

**Supporting Students Experiencing Parental Separation for Judaic & General studies teachers grades Nursery-12<sup>th</sup>**

Marni Rosen, Psy.D ATR-BC  
Midwest Refuah Health Center



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**Dr. Marni Rosen, Psy.D ATR-BC**

Midwest Refuah's Director of Behavioral Health Dr. Marni Rosen is a supervisor, consultant, and trainer on trauma-informed psychotherapy and art therapy. A Licensed Clinical Psychologist and Board-Certified Art Therapist, she completed her Postdoctoral Fellowship at the Posttraumatic Stress Center in New Haven, CT, and was a research assistant at Yale University. Dr. Rosen is passionate about providing a warm, culturally sensitive mental-health clinic for Chicago community members. Clients at Midwest Refuah can expect excellent clinical expertise, regardless of their income or insurance coverage. She hopes that Midwest Refuah becomes known as a home for the community's mental wellness.

**The Family Clinic**  
Focused on parenting, with a specific lens toward attunement to children, and dedicated to providing community members with the tools to raise healthy, happy, and functional families. The focus of this clinic is to offer a wellness-based approach to an issue that arises in the family rather than attend to just one individual within the unit — because often when one family member is struggling, all members of the family are impacted.

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**Goals**

- Understanding the family dynamics that impact the child
- Improving Parental Communication
- Increasing Student Engagement

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### Common and Uncommon Terminology



**Discommitment Counseling** - form of therapy for couples who believe they are on the brink of a divorce and need guidance on whether or not to end the marriage

**Legal Separation** - remain married but the court divides your property and debts and makes orders about financial support

**Mediation** - a process where the spouses communicate with a neutral third party, who does not represent either spouse, to reach an agreement that mutual benefits both parties

**Collaborative Divorce** - process by which parties use mediation and negotiations to settle their divorce with an attorney for each party

- Nesting** - a shared custody arrangement in which the children remain in the same house at all times while the parents take turns living in that house with the children
- Guardian ad Litem (GAL)** - is a person appointed by a court to look after and protect the interests of someone who is unable to take care of themselves
- 604.108 Evaluation** - a formal evaluation by a mental health professional to assist the Court in determining the best interest of the children

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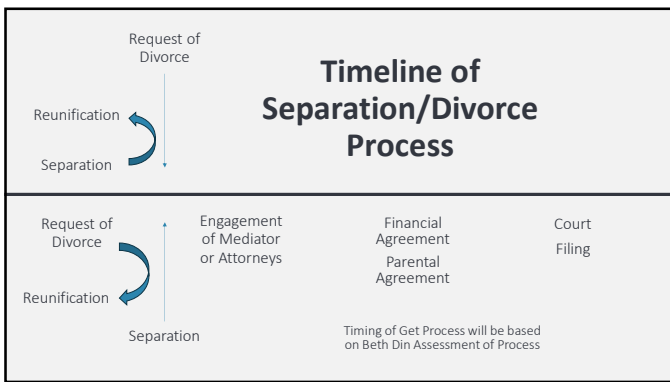
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### Spectrum of Parental Communication

Only on OFW (Our Family Wizard)	By Text and Email	By Verbal Communication	Collaborative Meetings
<a href="#">OurFamilyWizard - Best Co-Parenting App for Child Custody</a>			

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### Cognitive Functioning


#### Conscious Discipline® Brain State Mod



- Executive State**  
Need: Problem solving opportunity  
Looks like: Wisdom, unimpaired  
Message: What can I learn?
- Emotional State**  
Need: Connection  
Looks like: Back talk, sass, yelling, verbal reactions  
Message: Am I loved/connected?
- Survival State**  
Need: Safety  
Looks like: Hiding, fighting, some physical reactions  
Message: Am I safe?

The Conscious Discipline Brain State Model helps us understand how the brain works in relation to discipline. An upset child is often in Survival or Emotional states. We must actively calm ourselves. If we are to help children calm themselves, then we must help us calm down by checking off the stress response in the body.

#### What level of needs should be accounted for to be able to learn?



Maslow's hierarchy of needs

What Brain State is ideal for School?

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### Parenting Schedule



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Shabbat
MOM	MOM	MOM	DAD	DAD	DAD	MOM
MOM	MOM	MOM	DAD	DAD	DAD	DAD
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Shabbat
MOM	MOM	MOM	MOM	MOM	MOM	MOM
DAD	DAD	DAD	DAD	DAD	DAD	DAD
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Shabbat
MOM	DAD	MOM	DAD	MOM	DAD	MOM
DAD	MOM	DAD	MOM	DAD	MOM	DAD
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Shabbat
MOM	MOM	DAD	DAD	MOM	MOM	MOM
DAD	DAD	MOM	MOM	DAD	DAD	DAD

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**Let's consider the impact of switching?**

- What might it feel like for the child?
- What adjustments might they need to make?
- How might there be challenges for homework? Projects?
- Remembering items for school?
- Sending notes home? Does it change based on schedule?

Where is everything I need?

What house do I have my...?

I can't find my?

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**Increasing Communication with Parents**

- Know the status of the student's parent in the Separation/Divorce process
- Know who is primary parent, who is decision maker, and what level of information is permitted to secondary parent.
- Seeking permission for collaborative emailing and zoom meetings
- Ensuring that both parents are included in financial emails, notifications, letters home
- Seek confirmation that messages are received by each parent for important information
- For administrator, when introduction a new platform ensure each child can have two email entry.

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**Increasing Student Engagement**

- Know the important transition days
- Look for patterns related to start and end of days, trigger cues
- Create a small transition ritual for them between drop off and classroom start
- Notice if quiet work time becomes impulsive or daydream time- could be indication of intrusive thoughts
- Create reminders for homework/items to transition between homes
- Ask parents to keep items at school or secondary copy at each home
- Setting up Reminders for parents when children are young for special school activities (e.g. Shabbos Ima/Abba)
- Consider timelines on projects for students who might need to transition projects between houses, or who can't (problem solve with these students)

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**Contact Us**



**Midwest Refuah**  
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