Stepfamily Courtship

MAKE THREE RIGHT RE/MARRIAGE CHOICES



PETER GERLACH, MSW

Stepfamily Courtship

Ron L. Deal, David H. Olson

Stepfamily Courtship:

Stepfamily Courtship Peter K. Gerlach, MSW, 2003-03-25 What's Different about This Book This modular reference book and series for co parents and human service professionals is unique in the genre of stepfamily media for seven reasons It is the only current resource that Is based on a 30 years clinical research including over 17 000 hours consultation with over 1 000 typical divorced and stepfamily adults and some of their kids b five widespread re marital hazards and c 12 Projects to neutralize the hazards This volume Integrates six core concepts proven family systems principles and an inner family concept of human personalities linked to a definition of high nurturance families a framework of seven effective thinking and communication skills healthy three level grieving and healing blocked grief and a framework of stepfamily realities meanings and merger adjustment tasks A fifth uniqueness is that the book Provides Internet addresses to over 150 experience based stepfamily articles worksheets and other resources to augment its contents This is one of several guidebooks for a free 8 module self study course for people interested in healing and self growth Lesson 7 focuses on evolving high nurturance stepfamilies And this book is different because of My personality writing style training BSME and MSW and 72 years life experience engineering business teaching and 30 years practice of psychotherapy with hundreds of stepfamily clients My learnings from personal ACoA recovery from a low nurturance childhood since 1986 greatly influence this site and series of stress prevention guidebooks And I have many years of personal experience as a stepgrandson adult stepson stepfather of two girls and stepbrother of four and an admirer of two haughty stepcats The Smart Stepfamily Marriage Ron L. Deal, David H. Olson, 2015-05-12 Make This Marriage Last a Lifetime Leading blended family authority Ron Deal and marriage and family expert David Olson show you how to build on your relationship strengths and improve your weaknesses Whether you re dating engaged a young stepfamily or an empty nest couple The Smart Stepfamily Marriage gives you the tools you need at any stage to create a remarriage that will last Each chapter of this book explores one of the key qualities of happy remarriages as identified by research Like a GPS for your relationship this book has built in discussion questions that can help you and your partner discover where you are where you d like to be and how to get there The online survey gives you a report with personalized results for your relationship The Smart Stepfamily Marriage is the road map to a healthy marriage Gary D Chapman PhD author The Five Love Languages and When Sorry Isn t Enough Remarried or marrying again This book is loaded with specific useful ideas for helping your marriage reach its full potential Scott Stanley PhD author A Lasting Promise research professor University of Denver This book is a must read for any remarried couple It includes the tools needed to create and maintain a wonderful remarriage from the foreword by Evelyn Husband Thompson widow of Space Shuttle Columbia Commander Rick Husband now remarried to Bill Thompson The Smart Stepfamily Marriage is the most up to date relevant complete guide for remarried couples I know of no other resource like it Francesca Adler Baeder PhD professor and director Center for Children Youth and Families Auburn University director National Stepfamily Resource

