality and exceptions to confidentiality

- The privacy of the participants will not be disclosed to any third party. Nevertheless, when there is need to disclose the identity of participants for various reasons, the participant will be made aware and if he/she declines, then the identity will not be disclosed. Likewise, if the participant agrees that the identity can be disclosed, then it will be disclosed.

Theoretical orientation of the leader

- The leader of the group is well versed in divorce counseling and will only applied well known approaches in order to ensure that the group will be effective

Nature, purpose(s) and goals of the group

- The group will comprise of individuals who are in the process of been divorced or have been divorced in the past and are in need of professional counseling services in order to ensure that they are able to effectively recover from the divorce.

Services to be provided

- The group will be provided with professional counseling services that are specific to recovery from divorce

Role and responsibility of group members and leaders

- The group leader who will be a professional counselor and will be responsible for ensuring that the group functions well.

Complains

- In case there is a complaint to be made, the complaint has to be made in person to the group leader. The two will work together towards reaching an amicable solution and in the event that a solution cannot be reached, the services of a dispute resolution expert will be sought and the party raising the claims will meet the costs.

Outcomes

In order to establish whether the group has been effective once the group comes to an end, all the group members will be issue with a feedback form that will mainly comprise of close ended questions. The reason as to why close ended questions will be used is because it will make it easy for the responses collected to be easily analyzed through a statistical tool such as SPSS (Statistical Package for Social Sciences). The following are the questions that will be used:

To what extent do you agree with the following statements?

1. The session met my expectations

A. Strongly Agree B. Agree C. Neutral D. Disagree E. Strongly Disagree

2. You now understand that divorce is not the end of life

A. Strongly Agree B. Agree C. Neutral D. Disagree E. Strongly Disagree

3. You now understand that you should not be depressed about divorce

A. Strongly Agree B. Agree C. Neutral D. Disagree E. Strongly Disagree

4. Your relationship with other people should not be determined by divorce

A. Strongly Agree B. Agree C. Neutral D. Disagree E. Strongly Disagree

5. The group has been of great benefit to you

A. Strongly Agree B. Agree C. Neutral D. Disagree E. Strongly Disagree

6. You will in the future seek more counseling on how to recover from divorce

A. Strongly Agree B. Agree C. Neutral D. Disagree E. Strongly Disagree

Problem Solving

The chronic talker

In any group, there are group members who constantly talk without actually giving other group members a chance to talk. In that case, if there happens to be such a group member in the divorce recovery group, there will be a need for the necessary measures are adopted in order to ensure that the chronic group member is contained and gives other a chance to talk. Thus, if there happens to be a chronic talker in the group, I will initially attempt to explain to all the group members that it is fair that all

group members are given a fair chance. However, if it appears that the chronic talker cannot understand that and still talks a lot, I will have to call him in private and request him/her to give other group members a chance to talk.

The silent member

In order for the recovery group to be effective, it will be vital that all group members are able to contribute to the discussions taking place. Therefore, in order to encourage group members who are silent to contribute to the group, the group members will be asked to make their views and comments on individual basis.

The member who attacks another in the group

In case of a member who attacks another member in a group, the member will be called in private and informed that there is no need for attacking others as the main reason as to why the group exists is to ensure that members are able to recover from divorce. In case the attacks were to continue, the member might even be threatened to be suspended or even expelled from the group.

The member who stops coming

In order for the group to be effective, it will be very important that all members of the group attend all the sessions. Thus, unless there is an understandable reason such as medical reasons, all group members are expected to attend the sessions. If a member misses two sessions with no valid reason, the member will be removed from the group.

References

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- Hetherington, E. M., John K., (2002). *For Better or Worse: Divorce Reconsidered*. New York: W. W. Norton.
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