

Reading list and useful links

Note for all participants

Please don't be put off by the reading-list! The Rowntree documents are really useful and easy to scan through and the content is important as they give background information that cannot be covered on your course. We have provided you with the hyper-link or reference so that you can read these papers on line.

Designated pre-course reading – CIM Foundation

1. Separation and divorce – helping parents to help children Christina McGhee, Resolution http://www.resolution.org.uk/editorial.asp?page_id=112
2. The Voice of the Child in Separation/Divorce Mediation and Other ADR Processes: A Literature Review Rachel Birnbaum, Dept. of Justice, Canada, June 2009 <http://www.justice.gc.ca/eng/rp-pr/fl-lf/divorce/vcsdm-pvem/pdf/vcsdm-pvem.pdf>
3. Children's involvement in family decision-making Ian Butler, Margaret Robinson and Lesley Scanlan, July 2005 JRF Findings <https://www.jrf.org.uk/report/childrens-involvement-family-decision-making>
4. Understanding what children say about living with domestic violence, parental substance misuse or parental health problems – Rowntree Research Findings, May 2004 <https://www.jrf.org.uk/report/understanding-what-children-say-about-living-domestic-violence-parental-substance-misuse-or>
5. Supporting children through family change: a review of services, September 2003 <https://www.jrf.org.uk/report/supporting-children-through-family-change-review-services>
6. Children's and parents' experience of contact after divorce JRF Findings, Oct. 2002 LizTrinder et al. <https://www.jrf.org.uk/report/childrens-and-parents-experience-contact-after-divorce>
7. Children's Views of their Changing Families – Rowntree Research Findings, September 2001 <https://www.jrf.org.uk/report/childrens-views-their-changing-families>

8. Divorce and Separation: the outcomes for children – Bryan Rodgers and Jan Pryor, 1998, <https://www.jrf.org.uk/report/divorce-and-separation-outcomes-children>
9. Children’s Perspectives on Families – Rowntree Research Findings, July 1998 <https://www.jrf.org.uk/report/childrens-perspectives-families>
10. How primary school children cope with family change – Rowntree Research Findings, July 2002 <https://www.jrf.org.uk/report/how-primary-school-children-cope-family-change>

See also/be aware of:

Family Mediation Council: Child Inclusive Mediation

<https://www.familymediationcouncil.org.uk/2017/06/09/child-inclusive-mediation/>

Family Mediation Council: Child Inclusive Mediation Part 6, FMC Standards Framework

<https://www.familymediationcouncil.org.uk/2018/05/14/child-inclusive-mediation-2/>

Family Justice Young People’s Board website content – Our top tips for Professionals:

<https://www.cafcass.gov.uk/family-justice-young-peoples-board/>

Final Report of the Voice of the Child Dispute Resolution Advisory Group, Ministry of Justice, March 2015

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/421005/voice-of-the-child-advisory-group-report.pdf

Final Report of the Family Justice Review Panel, Ministry of Justice, Nov. 2011

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/217343/family-justice-review-final-report.pdf

What the Family Justice Review recommended: A note for children and young people, Ministry of Justice, Nov. 2011

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/217346/fjr-recommendations-yp-guide.pdf

Justice Committee – Sixth Report, Operation of the Family Courts

<http://www.publications.parliament.uk/pa/cm201012/cmselect/cmjust/518/51802.htm>

'Do more than listen, Act – Consultation response to the Family Justice Review –The Office of the Children's Commissioner

[http://dera.ioe.ac.uk/10384/1/force_download.php%3Ffp%3D%252Fclient_assets%252Fcp%252Fpublication%252F514%252FDo more than listen -](http://dera.ioe.ac.uk/10384/1/force_download.php%3Ffp%3D%252Fclient_assets%252Fcp%252Fpublication%252F514%252FDo_more_than_listen_-)

[_Act Consultation response to the Family Justice Review undertaken for the Family Justice Council.pdf](#)

