

# Consent Form for Teen First Treatment Group

I, \_\_\_\_\_, give my consent for \_\_\_\_\_  
Print name of parent/guardian Print name of child

to participate in the Teen First treatment group. The treatment group will consist of eight core sessions and two optional additional sessions regarding different topics on parental divorce and separation. Main topics will include understanding divorce and separation; transitions related to divorce and separation; teen versus parent responsibilities; communicating feelings with family; how to cope with parental conflict; gaining social support; building cognitive skills; and positive aspects of the divorce or separation. Optional sessions include the topics of new partners and relaxation skills. Parents will be given a handout regarding the topics discussed after every session. I understand that general information regarding the treatment sessions will be given to me verbally as agreed upon.

I acknowledge that I have spoken with the person providing the group treatment and have reviewed the extent and limits of confidentiality. I understand that if I have questions or concerns, I may contact the administering therapist.

\_\_\_\_\_ OR \_\_\_\_\_  
Facilitator's phone number Facilitator's email address

\_\_\_\_\_  
Parent/guardian signature

\_\_\_\_\_  
Adolescent signature

\_\_\_\_\_  
Facilitator signature

# Teen First

## Understanding Divorce and Separation

Today your teen completed **Session 1** of the Teen First program. The following topics were discussed during the session:

- \* The purpose of the program and why your teen was included
- \* What is the role of a family?
- \* What divorce and separation means
- \* Divorce terminology
- \* Misconceptions about divorce and separation
- \* Normalizing the divorce and separation experience
- \* Reasons parents get divorced or separated
- \* The deep-breathing relaxation technique

### **Family Discussion Question:**

If you haven't discussed the reasons for your separation or divorce with your teen, now might be a good time to do so. Remember to be as objective as possible, while limiting your criticism of the other parent.

# Teen First

## Transition Related to Divorce and Separations

Today your teen completed **Session 2** of the Teen First program. The following topics were discussed during the session:

- \* Examples of possible custody and visitation agreements
- \* Scheduling issues
- \* Environmental transitions (such as living in two different homes or having to go to a new school)
- \* Changes with friends (losing friends, making new ones, etc.)
- \* Taking on more responsibility
- \* Teen reactions to divorce and separation
- \* Different ways of coping
- \* Ways to cope when missing a parent

### **Family Discussion Question:**

Ask your teen if they have any questions about how their life might be different now that you are becoming separated or divorced. For example, will the family have to move, will they go to a new school, etc.

# Teen First

## Teen versus Parent Responsibilities

Today your teen completed **Session 3** of the Teen First program. The following topics were discussed during the session:

- \* Teens are never responsible for their parents' divorce or separation
- \* How to distinguish between adult and child responsibilities
- \* Unrealistic expectations (such as a reunion of divorced or separated parents)
- \* Parentification (teens taking on parent roles)

### **Family Discussion Question:**

Your teen may now have additional responsibilities around the home due to your separation or divorce. Talk with your teen about what these responsibilities might be (such as caring for a sibling or more chores in the home) as well as what they are not responsible for (such as relaying information from you to the other parent).

# Teen First

## Communicating Feelings with Family

Today your teen completed **Session 4** of the Teen First program. The following topics were discussed during the session:

- \* Identifying emotions
- \* Discussing emotions with others
- \* Improving communication with parents
- \* What to do when conflict occurs
- \* Talking to siblings about the divorce or separation
- \* The guided imagery relaxation technique

### **Family Discussion Question:**

Today your teen learned how to identify emotions and communicate more clearly with you when upset. It might be helpful to have your teen talk to you this week about what he or she learned.

# Teen First

## How to Cope with Parental Conflict

Today your teen completed **Session 5** of the Teen First program. The following topics were discussed during the session:

- \* Being stuck in the middle of parental conflict
- \* Badmouthing (between parents)
- \* Relaying information between parents
- \* Parents competing for loyalty

### **Family Discussion Question:**

Today your teen learned how to avoid many common problems that occur when parents are separated or divorced. Talk with your teen about which of these problems is most common and how you both can make changes to deal with this.

# Teen First

## Gaining Social Support

Today your teen completed **Session 6** of the Teen First program. The following topics were discussed during the session:

- \* Identifying sources for social support
- \* How to appropriately tell friends or other adults about parental divorce or separation
- \* Coping skills to use when feeling upset (such as positive activity scheduling with friends)

### **Family Discussion Question:**

Teens often need to build a broad support network to help them cope with their parents' separation or divorce. Talk with them and help them figure out who else they can talk to (besides you, of course). Let them know that it is OK to talk with another trusted adult or a friend about how they are feeling.

# Teen First

## Building Cognitive Skills

Today your teen completed **Session 7** of the Teen First program. The following topics were discussed during the session:

- \* How what they think can affect how they feel and what they do
- \* Reframing upsetting and unhelpful thoughts
- \* Testing upsetting thoughts
- \* The progressive muscle relaxation technique (PMR)

### **Family Discussion Question:**

Today teens learned about thoughts they may experience that are harmful to them psychologically. Ask them about what they learned and have them tell you some examples of thoughts they have that might not be true or helpful to them.

# Teen First

## Positive Aspects of Divorce and Separation

Today your teen completed **Session 8** of the Teen First program. The following topics were discussed during the session:

- \* Coping with divorce or separation gets easier over time
- \* Positive aspects of divorce and separation
- \* Positive perceptions of themselves and their family
- \* Group closing activity and certificate of completion

### **Family Discussion Question:**

Today your teen learned that there are some positive things about parent separation or divorce. Talk with and give your teen your opinion on this topic. What do you see as positive changes since your separation or divorce?

# Teen First

## New Partners

Today your child completed the **New Partners** session of the Teen First program. The following topics were discussed during the session:

- \* Why parents might get new partners
- \* Different reactions they might have to new partners
- \* What new partners can mean for the future
- \* Relaxation techniques review

### **Family Discussion Question:**

Today your teen learned about how to cope with your new partner (current or future). Discuss reasons you have or will have a new partner and what this person's role in the family will be. You might also talk about how your new partner will have both a similar and different role in your family compared to your teen's other biological parent.

# Teen First

## Relaxation Skills Review

Today your child completed the **Relaxation Skills Review** of the Teen First program. The following topics were discussed, reviewed, and practiced:

- \* Deep-breathing relaxation technique
- \* Guided imagery relaxation technique
- \* Progressive muscle relaxation technique

### **Family Discussion Question:**

Your teen has learned and then practiced three different relaxation techniques. Separation and divorce is stressful for the whole family, so let your teen teach you these skills so that the whole family can practice them regularly. A good time to practice is at bedtime, when you first wake up, or when feeling stressed.