

INDIVIDUAL'S RIGHTS DURING AND AFTER PARENTAL DIVORCE

Each individual whose parents divorce has the right to:

1. love and be loved by both of their parents without feelings of guilt or disapproval.
2. be protected from their parents' anger.
3. be kept out of the middle of their parents' conflict, including the right not to pick sides, carry messages, or hear complaints about the other parent.
4. not to have to choose one of their parents over the other.
5. know well in advance about important changes that will affect his/her life; for example, when one of the parents is going to move or get remarried.
6. express his/her feelings or thoughts and to have both parents listen to how s/he feels.
7. have a life that is as close as possible to what it would have been if the parents had stayed together.

Please remember that, by asking for the support and guidance of a specialist, you can protect your family members from the negative consequences of divorce!

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A HEALTHY DIVORCE



THE CONCEPT OF A HEALTHY DIVORCE

A healthy divorce is the one in which a family can stay together and interact harmoniously even after the parents dissolve their unhealthy marriage. Parents' first goal should be to provide their children with a family context which includes a healthy marriage for their children; however, for those who wish to end their marriage a healthy divorce should be the main goal.

HOW DOES PARENTS' DIVORCE AFFECT INDIVIDUALS?

Research has indicated that some individuals experience the negative consequences of their parents' divorce (i.e., considerable pain, unhappy memories, and continued distress) throughout lives whereas some can be resilient and strong afterwards (i.e., being successful in many fields, increased maturity and skills in coping with problems).



In the last decade, research findings have shown that parental conflict at the time of divorce and/or postdivorce have a much more negative impact on healthy development and the wellbeing of individuals than divorce itself.

PARENTS' DIVORCE AND BEING RESILIENT

Some individuals from divorced families are successful in many areas of life. These people have coped well with their parents' divorce and have experienced the following:

- their parents do not have severe conflicts but can cooperate with each other at the time of divorce and postdivorce.
- their emotional and social needs are paid attention to and are met at the time of divorce and postdivorce.
- they are provided with a warm relationship by their resident parent.
- they are given the opportunity to have social, cultural and/or sports activities which help them to relieve emotional pressure.
- they are provided with emotional support by people around them (such as; parents, grandmothers, grandfathers, close friends).