Center This book will help you thrive in your marriage and beat the odds of divorce The preventative information is the best I have ever seen and the practical application covers it all I have put The Smart Stepfamily Marriage at the top of my resource library for couples who find themselves in this beautiful and yet challenging world of remarriage Jim Burns PhD president HomeWord author of Creating an Intimate Marriage Confident Parenting and The Purity Code Remarriages have unique challenges and different relational needs than first marriages Based on a national study of 50 000 couples this book is a wonderful resource for remarriage couples Take the online Couple Checkup and get a report about your relationship read the book and build a relationship that lasts Dr Gary Smalley author of The DNA of Relationships You want a marriage that lasts forever right Blended family couples can beat the odds this book will tell you how Dr Dennis Rainey president of FamilyLife author of Stepping Up Stepfamily Relationships Lawrence H. Ganong, Marilyn Coleman, 2011-06-27 This volume focuses on a wide range of behaviors and outcomes in stepfamily relationships both positive and negative The authors use the normative adaptive perspective to seek out and study adaptive well functioning stepfamilies and find how they differ from those who struggle to cope It will be a welcome text and reference for all those who study and work with stepfamilies and families in general Build a High-Nurturance Stepfamily Peter K. Gerlach, 2002-11-12 Note hyperlinks below will take you to the Break the Cycle Website formerly Stepfamily inFormation that this book and series are based on Use your browsers back button to return to Xlibris This is the fourth volume in a series of six dedicated to breaking the epidemic wounds unawareness cycle that promotes Americas tragic divorce divorce epidemic The prior volume Stepfamily Courtship Xlibris com 2002 outlines seven Projects to help courting couples make wise commitment decisions This book for stepfamily coparents and supporters adds five more projects based on the prior seven ones If couples didnt do the prior projects which is common they can start the first six any time A sobering reality if either partner made any unwise courtship choices its unlikely that doing these other 11 Projects will guard them and their dependents from the five hazards that promote psychological or legal re divorce Nonetheless working at the projects will give minor kids their best chance at avoiding inherited psychological wounds and passing them on to their descendents like their unaware ancestors did The five post re wedding co parenting projects are 8 Nourish your re marriage and steadily keep it your second priority after personal integrity and wholistic health except in emrgencies In complex multi home stepfamilies this is hard for many couples to do as they 9 Merge three or more multi generational biofamilies and evolve strategies to resolve inevitable values and loyalty conflicts and Persecutor Victim Rescuer relationship triangles while you 10 a Build a co parenting team with your kids other parents b stay current on your kids progress with their many developmental and adjustment needs and c continually adjust and refine your co parenting job descriptions based on your stepfamily mission statement Because all nine of these ongoing co parent projects are complex confusing and conflictual 11 Intentionally build a support network for you and your kids and use it regularly Finally 12 Help each other a stay balanced personally re maritally and co parentally each day and b enjoy this

Build a Co-parenting Team Peter K. Gerlach, 2003-03-23 Note links below connect to the non wholechallenging en profit educational Break the Cycle Web site Formerly Stepfamily inFormation Close the pages or use your browsers back button to return here Typical multi home stepfamilies are riddled with conflicts between three or more co parents and their relatives over child discipline nutrition visitations custody hygiene religion schooling hoidays loyalties expenses names responsibilities and other topics The scope complexity and persistence of these disputes among ex mates stepparents and relatives can significantly contribute to eventual re divorce The notes it may be a stepparents first union Thisquidebook is part of a series intended to help co parents and supporters overcome five common hazards that combine to 1 promote epidemic U S re divorce and 2 pass on significant psychological wounds to vulnerable children The hazards are co parents shared unawarenesses and ignorance of key information plus unseen psychological wounds from low nurturance childhoods plus incomplete or blocked grief in kids and or adults which inhibits new bonds and adult intimacy plus courtship neediness and romantic illusions plus little informed stepfamily help in the media and local community Typical nuclear stepfamilies include three or more co parents bioparents and stepparents and several minor kids shuttling between two or more homes Parenting effectively in this environment is far more complex than in traditional intact biological families which catches typical co parents and relatives by surprise Why this book and series Families exist to nurture i e to fill key needs of their kids and adults Most U S stepfamilies follow the divorce of one or both new mates most of whom are parents Divorce suggests that their kids werent well nurtured in their first family and have many concurrent developmental special needs to Loving Isn't Easy J. Bailey Molineux, 2000-09 fill in their complex stepfamily The Remarriage Book Peter K. Gerlach, 2003-04-14 Note links below will take you articles and resources in the nonprofit Break the Cycle Web site formerly Stepfamily inFormation Use your browsers back button to return to Xlibris com Love is not enough Typical new stepparents and bioparents co parents usually find that building a multi home stepfamily is unexpectedly confusing and conflictual Most recent stepfamily literature estimates that over half of American co parents who attempt re marriage after divorce or mate death ultimately re divorce psychologically or legally despite their love maturity commitment and experience The notes that it may be a stepparents first union Thisunique guidebook results from 27 years research into why so many U S couples re divorce It appears that there are five factors that combine to often defeat loves brightest dreams unseen psychological wounds from childhood in stepfamily adults and kids and blocked grief from two or three major sets of losses in some co parents and or stepkids and co parent unawareness of a their inner family of subselves and related psychological wounds b healthy grieving basics c vital parenting and relationship skills and d stepfamily realities and These factors and high neediness causing one or both partners to commit to wounded unaware people mate ex mate stepkids for the wrong reasons at the wrong time and Little informed co parent support available in the media and their community My work as a stepfamily therapist since 1981 suggests that courting and re married partners can work patiently at 12 Projects together to overcome

