A PROGRAM EVALUATION OF A

DIVORCE EDUCATION

SEMINAR

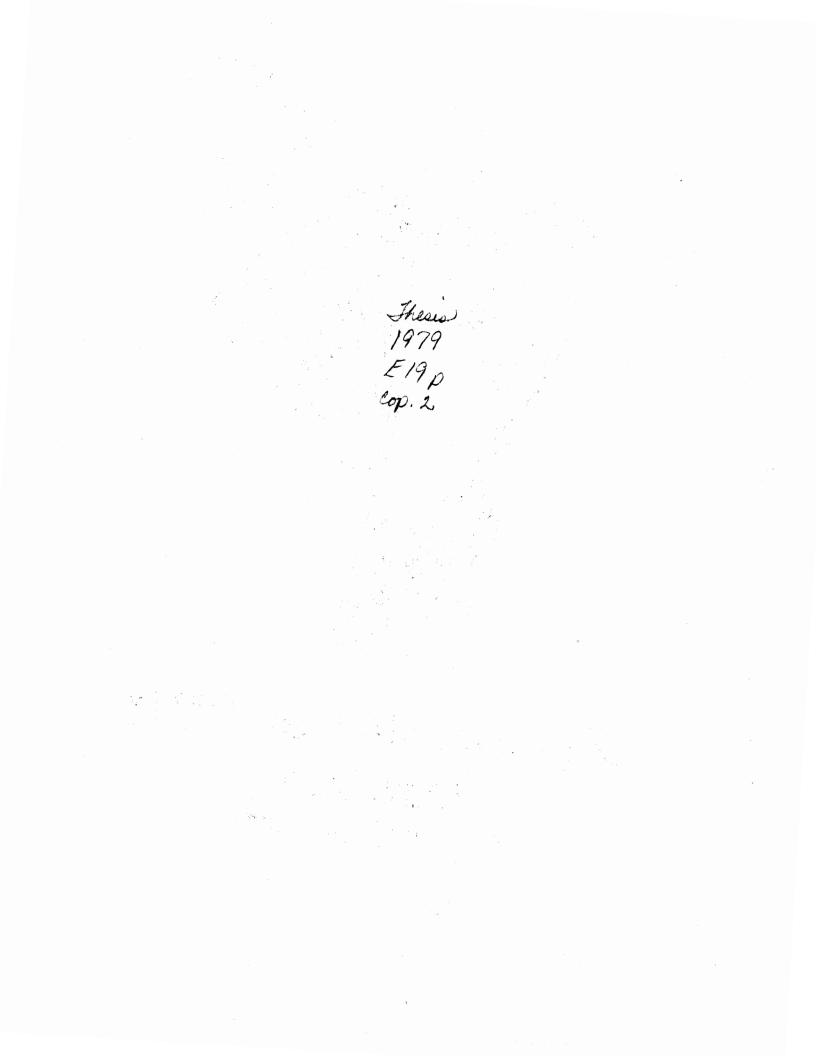By

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CHAPTER I

INTRODUCTION

Significance of the Problem

In 1976 there were 1,077,000 divorces granted in the United

States (Sell, 1977), and U.S. census figures show that in 1977, 17.70%

of American children under the age of 18 years were living with only

one parent, usually the mother (Current Population Reporting Service,

p. 20). This total number of one-parent home situations was an in-

crease of 5.90% since 1970.

When divorce occurs in the American family, no family member

could expect to live through the experience without undergoing some

dramatic changes in lifestyle. It has been believed by many that the

stresses encountered in divorce are the greatest of any life crisis

except the death of a spouse (Aslin, 1976; and Scott, 1974). Both

spouses "suffer the aftershocks of the divorce; grief, guilt, resent-

ment, self-pety, frustration, depression, and feelings of failure"

(Neuhaus and Neuhaus, 1974, p. 149).

While there could be no accurate way to assess all of the effects

of divorce on those involved; jobs, housing, education, and recreation

have been some of the elements of individual lifestyles which were

altered by the experience (Cull and Hardy, 1964, pp. 35-50). The task

of aiding these families in efforts to deal with their new life situ-

ation has fallen primarily to "Clergy-persons, social workers, lawyers,

and both private and social agencies" (Neuhaus and Neuhaus, 1974, p. 150). Theological school curricula have traditionally emphasized counseling more than either law or medical schools, but none of these institutions has had counselor training as a major focus of their curriculum (Freeman, 1967, pp. 83-103). Private counseling agencies have usually been prohibitively expensive and unavailable to a large number of those divorcing who come increasingly from the lower socio-economic classes (Hunt, 1966, p. 17).

<center>Statement of the Problem</center>

Attempts at research into human problems such as the emotional difficulties experienced by the divorced and efforts to discover relevant and reliable means for impacting therapeutically on these problems have been complicated by the complexity of human emotions and the variability of those individuals and situations involved in the process. Programs aimed at such goals have been generally based on the personal experiences and philosophies of the individuals involved in formulating the programs and on the writings of a few outstanding professionals in the field.

The effort to develop relevant and scientifically defensible guidelines for such programs have included the guidance of authorities in the area but must, finally, have been based on the needs of the individuals to be served. The problem then has becomes that of discovering these needs and arriving at the best means for meeting them.

In a population as traumatized and volatil as the divorced, it would become a major task to discern the true nature of the needs of individuals who make up the group as they have often been unable to

understand themselves and their requirements for successful functioning
in their new and strange lifestyle. In addition to this unsureness,
feelings of guilt and failure may have rendered the divorced defensive
in the face of efforts to intervene. Socialization in general has also
required that people in crisis put their "best foot forward" and pre-
sent their most positive attributes to those interested in their plight.
This has further complicated the job of the researcher and intervening
agent.

Purpose of the Study

With these difficulties in mind, this research has sought to dis-
cover why divorced persons attend specialized groups which attempt to
serve their needs, what were the hoped-for benefits, and how the group
could best be structured to meet these needs and facilitate their ful-
fillment. In order to accomplish these objectives, the program, "Get-
ting It All Together After Divorce", presented by Family and Children's
Services of Tulsa, Oklahoma, was studied in terms of the clients who
attended the program and the structure and goals of the program itself.

Community counseling in a social agency setting has been seen to
have as its major thrust, the goal of developing personal competency
and the prevention of difficulties instead of simply attempting to cure
existing problems (Cull and Hardy, 1964, p. 217). With the broad spec-
trum of resources available to the social agency, it would seem it has
been especially well-suited for serving the needs of the divorced in
terms of its accessibility to the community and its goal of developing
personal competencies.

With the awareness of the extent of the problem of divorce in America today and the ready availability of the social agency to the population in need, this study was designed with these specific objectives in mind:

1. To determine, by personal interview of the director of the program, the goals and objectives which the program seeks to accomplish.

2. To determine the needs of the clients, as they perceive them and their expectations of benefits to be derived from the program.

3. To determine, by pre- and post-testing of clients, their perceptions of benefits accrued from participation in the program.

4. To develop, with this information, a more empirical and measurable basis for intervention.

Assumptions and Limitations
of the Study

It was assumed for the purposes of this study that clients enter such programs in an effort to find assistance with the specific problems caused by divorce and that these clients were capable of assessing the help received. It was also assumed that it is possible to evaluate the ability of an educational program to meet its stated goals and that data received from the program clients have been an accurate measure of their needs and of the benefits the client has received from the experience.

This study was limited to the clients of the divorce education seminar of Family and Children's Services who attended the program in

March, 1978. The study was an evaluation of the contribution of this program to the lives of these particular clients in relation to those goals set for the program by the director and facilitators. Findings were limited to those which were obtained through pre- and post-testing of those clients and compared to the goals set by the program and those seen by specialists in the field as relevant.

Definitions

Definitions of terms used in the research report are as follows:

1. <u>Counseling</u> referred to a form of therapuetic intervention directed toward aiding clients in understanding and resolving problems in life adjustment (Wolman, 1973, p. 82).

2. <u>Social agencies</u>, or agencies for the common good, were defined as being established for the welfare of every member of the community (Gould and Kolb, 1964, p. 108).

3. <u>Stations of divorce</u> referred to the six overlapping experiences which centered around the process of a disintegrated marriage.

4. <u>Role disturbance</u> has been the term used to refer to the transition from the married state to that of being single. Role has been defined as a societal position characterized by personal qualities and activities which are normatively evaluated by those in the situation and others (Gould and Kolb, 1964, p. 609).

5. <u>Community counseling</u> referred to counseling procedures employed in dealing with a community-wide problem. Mercer, writing in Gould and Kolb (1964) stated that a human community is a functionally related aggregate of people who live in a particular geographic locality at a particular time and share a common culture (p. 115).

6. Life satisfaction was defined in terms of the fulfilling of desires, expectations, needs, or demands of a person (Stein, 1967, p. 1250).

<div align="center">Summary</div>

In summation, it appeared that the area of research into effective intervention into the lives of the divorced and divorcing has been one which was complicated by many factors, These have included the diversity of the population which has been served and the extent to which divorce impacted upon the lives of those who experienced it. The severity of changes introduced into the lives of families with the experience of divorce and the trauma this caused family members renders the population especially difficult to understand and assist. In view of the fact that so many are involved in these changes, an effort to clarify relevant and possible areas of intervention has seemed highly desirable.

CHAPTER II

LITERATURE REVIEW

Introduction

Any attempt to deal with the problems inherent in working with
the divorced has lead to involvement with one of the most complex of
all areas of human behavior. When two people have chosen to dissolve
a faltering marital relationship there is far more involved than their
decision to part. All of society is weighted, idiologically, to sup-
port the decision to marry, procreate, and establish a lasting home
for the family. This idiology does not, however, always extend to the
point of making success possible.

With increased isolation as a result of the separation from the
primary family network by modern mobility, increasing freedom and au-
tonomy of the individual, and the increasingly unresolved role of child-
ren, the family has been subjected to pressures fron within and without.
The lessening strength of support from social structures such as the
church has served to compound the difficulties.

With this complexity in mind, the student of divorce has necessar-
ily been conversant with many areas of information. The areas which
this researcher has felt to be most pertinent to the topic included a
knowledge of the extent of the problems brought about by divorce, the
special problems faced by the divorced in restructuring their lives,

the options available for therapeutically intervening in the situation, and means by which such intervention may have been rendered most relevant and effective.

