



About the Event

Presentation will review how to deliver a group designed for parents and children (ages 6 to 12) to address the pressures occurring in their lives secondary to divorce. The program developed by J. Wallerstein, PhD. was modified to integrate objects relations theory with evidence-based CBT interventions. Children learn age-appropriate coping skills and interpersonal perspective taking. Parents attend a separate and parallel group to learn skills to facilitate their children's adjustment.



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Speaker Biography:

Barbara L. Flye, Ph.D. is an Associate Professor of Psychology in Clinical Psychiatry, Weill Cornell Medicine. Dr. Flye directs the child outpatient psychiatric evaluation service. She serves as a supervisor to post-doctoral fellows in psychology and second year child and adolescent psychiatry fellows during their outpatient rotation at Westchester Behavioral Health Center. She has expertise in providing treatment to families in transition and has been a member of the Children of Divorce Group treatment team since 1996. She is trained in several Parent Management Training Interventions including Supportive Parenting for Anxious Childhood Emotions (SPACE), and supervises trainees providing PMT as well as providing PMT for parents of children in treatment at the WBHC.

Learning Objectives:

1. Describe and apply creative interventions to help children develop problem-solving skills and clarify confusing issues such as divided loyalty and self-blame.
2. Model and teach children how to identify feelings and adjust to mixed emotions related to parental separation and divorce.
3. Demonstrate and practice techniques to support children in building coping strategies, emotional regulation skills, and interpersonal perspective-taking to reduce worry and distress.
4. Identify strategies to enhance parental emotional well-being and promote effective communication between parents and children, as well as between divorcing parents.

References:

1. Evidence-informed interventions for Court-involved families. (2019). In Oxford University Press eBooks. <https://doi.org/10.1093/med-psych/9780190693237.001.0001>
2. Lebow, J. L. (2018). Treating the difficult divorce: A practical guide for psychotherapists. In American Psychological Association eBooks. <https://doi.org/10.1037/0000116-000>
3. Poli, C. F., Molgora, S., Marzotto, C., Facchin, F., & Cyr, F. (2017). Group Interventions for Children having Separated Parents: A Systematic Narrative review. *Journal of Divorce & Remarriage*, 58(8), 559-583. <https://doi.org/10.1080/10502556.2017.1345243>
4. Van Der Wal, R. C., Finkenauer, C., & Visser, M. M. (2018). Reconciling Mixed Findings on Children's Adjustment following High-Conflict Divorce. *Journal of Child and Family Studies*, 28(2), 468-478. <https://doi.org/10.1007/s10826-018-1277-z>
5. Pelleboer-Gunnink, H. A., Van Der Valk, I. E., Branje, S. J. T., Van Doorn, M. D., & Deković, M. (2015). Effectiveness and moderators of the preventive intervention kids in divorce situations: A randomized controlled trial. *Journal of Family Psychology*, 29(5), 799-805. <https://doi.org/10.1037/fam0000107>



Thursday, October 30th, 2025
10:30am - 11:30am



Virtual Lecture:
[https://www.eeds.com/sign_in.aspx?
Sign_in_Code=19kame](https://www.eeds.com/sign_in.aspx?Sign_in_Code=19kame)



1 CE credit hour is available free of charge to Weill Cornell Medicine Department of Psychiatry, full time and voluntary psychology, social work and LMHC faculty

Credits are available to those who sign into the lecture using the EEDS sign-in link provided, attend the entire lecture live, and complete the CE evaluation in the EEDS portal within 30 days, in accordance with NYSED and APA requirements.

Evaluation forms will be available in your EEDS account following the lecture if you have met the attendance requirement, and eligible participants will also receive the evaluation link by email.



Instructional Level: This event is appropriate for all audiences (introductory, intermediate and advanced).



Financial Disclosure: Dr. Flye has no relevant financial relationship(s) with ineligible companies to disclose and DOES NOT INTEND to discuss off-label or investigational use of products or services.