these five re marital hazards and forge a strong nourishing re marriage **Stepfamily Relationships** Lawrence Ganong, Marilyn Coleman, 2016-07-15 This second edition synthesizes the emerging knowledge base on the diversity of stepfamilies their inherent concerns and why so relatively little is still known about them Its extensive findings shed needed light on family arrangements relatively new to the literature e g cohabitating stepparents the effects of these relationships on different family members e g stepsiblings stepgrandparents the experiences of gay and lesbian stepfamilies and the stigma against non nuclear families Coverage reviews effective therapeutic and counseling interventions for emotional familial and social challenges of stepfamilies as well as the merits of family education and self help programs The authors explore prevailing myths about marriage divorce and stepfamily life while expanding the limits of stepfamily research Among the topics included The cultural context of stepfamilies Couple dynamics in stepfamilies Gay and lesbian couples in stepfamilies The dynamics of stepparenting Siblings half siblings and stepsiblings Effects of stepfamily living on children Clinical perspectives on stepfamily dynamics For researchers and clinicians who work with families it enriches the literature as it offers insights and guidelines for effective practice as well as possible avenues for future research The International Handbook of Stepfamilies Jan Pryor, 2008-06-06 Written by contributors from around the world The International Handbook of Stepfamilies Policy and Practice in Legal Research and Clinical Environments is a collection of research legal and clinical recommendations that fills a growing need for complex re formed families Using the information in this book which includes contemporary research and its implications you will be able to consider stepfamilies in an international context Understand the issues that clinicians face when they work with stepfamilies both before and after formation and gain more knowledge about this topic as the rates of family reformation increase Who's Really Running Your Life? Fourth Edition Peter K. Gerlach MSW,2011-02-28 Links below will take you to the non profit Break the Cycle Web site Use your browser's back button to return Premise psychological wounding is epidemic in America because of an unseen inherited cycle of ineffective parenting and ignorance This book describes the wounds what they mean and what to do about them This fourth edition Feb 2011 will introduce you to your inner family and who leads it in calm and crisis times If you don't know who comprises your inner crew or who s in charge of them you may be living life as a hostage to a false self and not know it If so you re probably living well below your potential and may also be wounding kids in your life without meaning to The rest of the book outlines an effective way to reduce any significant wounds and live a calmer more authentic productive satisfying life Notice your reaction to these proposals and to the book s title I suspect you think Well I am running my life Sure but have you ever thought about who I is Reality check Have you ever had experiences like these Blowing hot and cold about someone or something Saying On one hand and on the other Obsessively second guessing doubting an important decision you ve made Having discussions or arguments with yourself inside your head An inner voice ceaselessly berating you for being stupid dumb weird or unlovable Loved and hated someone at the same time Wanted to do something and simultaneously not wanted to do it Done something impulsive and later thought What got into me Known people who seemed two faced talked out of both sides of their mouth and like two different people Felt young when around an authority figure or perhaps a critical parent yellow or mean streak a blue mood a musical side a silver tongue or a way with kids These are everyday signs of an invisible condition that shapes the lives of you and everyone you know It's based on a marvelous survival feature of our human neural system recently called multiplicity our brain s wired in ability to respond to childhood environmental threat by fragmenting into regions with special abilities Using radiographic PET scans we re the first generation in history to be able to see these regions operating concurrently The unitary experience of I see my child laugh involves many regions of your brain at once without your knowing it So does everything you do Main Ideas This book results from my professionally studying and practicing inner family therapy parts work since 1992 It describes what I ve come to believe without question about average women and men like you Normal people have personalities that are composed of a group of subselves or parts like members of an orchestra or athletic team Each subself has it s own talent or gift it s own values goals and limitations Our inner families of subselves can range from harmonious to chaotic in calm and crisis times The nature of our subselves and the relationships among them are determined in the first several years of life of average kids If kids are *American Family* Teresa Chandler Sabourin, 2003-04-07 I find the book extremely attractive The dialectical perspective provides a consistent avenue from which to address the diversity structural cultural developmental and functional in Contemporary American Families Whereas this perspective does not claim to solve the tensions in families it offers marvelous insights into the nature and changing diversities in families I believe this text is particularly well suited for reasonable discussion of serious issues and provides valuable insights into the nature of families and their functioning Vince Bloom California State University Fresno Teresa Chandler Sabourin invites students to appreciate the mystery complexity and diversity of the contemporary American family Resisting simplistic descriptions and normative descriptions Sabourin challenges us to open our minds and hearts to the rich humane variety of family connections as we search for ways to accommodate the competing demands and conflicting pressures experienced in our most cherished relationships Starting from the source of her own experience Sabourin addresses both the darker abusive side of family relationships as well as the lighter spiritual side of intimacy and love The Contemporary American Family successfully addresses the need for an accessible and teachable treatment of the dialectical perspective on close relationships This is a book that will encourage students of family communication to respect diversity question taken for granted assumptions and share the pain and joy and of their own family experiences Art Bochner University of South Florida Increasingly diverse in structure and culture contemporary families defy explanation by many traditional linear methods. In order to understand the enormous impact that diversity has on the behaviors and relationships within the family scholars and students need a means to embrace rather than solve relational contradictions The Contemporary American Family A Dialectical Perspective on Communication and