Divorce in America

With over 1,000,000 divorces occurring in America annually (Sell, 1976), it has been apparent that divorce has become an accepted way of life for millions of persons. It has remained, however, a way of life for which there have been few rules and guidelines.

Beginning with the onset of marital disintegration through the legal stages of separation, divorce, child custody, and financial settlements, the divorced and divorcing have lived with constant change. This process has continued into single life when the individual has had to cope with changed financial status, housing difficulties, forming the new community, and perhaps entering the labor market for the first time. Added to these problems, the newly single person has had to deal with the loss of status and self-esteem that often come with divorce and new problems in family relationships brought on by the loss of the marriage and the adjustments that both adults and children must make. Both parents have been forced to rethink parenting. Changed social standing may have lead to the necessity to rethink one's role as an individual.

Cull and Hardy (1976, pp. 10-12) saw the first special problem of the divorced as isolation and a feeling of loneliness. They further listed coping with housing problems, employment, and dating, as well as

religion as being major problems (pp. 35-50). Hunt (1966, pp. 64-68) saw children and finances as being the major problems with which to be dealt.

Bohannon (1970, p. 33) conceptualized six stations of divorce. These included the emotional, legal, economic, co-parental, community, and psychic. Emotional divorce has been seen to be difficult because feelings centered on weak personality areas rather than concentrating on positive aspects of the individual. The author saw this station as covering the breakdown in communications which occurs between the spouses and individual growth which may have occurred unilaterally as people matured and set new goals for themselves.

Legal divorce (pp. 44-45) has been seen by the author as being a result of society's early belief that the state could become interested in marriage and the family only to punish one of the spouses for misbehavior. This has tended to make lawyers the only recognized experts in the area of divorce. Economic divorce (pp. 48-52) was seen as the process of dividing one financial structure to support two separate households. Property distribution, alimony, and child-support have been dealt with at this stage.

Co-parental divorce was seen by Bohannon as the source of the most enduring pain of divorce. The concept of divorcing the parents from each other rather than from the child has been a difficult one with which to deal. The economic divorce battle was often generalized to the co-parental and complicates the dissolution of the marriage and the adjustment of children involved. The absent parent (p. 54) often soon felt left out of the raising of the children and the parent with custody, usually the mother, has had to cope with managing the household alone.

Community divorce (p. 59) referred to the fact that single-again individuals have no longer felt they have a place in the old accustomed community of married people, and must begin to build their own community system. Bohannon saw this as the area of divorce Americans have handled best. If this is true, it has been so despite a seeming lack of understanding of community formation and the informality of societal structures which accomplished the task.

Psychic divorce referred to change from thinking of oneself as part of a marital dyad to reacting as an autonomous individual. Bohannon (p. 61) felt that marriage has been used as a means of avoidance of development into an autonomous person. The author felt that being divorced provided some benefits in making it more necessary to resolve old conflicts and overcome them.

Scott, writing in Cull and Hardy (1974, pp. 14-16), further delineated the problems of the divorced and divorcing by sexual differences. He has seen women as being more prone to feeling insecure mentally, physically, and financially. He described problems peculiar to the male as dependence upon a woman for daily care, concern for children, adjusting to changes in his sex life, and guilt over the failure of this marriage.

Hunt (1966, p. 49) spoke of "role disturbance" as being largely responsible for the loneliness of the divorced. He felt that the more specialized roles one played as a marriage partner, the greater the disruption caused by separation. He also felt that friends have been the most important source of support for the formerly married but cited difficulties in turning to them for help. The author saw friends as unsure how to behave, questioned how much or little information they

need to have concerning the facts of the divorce, and described a gap being created between the divorced and their friends as a result of their role as psychotherapeutic agents (p. 55).

In his survey of formerly marrieds, Hunt found that those interviewed shared a prevailing feeling that divorce, though traumatic, is often necessary. Despite the fact that it is temporarily disruptive, it could be a creative experience. It was not a sign of distaste for marriage but, "An affirmation of one's belief in the value and the possibility of a happy marriage" (Hunt, 1966, p. 10). This would seem to present a positive aspect of divorce with which the individual can begin to rebuild his/her life.

Goode (1956, pp. 44-45) studied 425 divorced urban mothers in Detroit, Michigan, and found a rough inverse correlation between socioeconomic class position and the rate of divorce. He also found the rate higher for blacks (p. 55). The author felt that this finding illustrated the economic basis of divorce rates as blacks are traditionally in the lower economic groups.

Toomin, writing in Cull and Hardy (1974, p. 92) pointed out that adults are not the only ones to suffer from divorce. The author stated that for the children involved, the loss of a basic psychological support system must be mourned and the manner in which the child coped with the situation was crucial to future growth.

Divorce and the trauma associated with it have been often likened in severity to the loss of a loved one to death. Elizabeth Kubler-Ross in her definitive research into death and dying has delineated five distinct steps of adjustment experienced by the terminally ill (1969). These stages which are often applied to the grieving process involved in

divorce were seen by the author as being denial and isolation, anger, bargaining, depression, and acceptance.

The first stage, denial, was seen by the author as being more typical of the person who was informed prematurely or abruptly of a terminal diagnosis. In relationship to divorce, the individual most likely to experience extreme forms of this stage would be those who were, for whatever reason, unaware of the deterioration of the marital relationship when suddenly confronted by a spouse demanding his/her freedom. While this type of abrupt or premature pronouncement might cause more acute denial, the author felt that it was experienced to some degree by all of the patients she has seen. This was seen as a "Healthy way of dealing with the uncomfortable and painful situation" (p. 39).

Anger, the second stage of the grieving process, is seen as beginning when the make-believe world of the denial stage could no longer be maintained (p. 50). For the divorced, this stage may have been initiated by the first harsh realities of the new single lifestyle. Separation from beloved children, financial difficulties, and the loss of an accustomed home may have triggered this phase. Onset may have begun, however, with something as trivial as a missing button on the shirt of a man who never cared for his own clothing, or with a woman confronted for the first time with a leaky faucet she had no earthly idea how to repair.

Kübler-Ross saw this stage as being particularly difficult for those close to the grief stricken individual as the anger has often been displaced and projected onto others. This state of anger which the divorced person may have experienced could, conceivably, be directed to those friends who continue to function within apparently successful

marriages. In looking at the divorced individual in this framework, an important factor to be considered would be the ego damage suffered by someone who has ended, willingly or not, a relationship and institution most highly regarded by American society.

It has been common for the anger engendered by the divorce process to spill over into relationships with children. When two former mates brought their anger into negotiotions for child support and custody arrangements, the children could be the innocent victims and become pawns in the battle between their parents. Guilt feelings and the sense of failure which may arise at this point would have tended to be projected onto the departing mate and the point may have been reached where no one could do anything right and the entire process has broken down into an irrational and self-defeating experience.

The third stage within this framework, bargaining, appeared to result from the failure of stages one and two to resolve the situation. For the dying, God has been the prime target of this phase in the hopes that He would relent in the fatal verdict (p. 82-84). For the divorced, the former mate may also have been included with the individual willing to make any promises and attempt, if necessary, to deny his/her own identity if it has been felt that this would prevent the loss of the known world of marriage. Conceivably this bargaining stage has been a prime source of motivation for premature second marriages and even reconciliation with inadequate former mates. Bohannon's concept of marriage as a means of avoiding autonomy (1970, p. 59) may also have been a contributing factor in making the bargaining stage of divorce especially crucial to the readjustment process.

Stage four, depression, appeared to be related to the sense of loss experienced by the individual (Kubler-Ross, 1969, p. 58). This sense of loss related to both the past and to the future. For those who were divorcing there may have been enough pain associated with the relationship to soften the loss associated with the past, but the reality of the enormity of the changes to be faced in the future would suffice to bring on such a state unless the individual had already chosen a new and highly desired partner. The idea of facing the future without the expected securities of a known lifestyle would be a difficult one with which to deal, perhaps especially for the divorced woman who based much of her identity on the concepts of home and family. In addition to this, the harsh financial realities facing the single woman who must provide for a family would depress most anyone.

Dr. Kubler-Ross saw this stage as crucial to attainment of the final stage, acceptance, and felt that family and friends could provide much help by allowing the grieving individual to begin to turn loose of the past and look to the future (p. 88). The term acceptance, when applied by the author to the final stage of grieving, has not been seen as synonamous with liking the situation. She saw this phase as being the result of a completed mourning process and the tiredness which the terminally ill patient experiences as the disease progresses. This stage was seen as being one of little emotionality and little communication (pp. 112-113). At this point the grieving process of dying and that of the divorced has begun to be more dissimilar simply because the divorced individual must find acceptance and then continue to live with reminders of the past and awareness of the difficulties and changes ahead. If positive events have begun to take place in the life of the

newly single person such as the development of new community structures, success in the job market, health adjustment of children, then the attainment of acceptance could be a happy and fullfilling time.

It has been important to remember that these stages did not occur in a predictable order and may have varied from individual to individual. In the case of the divorced, fluctuations occurred as new interactions or problems occurred with the former mate.

Kessler (1975, p. 20) saw the death of a marital relationship as a slow process consisting of seven stages which may have been experienced in varying order. This breakdown of the divorce process consisted of disillusionment, erosion, detachment, separation, mourning, second adolescence, and hard work. The author described disillusionment as an insidious process when one partner begins to view the other objectively rather through the romantic haze with which most enter marriage. The "end of the honeymoon" signalled the beginning of the second stage of erosion, with a chipping away of the fabric of the martial relationship. Avoidance and competition (p. 23) have been experienced increasing the distance between the partners. Kessler felt that both these stages were reversible. Disillusionment was seen as the easier of the two with which to deal as it was a matter of dealing with mental processes rather than bahavior which would trigger reciprocity. During the period of erosion, the author still saw the relationship as salvagable as both members remained high involved with one another. This investment in the marriage died with the onset of the next stage, detachment. It was experienced as a period of increasing boredom with conflict, decreasing vitality, and lessened meaningful communication.