Suggested further reading – all courses

1. Understanding Children's Development Smith P.K., Cowie H., and Blades M. John Wiley and Sons 6th edition 2015
2. Understanding: 8 – 9, 10 – 11, 12 – 14 Year Olds Waddell M. , Bergese R., Tavistock Clinic, Kingsley Pub. 2005, 2008 [A series of books to assist parents/professionals in understanding children's development]
3. *Skills in Counselling and Psychotherapy with Children and Young People Sherman L. Sage 2014
4. *Counselling Young People: A Practitioner Manual Kirkbridge R. Sage 2017
5. Relevant chapters in Child-Focused and Child-inclusive Mediation in Family Mediation, 3rd Ed. Lisa Parkinson, Jordans Publishing 2014.
6. Parenting Apart: How Separated and Divorced Parents Can Raise Happy and Secure Kids [Christina McGhee](#), Vermilion 2011
7. How happy are our children: measuring children's well-being and exploring economic factors The Children's Society 2011
https://www.childrensociety.org.uk/sites/default/files/tcs/research_docs/12pp%20Well-being%20Report.pdf
8. Help Your Children Cope With Your Divorce: A Relate Guide, [Paula Hall](#), Vermilion 2007
9. Putting Children First: A Handbook for separated Parents, Karen and Nick Woodall, Piatkus Books 2007
10. Mothering through Domestic Violence Lorraine Radford and Marianne Hester Kingsley Pub. 2006
11. The changing experience of childhood: Families and Divorce, Carol Smart, Bren Neale and Amanda Wade Polity Press 2001

12. Helping Children Cope with divorce Edward Teyber, Jossey Bass 2001
13. Time to Listen to Children, ed. Pat Milner and Birgit Carolin, Routledge 1999.
14. In the Name of the Child – a developmental approach to understanding and helping children of conflicted and violent divorce Janet Johnston and Vivienne Roseby, The Free Press 1997
15. Surviving the Break Up Judith S. Wallerstein and Joan B. Kelly Pub. Basic Books reprint 1996

*These books are recommended as providing insight and assistance to those mediators who will be seeing children directly as part of a mediation process. It is important to note that Child Inclusive practice is not counselling or psychotherapy with children and young people, although some of the skills used by specialist child counsellors and psychotherapists can be useful in planning discussions with children and young people.

<https://www.amazon.co.uk/Split-Survival-Kit-Parents-Separation-ebook/dp/B08WBVZ4ZZ>

Finding out that your parents are splitting up can feel scary and upsetting. It can also be hard to know who you can talk to about it. But you are NOT alone.

Psychologist Angharad Rudkin is here to guide you on this journey with 10 simple steps that will help you to feel calmer, stronger, confident and more positive about the future.

From acceptance and resilience, to communication and compassion towards other people, this book will help you tackle the tricky situations that a divorce can bring, and answer some of the questions going through your head.

With practical and positive tips, this book will show you that change is a tough journey, but with the rRobert Emery, Two Homes One Childhood but The Truth about Children and Divorce is also brilliant.ight survival kit, you *will* reach a happier destination!

<https://www.amazon.co.uk/Two-Homes-One-Childhood-Parenting/dp/1594634157>

A researcher, therapist, and mediator, Robert Emery, Ph.D., details a new approach to sharing custody with children in two homes. Huge numbers of children are affected by separation, divorce, cohabitation breakups, and childbearing outside of marriage. These children have two homes. But their parents have only one chance to protect their childhood. Building on his 2004 book The Truth About Children and Divorce and a strong evidence base, including his own research, Emery explains that a parenting plan that lasts a lifetime is one that grows and changes along with children s and families developing needs. Parents can and should work together to renegotiate schedules to best meet the changing needs of children from infancy through young adult life. Divided into chapters that address the specific needs of children as they grow up, Emery:

Introduces his Hierarchy of Children s Needs in Divorce

Provides specific advice for successful parenting, starting with infancy and reaching into emerging adulthood

Advocates for joint custody but notes that children do not count minutes and neither should parents

Highlights that there is only one "side" for parents to take in divorce: the children's side

Himself the father of five children, one from his first marriage, Emery brings a rare combination of personal and professional insight and guidance for every parent raising a child in two homes.

[Divorce Poison | Classic Guide to Overcoming Parental Alienation | Dr. Richard Warshak](#)

Divorce Poison: How to Protect Your Family from Bad-mouthing and Brainwashing

In this classic guide to **preventing & overcoming parental alienation**, Dr. Warshak helps parents shield children from the crossfire of divorce and separation.

But with twenty-five years of helping families, **Dr. Richard Warshak** is convinced that a passive approach just leaves parents feeling helpless. And the damage to children is considerable, particularly when warring parents enlist children as allies in the battle. The problems range from tainted parent-child relationships, in which children are disrespectful or reluctant to show their affection, to a disturbance in which children virtually disown one of their parents and all the relatives on that side of the family.