Relationships recognizes that families are both close and distant stable and changing amenable and uncontrollable Teresa Chandler Sabourin employs a dialectical approach acknowledging that a family s contradictions and relational tensions may be the determining factor in its interaction Writing in a direct and simple style Sabourin uses this innovative theoretical position to address four types of family diversity structural cultural developmental and functional Sure to stimulate discussion and further research this provocative volume examines The dialectic process in the context of family communication and relationships The redefined more inclusive American family Contemporary family structures Cultural diversity in the family Issues such as alcoholism domestic violence and divorce Spirituality within the family Designed as a supplemental text for upper level undergraduate and graduate courses in Family Communication The Contemporary American Family is also an invaluable resource for students in Family Studies and Women's Studies courses Marriaaes and Families Nijole Vaicaitis Benokraitis, Nijole Benokraitis Benokraitis, 2003 For courses in Marriage and Family Sociology of Family and Family Studies Relationships in departments of Sociology Family Studies Psychology and Women's Studies This best selling full color text introduces students to the study of contemporary marriages and families by examining the changing American family and exploring their choices and constraints This approach combined with the most current research and practical guidelines encourages students to join the effort to resolve some of the crucial issues confronting 21st century families Build a High-Nurturance Stepfamily Peter K. Gerlach, 2002-11 Note hyperlinks below will take you to the Break the Cycle Website formerly Stepfamily inFormation that this book and series are based on Use your browser's back button to return to Xlibris This is the fourth volume in a series of six dedicated to breaking the epidemic wounds unawareness cycle that promotes America's tragic divorce divorce epidemic The prior volume Stepfamily Courtship Xlibris com 2002 outlines seven Projects to help courting couples make wise commitment decisions This book for stepfamily coparents and supporters adds five more projects based on the prior seven ones If couples didn t do the prior projects which is common they can start the first six any time A sobering reality if either partner made any unwise courtship choices it s unlikely that doing these other 11 Projects will guard them and their dependents from the five hazards that promote psychological or legal re divorce Nonetheless working at the projects will give minor kids their best chance at avoiding inherited psychological wounds and passing them on to their descendents like their unaware ancestors did The five post re wedding co parenting projects are 8 Nourish your re marriage and steadily keep it your second priority after personal integrity and wholistic health except in emrgencies In complex multi home stepfamilies this is hard for many couples to do as they 9 Merge three or more multi generational biofamilies and evolve strategies to resolve inevitable values and loyalty conflicts and Persecutor Victim Rescuer relationship triangles while you 10 a Build a co parenting team with your kids other parents b stay current on your kids progress with their many developmental and adjustment needs and c continually adjust and refine your co parenting job descriptions based on your stepfamily mission statement Because all nine of these ongoing