Physical separation, Kessler's fourth stage, was seen by the author as the most traumatic aspect of emotional divorce. This is the point at which the individual must begin to face life alone. This phase has been seen as being different for those persons who initiated the separation and those who were forced to face the end of marriage unwillingly. The initiator was seen to was to have "worked through the detachment phase prior to separation while the deserted has not" (pp. 30-31). Kessler felt that the initiator enjoyed a real advantage in the situation but must often deal with guilt. Anxieties related to this period were seen by the author as being centered around separation, fear of the unknown, habit-breaking, and identity (pp. 32-34).

Mourning, the period designated by Kessler which was dealt with in more detail by Kubler-Ross' five stages of grief encompases anger, both functional and dysfunctional (pp. 36-40). Dysfunctional anger was defined as anger which destroyed the bonds between the partners or former spouse. Depression was seen as anger turned inward.

Kessler has seen the next stage, second adolescence, as the stage at which restoration began and relief, perhaps difficult to admit, set in giving the individual a sense of burdens lifted (pp. 40-41). This first taste of new adult freedom may have fostered an overreaction which temporarily focused the individual on fulfilling previous areas of deprivation. Sex has been a prime area of exploration and over-indulgence. Hobbies and even a second marriage may have become the focus at this period. As the trials of this new adolescence were met and mastered, confidence built and the newly-single person was, in Kessler's estimation, ready to enter the final stage of emotional adjustment to divorce, that of hard work. This final period was seen as one where closeness

could once again be tolerated and new strengths developed as a result of the divorce experience.

Laeger (1977) studied 88 Oklahoma women in relation to their perception of post-divorce adjustment. She looked at the problem in terms of which partner instigated the divorce, why the respondent did not seek professional counseling, which period of post-divorce adjustment proved most difficlt, and areas of major problems.

In response to items relating to post-divorce adjustment, Laeger's subjects proved somewhat negative in terms of feeling better off emotionally since divorce, dating, acceptance of feelings about divorce as being normal, enjoyment of single status, and feelings of self-esteem (p. 30). 48.86% of these respondents felt they had been most desirous of the divorce and 19.05% felt they were self-sufficient enough to not need post-divorce counseling.

The first three months of separation were felt to be the most difficult period of adjustment (31.82%). This was followed by separation itself (26.14%) and another 15.91% felt that all periods were equally difficult. 59.09% of Laeger's respondents felt mostly relief about their divorce (p. 43). Major problems for those respondents were seen as being money, loneliness, and emotional difficulties. Men, dating, and sex were added by 15.91% of the respondents when the question specified current problems facing the divorced person.

When asked about difficulties encountered in the single lifestyle, children and emotional problems 28.41% and 25.00%, respectively, were most often cited. Practical needs such as career, concern about remarriage, and physical maintenance of home and equipment appeared to be of little concern.

Age, income, level of education, length of marriage, time since divorce, number of children, who desired the divorce, and degree of emotional adjustment to divorce were the variables used by Laeger in her study. The only areas in which this research found significant relationships between Post Divorce Adjustment Scales and the background variables were those respondents who desired the end of their marriage, felt positively about their emotional strength, and had some college education (p. i).

Counseling

Glasser (1965, p. 12) states that, "At the time any person comes for psychiatric help he is lacking the most critical factor for fulfilling his needs, a person whom he genuinely cares about and who he feels genuinely cares about him." He felt that to benefit from therapy a client must "gain or regain involvement, first with the therapist and then with others" (Glasser, 1965, pp. 12-13).

This approach to therapy did not emphasize past life or unconscious mental processes but focused on the client's responsibility for fulfilling his or her needs and allowing others to do likewise. Glasser's Reality Therapy consistd of three parts. These were involvement, rejection of unrealistic behavior combined with acceptance of the client, and teaching the client better ways to fill his/her needs.

Glasser (1965, p. 22) saw the threapist as necessarily being "tough, interested, human, and sensitive," a person who could fill his/her own needs and was able to serve as a model for the client. This modeling allowed the client to risk involvement in the counseling relationship and then in other relationships.

Deikman (1976, p. 55) saw the psychotherapeutic process as "holding a mirror" to the client's mind. He felt that showing the client his or her mental life allowed him or her to disidentify with his or her emotions and behavior, making them easier to understand and deal with. Freeman (1976, p. 14) saw the counselor, in whatever discipline, as one committed to the client's interest and with whom the client shares confidences so that the counseloe could use his/her special skills to sort out the important data. He saw the process as containing three basic elements which were termed in part: information gathering; interrelating and exploring; and analyzing and counseling (Freeman, 1976, p. 26). As a result of this research, the author defined the art of good counseling as:

> An interpersonal relationship characterized by acceptance and understanding, whereby a counselor viewed as competent seeks to help a counselee, by intervention in a stressful situation, to develop insight, work through problems, make decisions and effectuate solutions, so as to move effectively and creatively in appropriate directions, in his total life and social millieu (p. 34).

Writing on counseling divorced women, Aslin (1976, pp. 37-38) spoke of the necessity of recognizing the trauma associated with the loss of the wife-role and the failure of traditional female socialization to prepare women for assertive, autonomous behavior. She also wrote of the importance of the counselor's attitude toward the client. This echoed much of the counseling philosophy followed today. Many theorists and practitioners have stressed the belief that the counselor's own self was the most important counseling tool available to therapists (Rogers, 1961; Glasser, 1965; Fagan and Shepherd, 1970).

In discussing group counseling techniques, Driver and contributors (1958, p. 19) stated that a group effort could be termed counseling

only if individual counseling is a part of the activity. This individ-
ual attention may be limited to two sessions but it still formed, in
their opinion, a significant part of the group process.

These authors saw learning as a result of four components of the
group process. These were: discussion content and group activities;
personal relationships of group participants; interactions between group
members and the leader during group sessions; and the individual sessions
(Driver, et al., 1958, p. 19).

The authors further stated that the best way to learn to lead a
group was to participate in one. The authors saw the group leader as
having two responsibilities to the group. The first was for meaningful
discussions in the group as a whole. The second was to help individual
members derive significant benefit from participation. The authors
described seven leadership techniques for group leaders. These are sup-
port, reflection, clarification, interpretation, questioning, giving
information, and summarizing (Driver, et al., 1958, pp. 101-102).

Aguilera and Farrel (1970, p. 14) writing on crisis intervention
stressed the necessity for focusing on the immediate problem. They
described a generic approach to intervention as focusing on the charac-
teristic causes of an individual type of crisis rather than on the
individual involved in the crisis. They described steps in intervention
as: assessment of the individual and his problem; planning therapeutic
intervention, intervention; and resolution and planning to prevent a
reoccurrence.

Writing on divorce counseling, Cull and Hardy (1964, p. 5) saw
three basic prerequisites to effective counseling. These were stated

as: the counselor must full and unconditionally accept the client; be willing to become involved with the client; and to empathic to the client's situation.

In summary, it appeared that counseling the divorced was primarily the same as any other counseling situation with the added necessity of understanding the special situation of the individual involved and an awareness of the social implications of the role-loss the individual has suffered.

Counseling in the Social Agency

Lewis and Lewis (1977, p. 10) described the community counseling movement as being based on the assumption that the keys to both causes and cures of community problems can be found within the community itself. The authors felt that efforts of the social agency are directed toward enabling the community to move toward becoming a psychologically sane and growth-producing environment (Lewis and Lewis, 1977, p. 24).

Divorce counseling in the social agency setting, if it was to serve as a change agent for clients experiencing the transition from married life to single life, should be based on sound principles of effective change. These principles took into account barriers to change (Zaltman and Duncan, 1977, p. 81) and the tendency to avoid change (p. 83). These authors agreed with Lewis and Lewis (1977, p. 183) that the agency must exist within the client system and be easily accessible to the client.

Lewis and Lewis (p. 5) felt that a multifaceted appraoch to community counseling was more effective than a single service approach. This included one-to-one counseling and education. The authors (1977,

p. 239) felt that community mental health settings can provide programs
for development of skills among community members, provide group exper-
iences to help members develop more effective interpersonal relation-
ships, institute skill building programs to help individuals to live
more effectively and to develop competency in major life issues, as
well as educating for every-day living and encouraging self-help.

In the opinion of these authors (p. 238), the community counselor
must be responsible to the population he/she serves and develop pro-
grams to meet the community's needs as well as endeavoring to bring
about needed changes in the individual and environment. Community re-
sources must be drawn on and developed to aid the community members.

Zaltman and Ducan (1977, pp. 97-98) felt that, to be effective,
any program for change must be complete and not leave the client before
he/she is able to function alone and must facilitate continued change
until the client can fully develop his/her own resources. The authors
felt that a change agency was more likely to be effective if it stimu-
lates the user's problem solving processes, fosters communication be-
tween client and agency, served as a resource for the client, opened
new approaches and was able to maintain flexibility in communications
between the client and the change agency (Zaltman and Duncan, 1977, p.
189). They further stated that competency, empathy, motivation, ac-
ceptance of limitations, and committment were the most important areas
of compentency for a change agent (pp. 190-195).

Kessler (1976, p. 252) saw the goals of divorce adjustment groups
as being: helping the individual regain emotional autonomy and miti-
gating the debilitating aspects of the divorce (withdrawal, dependency
on the former mate, overreaction of friends and family, and loss of

life's meaning). In addition to these, the author felt that it was
necessary to provide a safe place for the discharge of emotions, aid
in developing a broader concept of divorce, assist the client in meet-
ing new friends, and aid in development of coping abilities.

Summary

After reviewing the current literature on divorce and means of
dealing with the problems it brought in a relevant and meaningful man-
ner it appeared that the social agency has been in a particularly good
situation for assisting members of the community who are experiencing
the process. Both physical and financial accessibility to the popula-
tion especially qualifies such agencies for the role. Even for members
of the middle socio-economic classes, divorce has been a tremendous
strain on the finances. When one budget has been split in two to cover
both new households which developed from the divorce, there was little
money left for therapy. This situation is aggreviated by the American
belief in rugged individualism which labelled purchasing outside help
for personal adjustment as a luxury.

While various authorities have promulgated their own frameworks of
necessary stages and information which must be developed it was gener-
ally agreed that dealing with feelings aroused by the termination of the
marital relationship, adjustment to the new experiences which the di-
vorced person faces, and the development of new community structures to
replace those in place during the marriage were primary areas with
which it is necessary to deal. The best methods for accomplishing these
objectives have not been agreed upon as of yet and approaches to dealing
with the divorced varied from the legal approach of the attorney, the

religious approach of the Church, the clinical approach of the psychol-

ogist or psychiatrist, to the social agency's education program approach.

