

Syllabus for Continuing Education Program

Course Provider: **The Collaborative Law Institute of Minnesota**
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Date: January 27, 2023

Title: Home Will Never Be the Same Again: Help for Parents of Gray Divorce and their Adult Children, Who Are Stakeholders in their Parent's Divorce

Presenters: Carol R. Hughes, Ph.D. LMFT
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Bruce Fredenburg, Author, M.S., LMFT
bruce@healthsolutionsmadeeasy.com

Time: 10:15 AM Zoom attendees login
10:20 AM Welcome, announcements, Speaker Introductions
10:30 AM – 1:45 PM Presentation (*Includes a 15-minute break*)

Location: Zoom (*Registered attendees will receive a confirmation email with the link to register with Zoom to then receive the link to join the training.*)

Cost: CLI Members and non-members: \$125.00
Annual Platinum, Gold, & Silver Partners: \$0.00

Continuing Education: PENDING 3 credits Minnesota CLE and LMFT
APPROVED 3 credits for Minnesota Board of Psychology
A self-filing certificate will be provided for LICSW & ADR

Cancellation: Refunds for registration will be processed if notice of cancellation is received by 1/23/23

Who Should Attend: CLI Members, Greater Family Law Community

Educational Level: Advanced

About the Presenters:

Carol R. Hughes, Ph.D. LMFT, holds Board Certification in Clinical Hypnosis and is an EMDR Therapist, Psychotherapist, Collaborative Divorce Coach, Neutral Child Specialist, Family Specialist, Coparenting Therapist, Mediator, Trainer, and Author. For more than 30 years Carol has helped adults, adolescents, and children heal their pain and continually honed her skills in specialized training to best serve them.

Bruce Fredenburg, Author, M.S., LMFT, holds Board Certification in Clinical Hypnosis and is an EMDR Therapist, Psychotherapist, Collaborative Divorce Coach, Neutral Child Specialist, Mediator, Coparenting Therapist, Reunification Therapist, and Trainer. For more than 25 years Bruce has studied and taken specialized training in the intersection of psychology, spirituality, and holistic approaches to mental health.

Description of Program

Since 1990, the U.S. divorce rate for couples age 50 and older has doubled and is expected to triple by 2030. This phenomenon called "gray divorce" has created a seismic shift in the American family and families in other countries. It has been unfolding without much comment, and three to four generations are experiencing its effects.

Every year in the United States, over a million divorcing couples and their adult children experience the effects of gray divorce. Yet overlooked in the issues affecting these couples are the adult children. In their book *Home Will Never Be the Same Again: A Guide for Adult Children of Gray Divorce*, our webinar presenters Carol Hughes and Bruce Fredenburg share related research and give voice to these adult children -- men and women, 18 to 60 years old, who are in different stages of shock, fear, and sudden, dramatic change.

Adult children say they feel overlooked and forgotten, when they express their feelings and experiences, and the most important people in their lives frequently ignore and dismiss them. This damages the ongoing relationships between parents and their adult children, between siblings, and among grandparents and grandchildren, aunts, uncles, and cousins. Eventually the divorce will resolve, but many divorced couples are left with their most treasured family relationships shattered.

During this interactive webinar, you will learn how adult children are major stakeholders in their parents' divorce, who can be instrumental in bringing their parents to equitable and durable agreements. You will also learn how to help your clients avoid one of the worst consequences of divorce -- fractured family relationships.

Learning Objectives

1. Understand and explain to their clients and divorce colleagues why legal, mental health, and financial divorce professions have continued to overlook adult children as stakeholders in their parents' divorces.
2. Understand and explain to clients and other divorce professionals the unique value adult children of divorcing parents bring to Collaborative Divorce and Co-mediation teams, including their potential pivotal role in facilitating better outcomes and more durable agreements for their divorcing parents.
3. Explain to clients and divorce professionals how a Neutral Adult Child Specialist is uniquely situated to gather information not otherwise available to help the professionals guide the divorcing

couple to take actions to avoid the worst aspects of divorce and reach agreements that preserve their valuable family relationships post-divorce.

4. Enroll the clients in understanding why it is crucial for Neutral Adult Child Specialists to be present at all full team meetings, including financial settlement meetings.

Outline

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| 10:15 AM | Attendees login to Zoom | |
| 10:20 | Welcome and introductions | |
| 10:30 - 11:00 | Presentation Overview | 30 Minutes |
| | What is Gray Divorce? Research | |
| | Experiential Exercise | |
| 11:00 - 11:30 | Voices of Adult Children | 30 Minutes |
| | It's All About Relationships Attachment Theory | |
| | Shock Then Grieving | |
| 11:30 – 11:45 | Losses of Divorce | 15 Minutes |
| | Film Clip | |
| | Stages of Adult Development and Issues faced in Each Stage | |
| | Adult Children Are Stakeholders in Their Parents' Divorce | |
| | Q & A | |
| 11:45 – Noon | Break | 15 Minutes |
| Noon - 12:30 | Communication | 30 Minutes |
| | Boundaries | |
| | Changing Family Roles and Rules | |
| | Relationships with Siblings, Extended Family, Friends, and Community | |
| | Family Traditions and Rituals | |
| | Parental Dating, Re-partnering, and Remarriage | |
| 12:30 – 12:45 | How Parents of Gray Divorce Can Help Their Adult Children Legal and Financial Issues | 15 Minutes |
| | Hope and Healing | |
| | Adult Child Parent Videos | |
| 12:45 - 1:15 | Small Group Exercise in Break-out Rooms - Select a notetaker to share in large group | 30 Minutes |
| 1:15 – 1:45 PM | Return to Large Group - Each table's notetaker shares with large group | |
| | Additional Q & A | 30 Minutes |

180 Total minutes of instruction

Instructional Materials for Attendees: None

Examination & Answers: No exam