co parent projects are complex confusing and conflictual 11 Intentionally build a support network for you and your kids and use it regularly Finally 12 Help each other a stay balanced personally re maritally and co parentally each day and b enjoy this whole challenging en Satisfactions Peter K. Gerlach, 2010-05-21 Links below will take you to the non profit Break the Cycle Web site formerly Stepfamily inFormation Use your browsers Back button to return to the Xlibris com bookstore Premise From newborn infants to dying adults we all communicate to reduce local discomforts i e to fill current needs Doing that promotes satisfaction Anything you do that causes a significant emotional spiritual physical mental change in another person can be called communication Its impossible to not communicate with other people for silence and inactivity cause reactions and presumed meanings The quality of your life and key relationships depends largely on the effectiveness of the way you communicate yet you probably dont know what you need to know about this vital life skill To reality check that mull these five challenges 1 Name a learned skill that you rely on more often than communicating to get your key needs met Note that thinking is internal communication 2 How do you distinguish between effective and ineffective communication If youre not sure how can you tell if youre communicating effectively in important situations 3 On a scale of 1 totally ineffective to 10 totally effective generally how effective a communicator would you rate yourself in calm times and in conflicts recently 4 Identify the five most important people in your current life From 1 to 10 how effective would you rate yourself in your communication with each of them in calm and conflictual times How effective would each of them rate you 5 Take your time and see how well you do with this communication guiz Then return Would you like to improve your communication effectiveness with others and yourself Seven Essential Skills This unique guidebook describes and illustrates seven vital communication skills that any motivated person can learn with practice They are Awareness Clear thinking Digging down Effective assertion Metatalking talking cooperatively about communication Clinical Handbook of Couple Therapy, Fourth Edition Alan S. Gurman, 2008-06-24 This authoritative handbook provides a definitive overview of the theory and practice of couple therapy Noted contributors many of whom developed the approaches they describe combine clear conceptual exposition with thorough descriptions of therapeutic techniques In addition to presenting major couple therapy models in step by step detail the book describes effective applications for particular populations and problems Chapters adhere closely to a uniform structure to facilitate study and comparison enhancing the book s utility as a reference and text See also Clinical Casebook of Couple Therapy also edited by Alan S Gurman which presents in depth illustrations of treatment Ex-etiquette for Parents Jann Blackstone-Ford, Sharyl Jupe, 2004 Written for both biological parents and stepparents this helpful guide provides the tools necessary to raising well adjusted children after a stressful divorce Innovative in its technique and cowritten by a certified divorce and stepfamily expert and her own stepchildren s mother this etiquette book provides an authentic guide for ex spouses to interact on a civil and healthy level Sample conversation for everyday scenarios help exes create a positive environment and ensure the mental and physical well being of the children Whether it's coordinating