CHAPTER III

METHODS AND PROCEDURES

Introduction

The design of the current study was constructed so that client

needs and perceived benefits of the divorce program might be measured

against the stated objectives of the agency and authorities in the

field. This evaluation of the needs of the clients of the program

was carried out in order to determine whether the goals and objectives

set by the staff were compatible with the needs felt by clients and

the ideas expressed by current authorities in the field of divorce and

therapeutic intervention. Exploratory research methods were used be-

cause of the complexity of the issues involved, the relatively young

state of the art of dealing therapeutically with divorce, and because

of the need for more sensitive means for gathering data which capture

the variety of experiences of the research population.

Population and Sample

The group from which this research population was drawn is com-

prised of all divorced persons residing within the metropolitan area

of Tulsa, Oklahoma, the audience served by Family and Children's Ser-

vices, Tulsa. The research population consists of those persons who

participated in the divorce program of Family and Children's Services,

offered in March, 1978. The objectives stated for the study were tested

in relation to this group. The research population was assembled by the process of individuals selecting themselves for participation in the program.

Instrumentation

The program evaluation instrument used in this study consisted of two parts. The first part given prior to the commencement of the programs consists of a pre-test including open-ended questions concerning the client's perception of personal needs and strengths as well as their expectations of the program. Open-ended questions were chosen in an attempt to gather as much data from the clients as possible and to avoid limiting the variety of responses.

The post-test portion of the instrument consisted of open-ended questions concerned with the client's feelings of satisfaction with the program, skills received from the program, and whether or not the client would seek out further experiences with community agencies.

The pre-test portion of the instrument was administered on the first night of the seminar after opening remarks were made by the program director and a brief explanation of the purpose of the study, introduction of the researcher, and the assurance of confidentiality of answers. Confidentiality was provided by means of coding which used the respondent's Social Security number or any other numerical symbol the client chose. The same symbol was used on the post-test to match the two parts. Client's were given time to complete the questionnaire before going into their first group situation. The second portion of the instrument was administered at the end of the last session of the seminar, immediately before the end of the program. Clients were

advised that they could obtain the results of the study by contacting the agency or writing to the Family Study Center at Oklahoma State University, Stillwater, Oklahoma, during the summer of 1978.

Data Collection and Analysis

The open-ended format of the questionnaires was chosen in an attempt to secure as much variety of response as possible from the clients and to insure maximum sponteneity in eliciting "gut-level" answers. This report covered the March, 1978 session of the seminar. A total of 55 persons filled out the portion of the instrument administered to incoming clients. Respondents included clients and group facilitators all of whom had experienced divorce. The research population consisted of 41 females and 14 males. At the end of the four-week program, a second portion of the instrument was administered to 12 females and six males.

The instrument was designed to query clients on the aras of support and difficulty which face such persons in American society. An attempt was made to determine both strengths and weaknesses inherent in the functioning of the individual as well as in the relationships with others which are normally counted on for aid and support. In addition to asking clients to describe their greatest needs at the time they attended the program, they were also asked to describe the purpose of and hoped-for gains in attending such a seminar. This approach was used in order to determine whether or not clients were aware of or willing to reveal to others the basic motivation for attendance at such specialized groups. Finally, an effort was made to determine if these hopes had been met by the end of the four-week program.

Due to the extremely high attrition rate in attendance, (Tables I, II, and III) a small percentage of those attending the opening night were present at the last meeting. This meant that the effort to examine data in terms of age, sex, length of marriage, length of separation, and parental status was possible for only a portion of the variables. Because of the small size of the cells in the post-test situation, simple percentages were used to analyze the data.

TABLE IV

MAJOR NEEDS REPORTED BY CLIENTS

	Number of Respondents	Number of Responses	Sex Ratio	% Community	% Adjustment Information	% Practical Information	% Misc.
Age							
18-25	5	12	1 m-4 f	66.66	8.33	25.00	
26-35	29	51	8 m-21 f	72.54	7.84	15.68	
36-45	17	28	3 m-14 f	67.85	14.28	14.28	3.59
46-55	4	5	2 m-2 f	60.00	40.00	---	--
Sex							
Male	14	21	---	71.43	28.57	---	--
Female	41	71	---	69.01			
Female Role							
Homemaker	16	28	---	64.28	7.14	28.27	
Homemaker/Breadwinner	25	40	---	67.50	5.00	20.00	7.50
Length of Marriage							
1-5 years	12	23	3 m-9 f	73.91	8.69	13.04	4.36
6-10 years	12	24	4 m-8 f	54.16	16.66	20.83	8.35
11-15 years	13	17	5 m-8 f	70.58	5.88	17.64	5.90
16-20 years	10	17	-10 f	70.58	5.88	23.52	1.08
+20 years	6	9	2 m-4 f	66.23	22.22	---	11.55
Length of Separation							
1-6 months	17	33	6 m-11 f	66.66	3.03	27.27	3.04
6 months-1 year	15	22	4 m-11 f	63.63	13.63	18.18	4.56
1-2 years	9	17	1 m-8 f	90.00	---	5.00	5.00
+2 years	11	17	3 m-8 f	52.94	23.53	23.53	--

TABLE V

MAJOR STRENGTHS REPORTED BY CLIENTS

	Number of Respondents	Number of Responses	Male	Female	% Responses Internal	% Responses External	Miscellaneous
Age							
18-25	5	10	1	4	77.77	22.23	---
26-35	29	51	8	21	77.77	20.00	2.23
36-45	17	32	3	14	92.65	7.35	---
46-55	4	5	2	2	25.00	50.00	25.00
Sex							
Male	14	21	--	--	79.25	13.04	7.71
Female	41	76	--	--	81.94	18.06	---
Female Role							
Homemaker	16	40	--	--			
Homemaker/Breadwinner	25	36	--	--			
Length of Marriage							
1-5 years	11	21	3	8	56.25	38.50	5.25
6-10 years	13	22	4	9	45.83	50.00	4.17
11-15 years	14	27	5	9	60.00	40.00	---
16-20 years	11	20	--	11	91.66	8.34	---
21-25 years	1	--	--		75.00	12.50	12.50
+26 years							
Length of Separation							
-1 month	1	1	1	--	---	---	---
1-6 months	17	27	6	11	57.57	36.36	6.06
6 months-1 year	15	26	4	11	88.00	12.00	---
1-2 years	11	20	1	10	70.58	23.52	6.00
2 years+	11	20	3	8	85.00	15.00	---

TABLE VI

PROGRAM CLIENTS' PERCEPTION OF AID
RECEIVED FROM MARRIED FRIENDS

	Number of Respondents	Number of Responses	Sex Ratio	Positive %	Negative %	Miscellaneous
Sex						
Male	14	21	---	57.14	38.09	4.77
Female	51	76	---	76.32	23.68	----
Age						
18-25	5	10	1 m:4 f	50.00	40.00	10.00
26-35	29	51	8 m:21 f	78.43	19.60	1.07
36-45	17	36	3 m:14 f	78.12	18.75	3.13
46-55	4	5	2 m:2 f	60.00	40.00	----
Female Role						
Homemaker	16	40	---	62.50	35.00	2.50
Homemaker/Breadwinner	25	36	---	69.44	27.77	2.79
Length of Marriage						
1-5 years	12	21	3 m:9 f	52.38	47.62	----
6-10 years	12	22	4 m:8 f	59.09	22.72	18.19
11-15 years	13	27	5 m:8 f	88.88	11.12	----
16-20 years	10	20	:10 f	80.00	20.00	----
+20 years	6	9	2 m:4 f	77.77	11.11	11.12
Length of Separation						
1-6 months	17	27	6 m:11 f	81.48	18.52	----
6 months-1 year	15	26	4 m:11 f	76.92	23.08	----
1-2 years	9	20	1 m:8 f	60.00	25.00	15.00
2 years+	11	20	3 m:8 f	65.00	30.00	5.00

CHAPTER IV

ANALYSIS OF THE DATA

Program Description

"Getting It All Together After Divorce" was a four-week seminar
which met one evening each week. This program was one of several
offered by Family and Children's Services which addressed the needs of
modern families in the Tulsa area. The program covered in its four
meetings, the grieving processes involved in divorce, development of
new identity and self esteem as a single person, development of new
community structures, and means of dealing with single parenting.

The program was led by Florence Beeman, ASCW, who has planned and
conducted programs in many areas related to the family in Tulsa. She
also has served as a resource person to the social groups which have
grown out of the divorce seminar. In discussing the goals of the semi-
nar, she stressed that it was not her intention to provide therapy for
the clients as she did not view divorce as an expression of mental ill-
ness.

The director felt that the primary thrust of the seminar was aimed,
rather, at providing the clients with a means of developing a new com-
munity system of emotional support through interaction with others
experiencing the same life crisis. In addition to this, the director
felt that the program attempted to provide information which would aid
the individual in personal adjustment to new life roles and situations.

These objectives were approached in a two-fold manner. The first portion of each meeting consisted of remarks by the director addressing the particular topic of the eveningñ the second portion consisted of group interaction. During the director's session, information was presented to the clients concerning options and opportunities in the client's new lifestyle and an effort is made to provide a supportive atmosphere. All of the topics covered by the seminar were presented in this manner.

In the first session entitled "Good Grief", the process and necessity of the grieving period were explored. The client was encouraged to see this period as a necessary part of the passage from the divorce crisis into a productive life as a single person. The second session, "Learning To Like You" was devoted to an exploration of feelings of failure, guilt and rejection experienced by many who divorce.. The client was urged to begin to look at life through the eyes of an individual rather than in the old framework of being one of a pair.

"Getting Back Into The Swing Of Things", was the subject of the third meeting. In this session, the director attempted to open new avenues of social interaction for clients. The final session, "Children and Divorce", explored the parent-child relationship and children's feelings about divorce.

During the second half of each meeting, devoted to group interaction, clients were separated, by age, into smaller groups led by divorced persons who attended earlier sessions of the seminar. These group leaders were generally not professionals in group process but have shared many of the experiences of the clients. During this portion of the program, the concerns of the clients were explored on a more personal and intensive level.

