

2024-2025 ROVINSKY FAMILY LECTURESHIP SERIES

Wednesday, March 19, 2025 | 12:00 – 1:30 pm EST | Live Webinar

Treating Stepfamilies

Scott Browning, Ph.D., ABPP

Professor Emeritus, Chestnut Hill College



PROGRAM DESCRIPTION:

This presentation will clarify several fundamental research findings regarding stepfamily concerns that are often overlooked in treatment. A discussion of the literature and clinical examples will demonstrate that family therapy, without an awareness of stepfamily issues, is often insufficient to address the challenges these families frequently encounter. The presenter will share an effective treatment model developed for stepfamilies that emphasizes a subsystem-based approach (Browning, S. & Artelt, E. 2012). Clinical examples, research findings, and video excerpts will be utilized to elucidate the model and its application to participants' clinical work.

EDUCATIONAL OBJECTIVES

Based on the presentation, the participants will be able to:

- Identify common systemic concerns often occurring in stepfamilies.
- Explain why family therapy needs to be adapted to the unique needs of stepfamilies.
- Describe a stepwise clinical approach to treat stepfamilies.

SUGGESTED READINGS

Browning, S., & Artelt, E. (2012). *Stepfamily therapy: A ten-step clinical approach*. American Psychological Association.

Browning, S., & van Eeden-Moorefield, B. (2022). Treating interpersonal problems in contemporary families: An inclusive approach to engaging evidence-supported practice. American Psychological Association.

Ganong, L., Coleman, M., Sanner, C., & Berkley, S. (2022). Effective stepparenting: Empirical evidence of what works. *Family Relations: An Interdisciplinary Journal of Applied Family Studies*, 71(3), 900-917. <https://psycnet.apa.org/doi/10.1111/fare.12624>

Jensen, T., & Howard, M. (2015). Perceived stepparent-child relationship quality: A systematic review of stepchildren's perspectives. *Marriage & Family Review*, 51(2), 99-153. <https://doi.org/10.1080/01494929.2015.1006717>

Lardier, D. T., van Eeden-Moorefield, B., Nacer, C., Hull, R., & Browning, S. (2017). Relationships between (step)parents and adult (step)children: Explaining influences on life satisfaction and marital quality. *Journal of Divorce and Remarriage*, 58(6), 430-446. <https://doi.org/10.1080/10502556.2017.1343551>

Papernow, P. L. (2018). Clinical guidelines for working with stepfamilies: What family, couple, individual, and child therapists need to know. *Family Process*, 57(1), 25-51. <https://doi.org/10.1111/famp.12321>

ABOUT THE PRESENTER

Scott Browning, Ph.D., ABPP, is a Professor Emeritus of Psychology in the doctoral program at Chestnut Hill College in Philadelphia. Dr. Browning has published numerous books, chapters, and articles on a variety of topics including stepfamilies, addictions, paradoxical interventions, autism, intersectionality, empathy, and measuring treatment outcomes. Of particular note relevant to this presentation is his book, *Stepfamily Therapy: A Ten-Step Clinical Approach*, published by the American Psychological Association, that he co-authored with Elise Artelt. Dr. Browning has received numerous honors for scholarship and teaching excellence including the Distinguished Contribution to Family Psychology Award given by Division 43 of the American Psychological Association, the Distinguished Contribution Award from the Pennsylvania Psychological Association, and the Lindback Award for Distinguished Teaching. Dr. Browning has also served as a founding member of the Couple and Family Specialty Board of the American Board of Professional Psychology and as an editorial board member for the *Journal of Family Transition*.



CRITERIA FOR EARNING CE

Full attendance is required to receive CE credit for each session. No partial credits are available. All participants must sign an attestation regarding attendance and indicate the type of CE credit they require through a link which will be provided following the session. At the conclusion of each session participants will be provided an additional link to complete an evaluation survey; we request that you take a few minutes to anonymously provide feedback. Co-sponsored by Philadelphia College of Osteopathic Medicine.



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Target Audience: Doctoral Level Psychologists, counselors and Other Mental Health Professionals
Level of Instruction: Intermediate
Number of CE Credits Offered: 1.5 CE credit
Cost: \$15