discipline between households introducing a new partner dealing with late child support payments or providing a regular schedule for children this guide empowers parents to change what they can their attitudes and communication skills In doing so divorced parents can increase their self esteem and personal growth and emerge confident that they can handle awkward situations and powerful emotions while keeping the children's best interests a priority Stepfamilies James H. Bray, John Kelly, 2011-08-17 Based on a landmark longitudinal study the nation's leading expert on stepfamilies reveals his breakthrough findings and offers the first detailed guide to easing the conflicts of stepfamily life and healing the scars of divorce There are more than twenty million stepfamilies in America For most of them the simple daily issues that challenge every family are even more anxiety provoking After conducting a comprehensive nine year long study funded by the National Institutes of Health Dr James H Bray has written an invaluable book that explains why over half of all stepfamilies fail and reveals the strategies that help the others succeed A stepfamily is assaulted on all sides by difficult and often divisive questions How much control should a stepparent have over a stepchild How much authority should a nonresidential parent exert over a child How should a difficult former spouse be handled How does an ours baby change the emotional dynamic in a stepfamily Why is there a lack of honeymoon effect during the first years of stepfamily life The purpose of Stepfamilies is to answer all the important questions of stepfamily life to fill in the knowledge gaps that undermine so many stepfamilies today and crucially to learn the effect of stepfamily life on children Based on one of the largest and longest studies of stepfamily life ever conducted Stepfamilies interweaves the stories of real families to illustrate such study findings as how a stepfamily has its own natural life cycle a stepfamily takes several years to develop into a family unit a stepfamily is at greatest risk during the first two years a stepfamily ultimately coalesces into one of three forms a stepfamily must solve four basic tasks in order to succeed a stepfamily can help heal the scars of divorce Filled with emotional gripping stories Bray's findings pinpoint the three major transitions in stepfamily life and identify the riskiest issues that can throw a family into crisis Bray is the first to identify the several distinct forms that stepfamilies take and to explore which types of stepfamilies are more vulnerable than others and why He also describes the natural life cycle of stepfamilies and basic tasks all stepfamilies must undertake to succeed With a wealth of insight into the positive effects of remarriage Bray shows how a loving well functioning stepfamily can lessen the trauma of divorce and restore a child's and family's sense of security Most stepparents remarry with the highest hopes and new resolutions for a better life Never before have their unique needs been addressed in depth Through insightful case studies and practical advice Stepfamilies reveals how a strong stable stepfamily is as capable as a nuclear family of nurturing healthy development of imbuing values of setting limits and boundaries and of providing a structure in which rules for living a moral and productive life are transmitted tested rebelled against and ultimately affirmed Bray s positive message and fascinating findings many of which defy intuition will put stepfamilies on the road to lifelong harmony

Family Conflict Heather Canary, Daniel Canary, 2013-07-10 Family Conflict takes a life course approach as it provides an

accessible discussion of family conflict issues processes and outcomes Chapters draw on recent theory and research regarding sub systems and stages in family life to give readers resource rich overviews of conflict in contemporary families. After the initial chapter presents the landscape of family conflict theory and research chapters focus on conflict in couple relationships parent child relationships sibling relationships and in stepfamilies. The book concludes with a discussion of how specific work health and disability challenges facing today s families influence and are influenced by conflict interactions. Family Conflict will be essential reading for students of family communication family researchers professionals who work with families in various stages of life and anyone who desires a deeper understanding of their own family conflict processes.

Stepparenting Marilyn Ihinger-Tallman, Kay Pasley, 1995-07-30 Pasley and Ihinger Tallman provide a critical analysis of the current literature on stepparenting and summarize the progress made in research theory and practice related to stepfamilies. The chapters are written by contributors with expertise in various fields related to stepparenting. The contributors discuss a range of concerns and issues theoretical concerns and present models useful to the study of stepparenting research related to relationships within stepfamilies and the development of new roles within stepfamilies and practical considerations related to family therapy stepfamilies and schools and stepparenting and the law The Smart Stepdad Ron L. Deal, 2011-04-01 While resources abound for stepmothers stepfathers are often left to travel a difficult road without clear directions. Ron Deal offers advice for men navigating the stepfamily minefield including how to connect with stepchildren being a godly role model how to discipline dealing with the biological dad and keeping the bond strong with one s new spouse. He gives perspective on what the kids are going through and why things don t work the same as in a biological family. The Smart Stepdad provides essential guidelines to help stepfathers not only survive but succeed as both dad and husband

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