No attempt was made by the program to identify special needs of individual clients who attended, and program time was evenly divided between informational and social goals. This was congruent with the director's feeling that these were the most important areas of concern and that a more intense attempt at therapy was inappropriate for such an undertaking. Clients responding to the evaluation instrument generally stated that the securing of information was the prime motivation for attendance but overwhelmingly agreed that their greatest need was for companionship.

Clients were encouraged to join the social groups which have grown out of the seminar. These groups have met monthly and provide a variety of experiences for the divorced. These meetings ranged from evenings spent in member's homes to regular gatherings in the clubhouse of a large apartment complex. In addition to dances and parties, meetings included the use of resource persons in the community who work in areas pertinent to the interests of the divorced.

At the close of each meeting of the seminar, group leaders and clients have often continued interactions by meeting at a local restaurant.

Description of the Subjects

Subjects who responded to the evaluation instrument ranged in age from early adulthood through the late middle-years. Most were parents and most were female. Female respondents were almost evenly divided between full-time homemakers and working wives. The most typical client was female and aged between young adulthood and the middle years.

Clients represented marriages spanning from 1 year to 20 or more years and had been separated for periods varying from 6 months to more than 2 years.

Findings

One item on the pre-test portion of the instrument asked clients what prompted them to attend the seminar. Answers to this question included both their sources of information and referral, and specific needs of the client. In regard to sources of information and referral, clients often cited friends as the primary source of information. Several of those responding reported being referred by professionals such as therapists and physicians. One client stated that she was in counseling at the agency and another that he son was in such counseling. Advertising on radio, in newpapers, and by circulars proved to be a minor source of referral. It would appear from this information that those in the community who have been touched by divorce provide an active information network ready to provide information and direction to the newly divorced. Those responses dealing with specific needs of the client are dealt with in a subsequent portion of this chapter.

As noted earlier, there was a great discrepancy between the number of clients participating in the program at the beginning (55) and those completing the instrument at the close of the final meeting (18). At the first meeting of the seminar, ample time was provided for explanation of the evaluation procedure and for answering the questionnaire. All clients in the program at this point responded, at least in part to the questionnaire.

At the last meeting of the seminar little time was provided for responding to the questionnaire. It has been estimated that six persons in attendance failed to respond to the instrument. Only those clients who had responded to the pre-test portion of the instrument were asked to complete the post-test. Counting the 18 complete pre- and post-test forms and the approximately 6 clients recognized by the researcher as present during session one but who failed to participate in the post-test, one-third of the clients who attended the opening session completed the four sessions of the seminar.

Without interviewing those clients who failed to complete the program, one can only make educated guesses as to the cause for the attrition rate. Several factors which may be to have had an influence are the volatile nature of the lifestyle of individuals undergoing such a life crisis, the unbalanced sex ratio of those in attendance, and the possibility that the client did not feel that his/her needs would be met in such a setting.

Volatile Nature of the Lifestyle of the Divorced

Hunt and Hunt (1977, pp. 28-58) described the mood swings which the newly divorced person experiences. Whether the initial reaction to the separation was positive or negative, the individual would probably experience many variation in feelings as the divorce process evolved and the person involved went through the motions of restructing their lifestyle.

Weiss (1975) felt that the upheaval experienced by the separated was so great that, "The formerly familiar now seems quite remarkable", and the divorced may have felt "marginal" in the world they were used

to inhabiting (p. 75). Fisher saw the role of the divorced in our society as largely undefined, especially in relation to others. This combination of rapidly changing emotional states and the confusion in role expectation made committment unlikely even to four weeks of meetings.

All of the models cited earlier stressed the variance in emotional states at different stages of adjustment which increased the difficulty in maintaining emotional stability when it was couples with changes in every day living situations. At each of these stages of adjustment, clients would likely use different behaviors when attempting to find solutions for their difficulties.

Negative Feelings Toward Program Structure

In speculating that those who failed to complete the seminar did so because of feelings that the program would not meet their needs, one would have to ascertain from these individuals just what they perceived to be the needs which prompted their initial attendance and what they experienced at the meeting which discouraged them. Reasons could be determined further by interview of clients.

Unbalanced Sex Ratio of Clients

If, as program planners suggest, the search for the companionship, sharing, and love believed to exist in the emotional community of peers was the most important purpose for providing the seminar to clients, something may happen, or fail to happen on the first night of the program which discouraged almost two-thirds of those attending. One factor might have been that the lopsided attendance of 41 females and 14 males discouraged those seeking such community ties. Keyes (1973) described

the direct approach to community guilding as meaning, "Getting together with friends, without a distracting excuse, and saying simply, 'I need you'" (p. 98). Is this, in essence, what clients were saying when they attend such a seminar as this, and if so, what happened to discourage them? How could the discrepancy be handled if community was the primary need of the clients but social inhibitions make it difficult or impossible for clients to admit such an intimate need?

Such an uneven ration of male and female clients in most any group would set some limits upon the accomplishments it can hope to achieve. Conversely, the ready availability of members of the opposite sex would possibly deter those clients whose defense systems were unready to face such a challenge to re-enter heterosexual relationships.

Item Analysis

Primary Findings

When all data for this study was considered it was apparent that with the complexity and difficulties of the lifestyle of the divorced person and with the attempts to delineate stages, stations, states, and phases, the divorced person who attend this program did so for basically one simple reason; that of finding a new community. Invaribly, the answer which came through all of the client's responses was "Community". Irregardless of the age group, sex, length of marriage or separation, there is a universal plea for friendship, love, sharing, and intimacy. This finding does not infer that clients readily confessed that such needs instigated their attendance.
When clients were asled what they perceived to be their greatest needs as divorced persons, responses fell primarily into three categories

(Table IV); the need for significant others with whom to share their lives, the desire to develop those personal characteristics which provided a foundation for an autonomous lifestyle as a single person, and practical needs such as time, money, jobs, and help with children. However, despite the undeniable reality of the crucial nature of the last two categories, the need for companionship and intimacy was cited most frequently.

Community, Companionship, and Comfort

The need for sharing was described in a variety of ways. These ranged from friendships with peers in which one could share the experiences of a changing lifestyle and lessen dependence on married friends, to specific needs for relationships with the opposite sex. Women, expecially, tended to voice the need for a somewhat romaticized relationship with one person who would fill all of their needs for intimacy, including sharing and trust. One female client specified the need for such closeness to a man without sexual involvement. Male clients espoused very similar emotional needs for companionship but were more general in stating their needs as being for love, sex, and friendship.

> "To be socially accepted, to be liked, are my greatest needs. After going through this, you start feeling like you have a disease! The need is having real friends to be there when you're going through such a lonely time." A young woman, newly separated.

This feeling of being ostracized by the old, familiar community systems is echoed by still another in her situation:

> "The greatest needs are for companionship. Someone to talk with about daily occurrences. Someone to trust without fear of asking too much."

"To feel wanted", "Needing someone to talk to and to do things with", "Someone to comfort me", "Love and attention", are other ways in which respondents verbalized the need to end the feeling of isolation they had suffered by leaving the married community.

"I would like to have a man that could be a very good friend without thinking of me as only a woman, but as a person, a real friend." A woman, separated one to two years.

One older woman spoke of the acuteness of the need for intimacy more than a year after her separation as:

"Everyone needs some emotional support and sometimes friends' support is just not enough."

Those clients in the program who had been separated from one to two years reported the highest rate of need for others with 90% of the 20 responses given relating to this category (Table IV). The lone male in the group spoke succintly of the need for companionship while his female counterparts went into more detail and ranged their replies from social companionship and "Someone to do things with" to "One person to care for, to talk to, and to trust." The only exception was the one client who listed financial needs and one who failed to respond to the item. Clients separated from their spouses for more than two years were least likely to cite this area of need as pressing. This 11-member group gave 17 responses to the question and 52.94% of these related to emotional needs for others. While this group gave the largest percentage of answers in the secondary categories, it still assigned the mamority of its responses to the need for companionship, friendship and intimacy.

Information and Coping Techniques

The information about divorce and techniques for coping with new
and unaccustomed situations encountered as a newly single person was a
second category of answers given to the question, "What are your greatest
needs as a divorced person?". Some of these expressions were negative
and related to uncomfortable relationships with the former mate as well
as feelings of guilt over the disintegration of the marriage. One
woman expressed the need to:

> "Find ways to come to accept my ex-husband's visita-
> tion with our children."

Another female client spoke explicitly of experiencing feelings of guilt
over her desire to grow as an individual and become more autonomous.
Still another related the deep depression she was experiencing and that
this feeling was frightening to her.

Most of the responses in this category, however, were positive and
spoke to the concept of individual growth to meet the challenges of a
new and uncharted future. Several spoke of objectivity in rethinking
goals to meet the new options open to them as being important. The
development of a new concept of identity and rebuilding self-esteem were
cited also. The 14 male clients were most likely to answer in this vein
with 28.56% of their 21 responses falling into this category. Male
respondents were inclined to give brief, business-like lists which seem
to imply that they had thought through the situation and found ready
answers to such queries. Those 11 clients separated for over two years
report the next highest rate with four of their 17 responses (23.52%)
falling into this category. The lowest incidence of reporting such
needs is by the 17 clients separated from one to six months. Three

percent of their 33 replies were addressed to the category.

In regards to community and companionship needs of the divorced, answers suggest three more stages for consideration in studying the divorced. First, perhaps the newly divorced has clutched at hopes for new networks of friends and supporters as a life-saving technique when the prospect of beginning all over was almost too much to cope with and self-esteem was too low for the individual to feel that mastery is impossible. Next, as panic recedes and the new problems in everyday living surface, this need was perhaps replaced with a need for a more pratical sort of companionship. The need for baby-sitters, financial support, and someone to say to the individual "You're an ok person." may be the prime motivation for intimacy. Finally, for the old-timer who has had time to get over the initial panic and experience some success as an autonomous individual, the need for intimacy may have arisen from the genuine desire to communicate with others rather than to find rescuers who will help to make the pain go away.

In regard to practical needs facing the client, those women who served primarily as homemakers were the most likely of any group to list such items as jobs, help with the children, money, and time. These 16 women listed 8 of 28 responses (28.57%) in this category. The need for new and better jobs was mentioned in relationship to the responsibility for raising and supporting children alone. The lowest need for practical assistance is felt by those six clients married longest (over 20 years) with none of their nine responses falling into this category.

