



# **Surviving and Thriving in Stepfamily Relationships: What Works and What Doesn't**

*Patricia L. Papernow*

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## **Surviving and Thriving in Stepfamily Relationships: What Works and What Doesn't Patricia L. Papernow**

*Surviving and Thriving in Stepfamily Relationships* draws on current research, a wide variety of clinical modalities, and thirty years of clinical work with stepfamily members to describe the special challenges stepfamilies face. The book presents the concept of "stepfamily architecture" and the five challenges it creates, and delineates three different levels of strategies--psychoeducation, building interpersonal skills, and intrapsychic work--for meeting those challenges in dozens of different settings.

The model is designed to be useful both to stepfamily members themselves and to a wide variety of practitioners, from a highly trained clinician who needs to know how and when to work on all three levels, to a school counselor or clergy person who may work on the first two levels but refer out for level three. It will also be useful to educators, judges, mediators, lawyers and medical personnel who will practice on the first level, but need to understand the other two to guide their work.

## **Surviving and Thriving in Stepfamily Relationships: What Works and What Doesn't Details**

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# **From Reader Review Surviving and Thriving in Stepfamily Relationships: What Works and What Doesn't for online ebook**

## **Lisa says**

Written by a therapist who has specialized in working with stepfamilies for 30 years, this book is a "must read" for both stepfamilies and those who work with them. Insightful, compassionate, and wise, it empathizes with every member of the family system. Valuable tips from the psychoeducational, intrapersonal, and intrapsychic levels throughout, plus excellent illustrative case studies. While written from a clinical perspective, it is accessible to everyone.

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## **Tim says**

"It is not whether children live in a first-time family, single-parent family, or a stepfamily that most powerfully predicts their wellbeing. It is the level of conflict, combined with the quality of parenting practices."

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## **Diane Kaplan says**

Boy has this book been helpful! I'm preparing to move in with my boyfriend and his son, and this book has given vocabulary for my worries, and concrete lessons/advice for how we can proceed in the healthiest way-my boyfriend is reading it now too. I've gone from feeling totally daunted to feeling informed and I equipped!

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## **Mae says**

This book is written for both the layperson and also those in the helping profession. As a layperson, I found it very helpful in understanding how the dynamics of a first family are completely different from that of a step-family and expectations cannot be the same. Understanding how much the children are affected is so key in making a step-family work. As someone who was divorced after 10 yrs of marriage and who now lives with a widower, our 2 1/2 yr relationship is still young. We have 3 children (10, 11, and 11) whom we all love dearly. We continue to having growing pains and hope to God that we will be one of the families that survive. But I'll say that this book has been a great guide in offering some wisdom and I'm sure I'll be referring to it many times over.

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## **Misty says**

Psych books are always more approachable when case studies come into play, and the reader gets plenty of that here, with overviews and complete dialogues with the clients. This is a very readable book, to be taken in two ways: one, as an interesting overview on the step-family conundrum, and two, as a textbook reader on

power positions and genograms. It helps to have a basic working knowledge of psychology terms and approaches before opening the cover.

With that said, I see this as more of a spring-board for professionals than an advice book to parents needing assistance. The author brags, a little bit, when including dialogues, as the ones she provides occur at the "breakthrough" session, when immediate results are visible. Also, the ratio of parent to parent as opposed to parent to child is wildly skewed in favour of the adults.

An interesting read, and an open-minded one, as it includes same-sex couples as well; a rare thing in the over the counter psych book.

Thanks to the author and Goodreads for the giveaway.

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### **Louis Postel says**

Surviving and Thriving is making all the difference this Holiday season.

You know, before I read it I had this BELIEF that Thanksgiving could only look a certain way. It just had to be - a long table with a silver haired Dad at the head and June Cleaver running around getting stuff and stuffing and smiling all the while. Everyone just getting along so well. And the reality was - different. Ah, very different. Sad. A bummer.

But this time - miracle of miracles Thanksgiving was ok - more than ok. It was wonderful. Because I had read the book I knew that my BELIEF in one big happy Leave it to Beaver family was just that an image, a projection of what a happy holiday is supposed to look like. "

"Gee so and so wasn't there and neither was so and so," I said later to my wife, and she said "True - but you get along much better with so and so One on One, remember." And so I do. And so I will continue to thrive - enjoying one on one relationships with step relations, not going the route of insisting on all of us getting blended prematurely.

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### **anna says**

Dr Papernow writes eloquently and provides stepfamilies with much needed support in her new book. Her case studies provide specific examples and stories giving the reader access to real life issues and how to live with and survive them with dignity. Always thoughtful of all sides of the issue, Dr Papernow presents us with resolutions that hold families together witnessing one another's needs.

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