

# Essentials of Stepfamily Coaching

## Unpacking the Complexity of the Next-Time Family

Presented by Karen Bonnell, MS, Divorce & Co-Parent Coach, Mediator

[Karen@coachmediateconsult.com](mailto:Karen@coachmediateconsult.com)

425-454-4510

ZOOM video training | 6 Contact Hours | \$275

Please join in for a high-paced training that will prepare you to understand the underlying complexities of working with stepfamilies. Karen will skillfully guide you through the key considerations in working with stepfamilies – whether smooth sailing or struggling with adjustment post-decree/post recoupling. We will keep children front and center as we discuss the five challenges of stepfamily – developmental considerations from little ones to adults as well as when a co-parent has started their new relationship as an affair or when a co-parent has died. This training is for mental health and legal professionals. Recommended reading: “The Stepfamily Handbook” by Bonnell & Papernow as well as “Surviving and Thriving” by Patricia Papernow.

Thursday

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**1:30 - 2:00** Log-on, Get Oriented and Acquainted

This training is set up in three distinct two-hour modules in an attempt to prevent ZOOM fatigue. Please bring your water and snacks, sit-back and enjoy learning with your colleagues! There will be additional opportunities for informal Q&A.

**2:00 – 4:00** Module I

### The STRUCTURE: From One Home to Two Homes to Stepfamily

- Families don't “blend”... stepping into stepfamily
- Original family structure – next time family reality



## The ADULTS: *From Parenting to Co-Parenting to Step-Parenting*

- Skillful parenting is key
- Insiders and outsiders ... the nature of the beast
- Secrets to successful discipline in stepfamilies

Friday

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**9:00 - 9:30** Log-on and Enjoy an Informal Q&A with Colleagues  
**9:30 - 11:30** Module II

## The KIDS: *More on the Five Stepfamily Challenges*

- Children are challenged by losses, loyalty binds, and change
- When children end up on the "outside"
- Culture: the invisible influence that results in the big "Ooops"
- Growth and development implications for adjusting to stepfamily
- What our families teach us about children's adjustment

**11:30 - 1:00** Lunch, Leg Stretch ... Informal Q&A at 12:30  
**1:00 - 3:00** Module III

## *Coaching Co-Parents & Stepparents into a Skillful Parenting Coalition*

- Co-parents are part of the stepfamily
- Affairs delay adjustment
- When a co-parent is deceased
- Gray re-couplers ... what's adult children got to do with it?

**3:00 - 3:30** Debrief and Closing

**Continue to the following page for registration information.**



## To Register

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Please send \$275 through PayPal to [karen@coachmediateconsult.com](mailto:karen@coachmediateconsult.com).  
Or send a check for \$275 to the address below:

Karen Bonnell  
7919 127th Pl NE  
Kirkland, Washington 98033

Please include your name, address, phone number, and email. **Refunds for the full amount available 60 days prior to the start of training and at any point as long as I can refill your spot. A refund of 50% between 30 – 59 days prior to start of training if I am unable to fill your spot. No refund for unfilled spots for the last 29 days prior to the start of training.**

This workshop is approved for 6 CEUs by the Washington Chapter, National Association of Social Workers (NASW) for Licensed Social Workers, Licensed Marriage & Family Therapists and Licensed Mental Health Counselors. Provider number: #1975-466. Also pending approval for 6 CLEs by the Washington State Bar Association (WSBA).

Please let me know if you have questions!

Warm regards, Karen