It would look from these data that all clients experience an acute need for intimacy of one form or another and that this need far outweighed any others, including those stated as motivation for program

attendance. If Kubler-Ross' delineation of the stages of grieving over loss were applied to divorce, it would seem that most of these clients have achieved a high degree of acceptance of their loss. Attendance at such a program, peopled by strangers and carrying such a strong social implication lead one to believe that clients have attained a relatively high level of autonomy. Only two clients of the program referred to specific anger toward the divorce experience. One, as mentioned previously, referred to visitation with children and the difficulties she experienced when the former mate was reintroduced into the home. Another spoke in the role of the victim when she stated the need for "Accepting what has been done to me". These two seem unready at the time of the seminar to turn loose of painful experiences of the past and likely should have more intensive assistance than the program can offer.

Client Strengths

In order to assess ways in which a program may be developed to meet the needs of such a special interest group as this, it has been helpful not only to look at the needs of the target group, but also at the strengths present in the individual. Without exception, every group (division by sex, age, length of marriage, length of separation) studied in this research listed personal characteristics and capabilities for autonomous lifestyles as its majority perception of major strengths as single persons (Table V). Lesser categories into which responses fell dealt with external sources of support such as family, friends and religion.

Clients at times appeared to have experienced some degree of surprise at discovering this ability to function independently and speak

of strength in terms of discovering talents, self-worth, and goal-
setting capabilities. Male clients tended to look at themselves in
terms of their position in the community and fitness for successing at
their jobs. Traits such as dependability, being clean-cut and honest,
and adaptability were regarded highly by respondents whereas female
clients tended to look more inward to areas of self-development and
growth and see these as strengths. As the male in our society has found
his primary role definition in terms of productivity and the job, this
finding was not surprising. Women who have viewed themselves primarily
as wives and mothers would necessarily have to probe more deeply into
themselves in order to rebuild their lives. Women in our society have
also traditionally been allowed a greater freedom in such efforts.
Those women who worked outside the home during the marriage reported
only a slightly higher percentage of autonomous characteristics than
homemakers (16 homemakers, 21 of 25 responses for 84%; 25 working women,
41 of 45 responses for 91.11%).

Perhaps, in the long run, divorce has been an experience which
provides more opportunities and positive aspects for women than men.
The male divorced individual can bury himself in old, accustomed areas
of role identification and go through the whole experience without .
being forced into self-examination which can lead to personal growth
and development.

The one group studied which did not report a majority of its respon-
ses in this category was the four-member group aged 45 to 55. The group
was evenly split between internal and external sources of strength. Al-
though the group was small, the finding was probably relevant to older
persons experiencing divorce; role disturbance would tend to be greatest

in someone raised in more traditional times who had lived within the martial role for the longest period of time. Those 12 clients married from 5 to 10 years reported the highest percentage of internal strengths with 20 of their 24 responses (93.30%) falling into this category.

Independence and freedom were mentioned by clients as special strengths. One female client seemed to speak for many of her peers when she stated that her greatest strength lay in discovering things she could do that she had been unaware of previously.

Upbringing

Surprisingly, most clients felt that their upbringing had prepared them to some degree for the life crisis they were experiencing. Family teachings in autonomy were the primary means reported by which this was accomplished. The support of specific family members was often cited as well. Personal past experiences as an adult such as work, money management, and previous crises were also mention. The youngest clients were most positive in their feelings of being prepared for divorce with 100% of their eight responses falling into this category.

The older group was least likely to feel confidence in early preparation for coping with divorce. The four persons aged 45 to 55 are most negative at 50% and those married 15 to 20 years rated second with 27.27% of their responses falling into this category. This pattern would appear consistent with previous findings and suggests that child rearing practices are modified to meet new demands such as those experienced in divorce. One negative note was sounded by a female client who, somewhat bitterly reports that her upbringing did not fit her for divorce as she was pampered by her parents during childhood.

In reviewing these first three items related to the identification of the client, it appears that this group of individuals brought to the program a high level of self-esteem, faith in their ability to cope with the situation in which they find themselves, and an intense need for a system of emotional supports provided by those in similar situations. The exception was the older group of clients who reported greater difficulty and express more acute needs in all areas discussed. It may have been this type of client who did not complete the program.

Family and Friends

Hunt and Hunt (1977, pp. 65-70) stated that most people experiencing divorce "No longer try to deal with their problems all alone", but tend to "seek help from a variety of sources", thus speeding and improving adjustments. The authors cited the presence of friends who have experienced divorce and were therefore, empathic and understanding. The attitude toward married friends tended, generally, to be somewhat negative and family support not highly reliable because of mobility and a decline in the extended family.

Family and Children's Services clients did report a high rate of support from both family and friends and, as middle class citizens of Tulsa, did not seem to be especially isolated from family members. The emphasis clients placed on needs for companionship, friends, sharing, and love was once again repeated when they discussed the support given them by these significant persons. While practical means of help were mentioned, it was the qualities of "being there when needed" and emotional supportiveness which were most often mentioned as being of value.

While most clients do report positively, there were also negative reactions to these items which indicate that not everyone was able to maintain these support systems and much bitterness ensued (Table VI). One client spoke of the former mate "gaining custody" of friends from the marriage. Some responses indicated that the client has chosen to sever relationships which are tied to the past. One young woman in the group of clients 18 to 25 years of age stated that she and her husband had no mutual friends and that all such contacts during the marriage had been with his friends. Another woman expressed a negative response which indicated her church and its members for "looking down on her". She added, somewhat plaintively, that she hadn't changed since the divorce and was the same person they had known before.

Those 17 clients newly separated (one to six months) designated 25 of 31 responses (93.54%) as positive concerning family support and often cited non-interference and non-judgmental attitudes as being helpful. This appreciation of acceptance and non-interference is found in all categories studied. Those 12 clients married from one to five years were least likely to report family support (4 of 18 responses, 22.22%). This group's responses indicated that these individuals saw little of their family and felt that the family sometimes made things worse. This group, as a whole, reported a 50% rate of positive responses.

Friends were not reported to have been as helpful as family members since divorce but still remained a positive force in the lives of many clients. Those 13 clients married 10 to 15 years reported the highest rate of positive attitudes toward friends from the marriage (88.88%) and two responses referred specifically to divorced friends. Most in this category describe their friends as "supportive", as there when

needed, and as not taking sides, but offering assistance when appropri-
ate. Whatever the means of support given the act of listening appears
to be one of the greatest gifts the divorced client received.

One would conclude that, at least for this group, there was no
high rate of dessertion by the old community of married friends after
the divorce but, rather, the turning away by the divorced from the old
system of supports toward new ones which better fitted new lifestyles
and experiences. As stated earlier, generalized anger over the divorce
process itself may have been a spur to this rejection of old friends
associated with the defunct relationship.

Male clients and those 18 to 25 years of age reported the highest
rate of negative responses to the question of friends. Men who
responded to the questionnaire devoted 8 of 31 responses to negative
concepts. Those in the 18 to 25 year category responded negatively at
a rate of 50%. One female in this group complained that married friends
failed to "fix up dates" for her and while this was just one response
of many it may have held the key to the move from the married community
to a search for a single one. If married friends reminded one of old
aches and pains and can't provide entry into the single world, what
practical help could they be?

Reasons for Attending

As mentioned at the beginning of this chapter, many clients merely
cited sources of referral and information in responding to the question
concerning their reasons for attending the seminar. Of those clients
who were willing to be more open in the expression of these reasons,
male clients were most likely to cite hopes for community experiences

(23.52% of the 17 responses). They are also most likely to mention such goals when asked what they hoped to gain from attendance (40% of 20 responses). Female clients are probably no less interested in such goals but gave only 9 of 57 responses to this category. 38.59% of their responses are indicative that their attendance is justified by the fact that it is encouraged by friends and health care professionals. 24.65% of their responses list needs for practical assistance in effectuating the adjustment to divorce. One would assume that female clients were somewhat more in need of new sources of intimacy than their male counterparts, especially women who have served primarily as homemakers during the years of their marriage. Conceivably, male clients were more comfortable with more pragmatic approaches to finding solutions to the problems which they found themselves encountering, whereas females who have been raised to view themselves as passive would need more socially acceptable justification for attendance.

Client's Attitude Toward the Program

Clients, for the most part, responded favorable to questions asked at the end of the program concerning the benefits they derived from attendance. All categories of those attending perceive, for the most part, that the purpose of the program had been to provide information on ways to facilitate their adjustment to divorce and generally gave the program a vote of approval. The few dissenters noted the need for further parenting information. One male client expressed the feeling that the program was slanted to the female client. Clients also generally stated that they felt comfortable with the concept of future use of community agencies. In light of the weight of the findings concerning

the need for new community structures and the small number of those who complete the program, this vote of confidence appeared to be somewhat social in content rather than objective.

Summary

While the questionnaire presented to the clients of this program was somewhat lengthy and covered many areas thought to be pertinent to the situation, these findings indicated that the question of needs of the divorced person was the key one asked of community, companionship, and intimacy rendered the remaining questions of secondary import. Information gathered concerning individual strengths could, perhaps, be used as the basis of further planning for the providing of successful groups of this sort. The concept of the possible rejection of the old community structures by the divorced in favor of new ones which would better fill the needs of single people may have indicated a strength and autonomey the client has been unaware of.

CHAPTER V

CONCLUSIONS

Because of the high attrition rate in seminar attendance most
groups were too small on post-test items to provide sufficient data to
form any conclusions concerning the reliability of the answers given.
One fact emerged, however, when the overwhelming response to the query
addressed to needs of the client was couched in terms of need for com-
panionship, friendship, and intimacy when this consensus of a sample of
59 persons was compared to the 33.33% similar responses of the six male
clients and the 44.44% of the 12 female participants completing the
seminar, a concrete picture began to emerge. These percentages worked
out to approximately one in nine of the incoming clients who felt they
had fulfilled the need which first brought them to the program.

