

# Understanding Divorce

## A Group to Help Children Navigate Their Path Through Separation and Divorce

Life Skills Resource Group is proud to offer this support group to your child.

This support group is an opportunity for your child to have a safe place in which to freely express his or her feelings about major family changes. The group setting will provide this; therefore it is important for the children to maintain confidentiality when it comes to what is expressed in group by the group members. We certainly invite you to address the general theme of each group, which you will be provided with, but we discourage you asking who said what in the group. Your relationship with your child can certainly be enhanced by your conversations about your own feelings about the themes. Your child will also be encouraged to share what they are learning with you on a consistent basis.

This group is designed to involve the children in a variety of therapeutic activities that allow for expression and discussion of important issues. Topics and themes that will be covered are: divorce related terms, how to identify feelings, how to communicate feelings, appropriate coping skills, self-esteem, adjustments associated with the changes taking place, having two homes, and helping children to see they are not alone.

This is a group for the children and not to be used as a tool to gather information to be used in court cases.

Participation in this group is voluntary and you may revoke consent for your child at any time.

If you would like me to e-mail you the topic of group each week please e-mail me and let me know and I would be more than happy to do so.

Please feel free to contact me with concerns or questions.

Amy Smith, M.S. Registered Mental Health Counselor Intern  
407-435-1509 [amyvsmith@earthlink.net](mailto:amyvsmith@earthlink.net)

**Life Skills Resource Group**

6068 S. Apopka Vineland Road Suite 11, Orlando, FL 32819

407-435-1509

[www.LifeSkillsResourceGroup.com](http://www.LifeSkillsResourceGroup.com) [www.amyvsmith.com](http://www.amyvsmith.com)

**LIMITS OF CONFIDENTIALITY – Understanding Divorce Group**

Therapy is considered a confidential relationship. Neither verbal information nor written records about a client can be shared with another party without the client's/parent written consent. The following are exception:

**Duty to Warn and Protect**

When a client expresses intentions or a plan to harm another person, mental health professionals are required by law to warn the intended victim and to report this information to law enforcement. In the case of a client who discloses a plan for suicide, the mental health professional is required to make reasonable attempts to notify the family or significant other of the client. In both case, it is the duty of the mental health professional to assure the client or victims safety and this may include using the Baker Act in the State of Florida which allows for up to 72 hours of involuntary commitment to a mental health facility for those deemed a danger to themselves or others by a qualified mental health professional.

**Abuse of Children and Vulnerable Adults**

If a client states or suggests that he or she is abusing a child or vulnerable adult or has recently done so or indicates knowledge of a child or vulnerable being in danger of abuse, the mental health professional is required to report this information to the appropriate social service and or law enforcement authority.

**Prenatal Exposure to Controlled Substances**

Mental health professionals are required to report admitted ongoing prenatal exposure to controlled substances.

**Minor/Guardianship**

Parents and legal guardians of non-emancipated minor clients have the right to access the clients' record.

**Supervision and Consultation**

Amy Smith is a Registered Mental Health Counselor Intern working toward licensure. To ensure that you are receiving the highest quality of services, Mrs. Smith consults regularly with her supervisor and other professionals regarding her clients. No identifying information is disclosed.

**Understanding Divorce**  
**A Group to Help Children Navigate Their Path Through**  
**Separation and Divorce**

I \_\_\_\_\_ have read and understand the attached form regarding the Understanding Divorce support group.

As the parent of \_\_\_\_\_

\_\_\_\_\_, I give permission for him/her to participate in the Understanding Divorce support group that will last for 8 weeks and take place at Life Skills Resource Group starting July 17, 2010, Saturday's at 10:00 A.M. or 11:45 A.M. at a cost of \_\_\_\_\_ for the entire 5 weeks.

I understand that Florida Law requires that mental health/social work professionals must break confidentiality in the group when there is known or suspected abuse of a child, disabled person, or an elderly person. Confidentiality must also be broken if is a child is feeling suicidal or homicidal.

I also understand that by signing this form I am agreeing that I will not ask the counselor to participate in any court proceedings associated with the child's participation in this group, understanding this is a group for my child to address their own thoughts and feelings pertaining to family matters.

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Parent signature

Date

Please complete this survey, as it is necessary for me to learn about your child's situation and particular needs in order to best serve them and the group. All information will be treated with complete confidentiality and respect.

Child's Name\_\_\_\_\_ Age\_\_\_\_\_

Number of Brother's\_\_\_\_\_ Sisters\_\_\_\_\_ Step-Siblings\_\_\_\_\_  
Half Siblings\_\_\_\_\_

Has your child ever received counseling? \_\_\_\_\_  
Have you ever participated in a support group?\_\_\_\_\_ if so was it helpful to you?\_\_\_\_\_

How long have you been separated/divorced\_\_\_\_\_  
Are you dating or re-married\_\_\_\_\_

How often does your child have contact with his/her other parent?\_\_\_\_\_

Has your child demonstrated any behavioral changes recently if so please explain?

\_\_\_\_\_

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Please explain what type of expectations/hope you may have by allowing your child to participate in the Understanding Divorce Support Group.

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**Return all forms to Amy Smith at Life Skills Resource Group before 7/16/10 in order for your child to participate in this group. FAX 407-629-8378 or mail to Life Skills Resource Group 6068 S. Apopka Vineland Rd., Ste. 11, Orlando, FL 32819**