When one considered the unwillingness or inability of clients to
openly express realistically their motivation for attendance, an idea
could be realized of the complexity of the job falling to the profes-
sional who attempted to impact therapeutically upon the lives of this
population. With the contrast between stated goals in attendance and
the expression of basic needs which clients could be presumed to be
attempting to satisfy by seeking out such groups, the problem became
that of making the client comfortable with attempts to meet such needs.

There were four primary areas of interest which stood out from the
data obtained in this study. They were: the high rate of non-comple-
tion, the need for new community sturctures, the evidence that existing

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structures remain functional, and the apparent rejection of these old structures as inadequate. These areas were interpreted individually in relation to their importance to this divorce seminar throughout the remainder of this chapter.

Client Attrition

The uneven ratio of male and female clients has been an on-going reality in most efforts to deal with the divorced. Both sex-role identification and differing social opportunities available to the sexes appear to have accounted for this dilemma. The female in American society has been allowed more freedom in open expression of the need for help and more likely to attend this type of program. The macho image of the strong and self-sufficient American male has never allowed him to openly seek help for his problems without it constituting an admission of weakness or failure. Conversely, the American female, often considered weaker, has been more readily accepted as someone in need.

Despite changes brought about in female role definition by her entry into the job market, smaller families, and increasing numbers of women who have opted to remain single, today's woman has still found her social opportunities somewhat limited if she has not been part of a closely knit group which could provide such opportunities. The divorced woman's male counterpart has had few such problems. He was free traditionally to move about the community freely and openly without fear of physical intimidation or community censure. He has also had freedom to choose social opportunities with groups younger than himself. This broader scope rendered him less likely to attend such specilized programs as divorce seminars. As long as this disparity in

definition and opportunities exists, such programs would probably have limited value to the divorced woman seeking a new field of eligibles.

An attempt to change the ratio of male to female clients would also have caused subsequent changes in the type of person to whom the program has appealed. While most clients, male and female alike, expressed the need for companionship, female clients appeared to be quite specific in the type of companionship they were seeking. Turning such a seminar as this into anything resembling a match-making enterprise would intimidate many of both sexes. The mere presence of a large number of male clients may have been more threatening than the loneliness some of the women were experiencing.

An important consideration at this point has been to develop some means by which the individual client may be identified in terms of needs and objectives. Most of the respondents appeared to be normally functioning people who came to the agency in an effort to enhance their lives. However, at least one of the female clients was aware of experiencing a depression which she found frightening. It has remained important, if there was a real desire to deal with any group experiencing a major upheaval in lifestyle, to recognize that there would be differing degrees of disruption manifested. This particular seminar was directed to this majority of healthily functioning individuals but this has been no guarantee that only this type of client would participate. An effective means of client identification would allow agency staff to refer the more acutely distressed client to more appropriately therapeutic settings within the agency, or elsewhere.

As earlier noted, the recently divorced individual has experienced a period in which life was generally unpredictable and volatile in

nature. This fact alone provided great diffculty in programming such seminars ahd scheduling them so that the client was enabled to receive full benefit. The concept of four tightly planned sessions would necessarily have come into conflict with this unpredictability. Program staff members were aware that there was a certain amount of dropping in and out of clients into each set of four meetings. By this means a client could attend, at a later date, a missed session.

It appeared that an ongoing program meeting regularly would enhance this freedom of movement for clients and perhaps encourage comfort in the setting and more intense participation. In any learning or growth situation, the intensity of participation and interaction has been crucial to benefits to be derived.

The Need for New Community Structures

Seminar clients of all ages and in all stages of divorce adjustment reported the need for the development of a new system of emotional support and companionship. This need was stated in terms varying from the desire for friends who share the same experiences to intimate relationships with members of the opposite sex.

Even though clients did not relate this need directly to seminar attendance, there seemed to be little doubt that this was the prime motivation for seeking specialized group experiences for the divorced. The stated desire for personal growth and aid in adjusting to new lifestyles was undoubtedly quite real, however, secondary. Most of the clients entering the program were experiencing new problems and difficulties in coping alone. They reported, however, that their

upbringing had prepared them, to a large extent, for meeting and deal-
ing effectively with these problems.

It would seem to follow then, in light of the foregoing discussion
of the attrition rate in attendance, that those clients who failed to
complete the program did not feel that the seminar would provide an
effective means of establishing the new network of friends and intimates
they so strongly desired. In order to deal effectively with this dif-
ficulty and to make the program tryly relevant to the population it
sought to serve, a more intense effort would have to be made to make
community establishment a more effective reality.

Keys (197) referred to a direct approach to community and the
need for an open statement of mutual need among those involved. In
view of these particular clients' hesitance to openly state their needs
from the program, a somewhat more subtle approach would be necessary.
In this sense, the lecture portion of the program was the portion which
gave "permission" to the client to attend the seminar. This was the
point at which the client must have begun to feel that she/he had made
the right choice in deciding to participate in the program and that the
program would provide a secure means of finding others with whom to
relate.

The most effective means for accomplishment of this objective could
best be discerned by further study of the clients of the program and
current literature on development of human relationships. It has seemed,
however, that any technique which could be used to effectively break
down the restraints the average person feels in new situations would be
helpful. When this researcher attended the program sessions which are

included within this study, discussion groups were much too large, for the most part, for effective functioning as settings for getting to know people. Furthermore, the social groups formed from the seminar are equally large and foreboding to individuals who had recently suffered massive failure in human relationships.

It is also a questionable assumption that age or length of marriage are relevent criteria for small-group divisions. The age of children remaining in the home may be a more workable criterion of commonality. Division into rigid age groups is a reality of modern life which may add to feelings of isolation rather than diminish them. Even though older clients did evidence greater signs of distress which should be dealth with specifically, this segregation may enhance rather than alleviate the feelings of loneliness and dislocation. Another possible approach would be to divide clients randomly into small groups.

The size of the group as well as the content of discussions are probably crucial to achieving the desired goals of making clients feel secure within the program format and confident of finding the shared experiences so eagerly sought. The concept of using peers as group leaders is a very effective one by which these leaders can draw from their own experiences and make use of self-disclosure to enhance group participation. Fraternal feelings which are present in such situations lend much to the development of communication and leave one less barrier to overcome when leader and client alike are "insiders".

In a new group, there has been the need for sharing common experiences and concerns in order to facilitate cohesion. This was especially true of a group of strangers experiencing a common difficulty or crisis. One problem in dealing with the divorced has been that, while necessary,

this sharing may have become an opportunity for ventilating unresolved anger toward the former mate and so bog the process down in bitterness and vituperation that the group never moves from this point. Relatively little attention was paid in the seminar to dealing with this area and, often an individual client could not, perhaps, become fully involved in the process of community development or adjustment because of this major obstacle.

It would appear that it would be beneficial to the client to provide for this ventilation in a structured atmosphere where movement can be facilitated into adjustment to the new relationship with the former mate. This would not only be of inestimable benefit to many clients but would also serve well the children of disintegrated marriages who often become the cachepot for expression of bitterness and vengeance.

Existing Structures of Community Support

Perhaps it has been an extension of the bitterness and pain inherent in most relationships between former mates which helped to alienate the divorced person from friends and acquaintances from the days of the marriage. It has been true that the divorced individual may have come to realize that she/he had little left in common with most of these friends due to the nature of a changing lifestyle. However, if anger toward the former mate has been generalized to those who were reminders of the relationship, adjustment may have been slowed and recovery delayed. It would, perhaps, have proved helpful to clients of such seminars if they were provided an opportunity to examine the issue in as objective a manner as possible. The clients of Family and Children's Services appeared tho be enjoying the continued support of a majority of this community

and were aware of its value to them. There were clients, however, who did not feel this support and encouragement and might have benefitted from an exploration of the dynamics of this perceived defection.

Rejection of Existing Structures

For the divorced person who may have felt out of control of the circumstances in which she/he has lived, the feeling of being rejected by old friends may have proved to be just one more negative factor in a life seemingly filled with unpleasant realities. If the clients of this seminar were anything like typical divorced middle class Americans, it would appear that rather than being rejected, they were, in fact, rejecting a lifestyle of which they no longer felt they had a part. This was apparently being done in favor of hopes of building a new network of friends and intimates who would fulfill new needs and share new experiences.

This act of rejection, in contrast to having been discarded by old friends, may have been a major step in adjustment to the reality of the client's life and an indication of healthy functioning in people who may have been disoriented enough to fail to recognize it as a strength. Awareness of this one area where the client was definitely in charge of events could be a very real boost to sagging egos. This could be especially true of women clients who may have felt less confident of the ability to build a satisfying life for themselves.

Summary

From the findings of this study, the following areas appeared important to the successful functioning of a program relevant to the needs of this specialized population.

1. <u>Identification of the Client</u>. Due to the inordinantly high drop-out

   rate of clients who come to the agency, there appears to have been an

   imperative need for client identification. By becoming aware of the

   needs and goals of clients, the program director would be enabled to

   establish behaviorally measurable objectives for the seminar which

   would insure relevance and the best possible use of resources. A

   majority of the clients who attended on the opening night of this

   particular session appeared to be healthily functioning adults who

   were dealing with a major life crisis in an effective manner. There

   are, however, some clients who exhibited the need for more intensive

   and personalized assistance. For these clients to fail to find help

   they sought was one more discouragement in a life suddenly filled

   with such disappointments.

2. <u>Need for Community</u>. In view of the overwhelming statement of need

   for friends, intimacy, and the sharing of experiences encountered as

   newly single persons, it would seem that attempts to provide this

   service were the paramount objectives of the program. While it ap-

   peared that the conveyance of information concerning adjustment was

   the vehicle by which the client justified attendance, the search for

   friends and lovers was the real purpose for participation.

   The two largest obstacles to achieving this end would appear to

   have been the large size of the groups and the short period of four

   meetings covered by the seminar. With these factors in view, there

   was little time and opportunity for group cohesion to occur before

   clients were urged to join the even larger groups which grow out of

   the seminar. If the seminar could have been extended and more

   intense small group process efforts made to bring about cohesion

among clients, "Getting It All Together After Divorce" would have

been in a much stronger position to make a meaningful impact on

the lives of those attending.

Added efforts by the agency tofacilitate the movement of clients

into the social groups would also strengthen the program. These

clients were likely tiring of new experiences and strange new terri-

tories and may have found rooms full of strangers formidable. Here

again, the small-group process could be called on to provide safe

entry into the groups.

3. <u>Seminar Content</u>. Those topics covered by the seminar, grieving,

self-esteem, socialization, and children were subjects of great rel-

evance to the divorced. As mentioned earlier in the chapter, however,

there were perhaps other areas which could be added to an expanded

format. The relationship to the former mate and its effect on ad-

justment on the lives of the children involved would seem to be an

area of discussion that would prove beneficial. Awareness of depen-

dency needs at varying stages of adjustment might also prevent hasty

second marriages.

Several clients responded to the questionnaire by stating the need

for additional parenting information, particularly in the area of

absentee fatherhood. While the agency has provided

seminars on parenting, there was no way to assure that such clients

would attend, and this need may have gone unmet. In regards to the

client statement that the content of the seminar was slanted to fe-

male clients, this could only be rectified by futher study of the

needs of divorced men and incorporating the findings into program

curriculum. It is possible also that concerted efforts would have

needed to be directed toward recruitment of male clients in order to equalize the sex ratio and balance program content.

The need for community development could be met in part by the provision of a readily available and comprehensive system of referral. By combining meaningful identification of client needs and accessibility to such referral options, a major step could be accomplished in putting the client back into the mainstream of society. Such referrals could include both professional services and social outlets and could relate to parenting, employment, and continuing education as well as other areas seen to be crucial to the divorced.

4. Client Follow-up. In order to assess the long-term value of such crisis intervention, it would be necessary to be aware of the future adjustment and functioning of clients who experienced the seminar. Benefits from this type of assistance were, hopefully, long ranged, and successes as well as deficiencies would be better evaluated after some passage of time. By a process of natural selection those clients who completed the seminar and became active in the ongoing social groups were probably the least distressed and more comfortably socialized of those who presented themselves at the first session of the program. By follow-up of clients who failed to complete the program or those who opted out of continued involvement in such groups as " Flyers", program directors may have been given their greatest insight into areas of programming which may have accounted for the high attrition in attendance.

Recommendation for Further Research

The concept, stated above, of using program droupouts to ascertain weakness in the program which prompted clients to forego subsequent sessions has appeared to be a starting point to further research' into perfecting such programs as this. Many social programs have tended to serve those clients who least need them and who could, therefore, gain the most satisfaction from participation. Those clients who came to the program with the most confidence and the fewest problems did achieve positive gains from attendance and this satisfaction of needs should not be ignored.

However, if serious attempts were to be made to impact on the lives of more people, research must have been directed to those more in need and, for this population, the discrepancy found between heart-felt needs and stated objectives in seeking out the program must be explored and means devised for establishing more congruency in purpose and perception. The difficulty in attempting to establish community for these clients is a major obstacle In a society suffering, as a whole, from a decreasing sense of community, efforts toward achieving restoration for the divorced will be decidedly difficult.

In order to be truly effective, such programs likely would have to achieve a much higher level of intensity of intervention into client's lives before such involvement became meaningful. Clients would have to be educated as to what options could be brought to bear on their problems and supported in the exercising of such options.

A major strength of the program studied was the minimal amount of bureaucratic distraction assured by minimal paper work for clients but

this strength also causes a major weakness, the lack of identification of who the client was and what she/he needed from the program.

Brown and Manella (1977) interviewed 429 men and women who were clients of the Wayne Co. Circuit Court Marriage Counseling Service (MCS) at the time of their first contact with the agency. Only clients with minor children were used in the study as the presence of a minor aged child was seen to impact heavily on the process of dissolution. Thses 429 persons represented the 65% of those eligible who completed the program. Twenty-one percent of eligibles completed the first interview but dropped out before the final interview four months later. Clients included those still married as well as those already divorced. More men than women and blacks than whites did not complete the program, a finding concurring with other such studies.

MCS states three major goals which relate to dealing with readjustment after divorce. These include understanding what went wrong, fostering positive readjustment, and lessening negative effects on children of the family.

Three qualities of those studied reported finding the program helpful. One-third of the clients saw help in understanding their problems as being of primary benefit. The second most frequent response (12%) referred to the benefit received from having the opportunity to express feelings. Emotional support, the third-ranked response was more likely to come from female clients (female, 15%; male, 3%). Only 5% of respondents reported that the presentation of concrete aid or advice had been helpful

The authors (p. 301) felt that the findings indicated that a number of wifely different needs were met and that sex may have been a

determining factor in what different clients needed from the program.
It was felt that these counseling needs would require a variety of
approaches. It was also felt that the counselor must be especially
aware of the status of the client's adjustment to divorce and that the
agency be realistic concerning the limitations on the kinds of needs
it can fulfill for its clients.

APPENDIX A

THE RESEARCH QUESTIONNAIRE

Social Security Number _____

Personal Background Information: Please circle the letter in front of the item which best describes you. If you have been married more than once, all questions refer to your most recent marriage.

1. Sex

    a. male
    b. female

2. Age

    a. eighteen to twenty-five
    b. twenty-six to thirty-five
    c. thirty-six to forty-five
    d. forty-six to fifty-five
    e. over fifty-five

3. How long were you married?

    a. under one year
    b. one to five years
    c. five to ten years
    d. ten to fifteen years
    e. fifteen to twenty years
    f. twenty to twenty-five years
    g. more than twenty-five years

4. How long have you been living apart from your mate?

    a. under one month
    b. one month to six months
    c. six months to one year
    d. one to two years
    e. over two years

5. Do you have children under the age of twenty-one?

    a. yes
    b. no

6. Do you have custody of any of these children?

    a. yes
    b. no

7. What was your primary responsibility in your marriage?

    a. breadwinner
    b. homemaker
    c. a combination of both

8. What community resources have you used during and since your divorce?

   a. lawyer
   b. minister
   c. psychiatrist
   d. psychologist
   e. counselor
   f. public social agency
   g. school or college
   h. church support groups
   i. physician
   j. other (please specify)

1. What do you perceive as being your greatest strengths as a single person?

2. What do you perceive as being your greatest needs as a divorced person?

3. In what way do you feel your upbringing and past experiences have prepared you for coping with your new lifestyle?

4. In what ways do you feel family members have helped in your adjustment to your new lifestyle?

5. In what ways have the friends you had while married helped or failed to help you since your divorce?

6. What prompted you to attend this Family and Children's Services program?

7. What do you feel that you would most like to gain from this experience?

Social Security Number

_____

      Please answer the following questions as fully as possible in the space provided.

1. What do you perceive as having been the primary purpose of this seminar?

2. Compared to your assumptions when you began this seminar, in what ways has it met your expectations?

3. In what ways has this seminar met your needs as a divorced person?

4. In what ways has this seminar provided you with specific information that is helpful in your adjustment to divorce?

5. Do you feel that this seminar has omitted or incompletely covered any specific topics which you feel are important to you and might have been appropriate to such a seminar? If yes, please specify.

6. In what ways do you feel more confident in your life situation as a divorced person as a result of this seminar? If you feel that the seminar has not benefited you, please explain.

7. Do you feel the need for further participation in divorce support groups? If yes, please specify.

8. Do you feel that you are more aware of and more likely to use community resources as a result of this seminar? If yes, please explain.

6. What prompted you to attend this Family and Children's Services
    program?

7. What do you feel that you would most like to gain from this exper-
    ience?

Social Security Number

_____

Please answer the following questions as fully as possible in the space provided.

1. What do you perceive as having been the primary purpose of this seminar?

2. Compared to your assumptions when you began this seminar, in what ways has it met your expectations?

3. In what ways has this seminar met your needs as a divorced person?

4. In what ways has this seminar provided you with specific information that is helpful in your adjustment to divorce?

5. Do you feel that this seminar has omitted or incompletely covered any specific topics which you feel are important to you and might have been appropriate to such a seminar? If yes, please specify.

6. In what ways do you feel more confident in your life situation as a divorced person as a result of this seminar? If you feel that the seminar has not benefited you, please explain.

7. Do you feel the need for further participation in divorce support groups? If yes, please specify.

8. Do you feel that you are more aware of and more likely to use community resources as a result of this seminar? If yes, please explain.

APPENDIX B

DEMOGRAPHIC DATA

TABLE I

CLIENT DESCRIPTION BY
DEMOGRAPHIC DATA

	No.	Male	Female
Female	41		
Male	14		
Age			
18-25	5	1	4
26-35	29	8	21
36-45	17	3	14
46-55	4	2	2
Female Role			
Homemaker	16		
Homemake/breadwinner	25		
Length of Marriage			
1-5 years	11	3	8
6-10 years	13	4	9
11-15 years	14	5	9
16-20 years	11	–	11
21-25 years	5	2	3
+26 years	1	–	1
Length of Separation			
-1 month	1	–	1
1-6 months	17	6	11
6 months-1 year	15	4	11
1-2 years	11	1	10
2 years+	11	3	8

TABLE II

DESCRIPTION OF CLIENTS WHO
COMPLETE PROGRAM BY
DEMOGRAPHIC DATA

	Total	Male	Female
Female	6		
Male	12		
Age			
18-25	1	1	–
26-35	12	3	9
36-45	4	2	2
46-55	1	–	1
Female Role			
Homemaker	5		
Homemaker/Breadwinner	7		
Length of Marriage			
1-5 years	2	2	–
6-10 years	6	1	5
11-15 years	7	2	5
16-20 years	3	1	2
+20 years	–	–	–
Length of Separation			
-1 month	–	–	–
1-6 months	6	2	4
6 months-1 year	6	2	4
1-2 years	2	1	1
2 years+	4	1	3

TABLE III

DESCRIPTION OF CLIENTS WHO
FAIL TO COMPLETE PROGRAM
BY DEMOGRAPHIC DATA

	No.	Male	Female
Female	37		
Male	8		
Age			
18-25	4	-	4
26-35	17	5	12
36-45	13	1	12
46-55	3	2	1
Female Role			
Homemaker	11		
Homemaker/Breadwinner	18		
Length of Marriage			
1-5 years	9	1	8
6-10 years	7	3	4
11-15 years	7	3	4
16-20 years	9	-	9
21-25 years	5	1	4
+26 years	-	-	-
Length of Separation			
-1 month	1	-	1
1-6 months	11	4	7
6 months-1 year	9	2	7
1-2 years	9	-	9
2 years+	7	2	5

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