

PATRICIA L. PAPERNOW, EdD

Psychologist

6 Westridge Rd., Hudson, MA 01749

www.stepfamilyrelationships.com

978/568-0025 ppapernow@gmail.com

EDUCATION

Boston University School of Education

Ed.D., Counseling Psychology, 1980

Practitioner-Teacher Award for Outstanding Applied Scholarship, 1979

Certificate in Adult Education, 1975

Harvard University

BA, *magna cum laude*, 1969

Post-graduate Clinical Training and Certifications

Advanced training in couple and family therapy, trauma, EMDR, interpersonal neurobiology and learning disabilities. Certified Internal Family Systems Clinician, Diplomate Gestalt Institute of Cleveland

PROFESSIONAL EXPERIENCE

Psychologist in Private Practice (1981 to present) (now partly retired)

Individual, couple, and family therapy. Specialties in stepfamily relationships, trauma, couple therapy, and post-divorce parenting. Providing training, individual and group clinical consultation for clinicians and for other helping professionals involved with stepfamilies.

Recipient, 2017 Award for *Distinguished Contribution to Family Psychology* by the American Psychological Association Society for Couple and Family Psychology. Recipient, 2023 Award for *Distinguished Contribution to Couple and Family Therapy* from the American Family Therapy Academy.

Director, Institute for Stepfamily Education (2010 to present)

Supervision, and consultation for clinicians working with stepfamilies.

Training for caregivers on the front lines with stepfamilies: Clergy, lawyers, judges, medical professionals, elder care workers, day care providers, school personnel, etc. Providing evidence-based guidance and practical information for stepfamily members and for those who love them.

Instructor in Psychology, Department of Psychiatry, Harvard Medical School (2010 to 2015)

Supervision, teaching, and consultation for staff, psychiatry fellows, and psychology post-docs in a multi-disciplinary community mental health center

Director, Charles River Gestalt Center (1981 to 1987)

General adult clinical practice. Individual, couple, and group psychotherapy. Specialties in trauma, couple therapy, stepfamily relationships, and post-divorce parenting.

Supervision and training for human service and corporate managers. Ongoing consultation groups for public sector managers, agency directors, hospital nurse managers

Staff Psychologist, Associates for Creative Therapy (1978 to 1980)

Therapy with individuals, couples, and groups. Consultation, training, and supervision for managers in public and private sector organizations.

Community Training Resources, Cambridge-Somerville Mental Health Center (1973-1982)

Director (1973 to 1977)

Created, funded and managed a preventive mental health and education program, which was cited as one of the best in the country by the National Institute of Mental Health.

Developed and taught a model for selecting and training mental health professionals to function as community educators. Trained and supervised faculty in skill-oriented, experiential teaching methods for community caregivers of varied backgrounds.

Faculty Member (1973 to 1982)

Designed and taught: Coping with Stress, Conflict Management, Supervision Skills, Training for Trainers and other “front-line” mental health skills to nurses, teachers, day care workers, clergy, elder care providers, guidance counselors, etc.

Director of Training, The Sanctuary (1971-1973)

Developed the preventive education and training arm of a program for troubled adolescents.

Consulted to public and private schools, police, hospitals, and youth programs. Designed and taught courses for adolescents and for the adults involved with them on: Drugs and alcohol, interpersonal skills, conflict resolution, dealing with stress.

PROFESSIONAL PUBLICATIONS

Papernow, P.L. (2023). Stepfamily couples. In J. L. Lebow and D. K. Snyder (Eds.), *Clinical handbook of couple therapy, sixth edition* (pp. 492-511). New York: Guilford.

Papernow, P.L. (2022). Werken met samengestelde gezinnen. Mythes, valkuilen, tips en interventies. (B. Lavrysen & P. Rober, Trans.). Brussels, Belgium: Pelckmans Kalmhout. (Dutch translation of *Surviving and Thriving in Stepfamily Relationships*).

Papernow, P., Jones, W., Browning, S., Kenney, K., & Kenney, M. (2022). Couple instability: Fragile families, stepfamilies, families with a child on the autism spectrum, and multiracial families. In S. Browning & B. van Eeden-Moorefield (Eds.), *Treating contemporary families: Toward a more inclusive clinical practice*. American Psychological Association.

Papernow, P.L. (2021). Helping queer stepfamilies meet their challenges. In R. Harvey, M. J. Murphy, J.J. Bigner, & J.L. Wechter (Eds.). *Handbook of LGBTQ-affirmative couple and family therapy (2nd edition)*. New York: Routledge, pp. 277-296.

Papernow, P.L. (2019). Ask the experts: A baker’s dozen tips for parenting, stepparenting, and discipline in stepfamilies. *Association of Family and Conciliation Courts eNews*, 14(6). <https://files.constantcontact.com/6beb60a3701/c490079a-389a-4be9-8615-d7ba77b9fbe2.pdf>

Papernow, P.L. (2018). Clinical guidelines for working with stepfamilies: What individual, couple, child, and family therapists need to know. *Family Process*, 57(1), 25-51. DOI: 10.1111/famp.12321
Dutch translation: Klinische richtlijnen voor therapie met samengestelde gezinnen: wat therapeuten moeten weten DOI: 10.1007/s12440-019-0090-3

Papernow, P.L. (2018). Recoupling in mid-life and beyond: From love at last to not so fast. *Family Process*, 57(1), 52-69. DOI: 10.1111/famp.12315 Translated into Spanish.

- Papernow, P.L. (2018). Blended families. In J. Lebow, A.L. Chambers, & D.C. Breunlin (Eds.). *Encyclopedia of Couple and Family Therapy*. New York: Springer.
- Papernow, P.L. (2017). Blended families. *Encyclopedia of Couple and Family Therapy*. NY: Springer, DOI: 10.1007/978-3-319-15877-8_471-1
- Papernow, P.L. (2017). Therapy with stepfamilies. In S. Browning & M. Accordini (Eds.). *Famiglie ricomposte: approcci clinici ed evidenze di ricerca (Stepfamilies: Clinical approaches and research evidence*. Monica Accordini, Trans.). Milan, Italy: FrancoAngeli.
- Papernow, P.L. (2017). The remarriage triangle: Working with later-life recouplers and their grown children. *Psychotherapy Networker*, January/February 2016, pp. 49-53.
- Papernow, P.L. (2016). Suteppufamuli tokuyuu no rinshoute kikadai: Rinshouka ga shitteokubekikoto [The unique clinical issues of stepfamilies: What therapists need to know] (M. Onishi, Trans.). *Kazokuryouhou Kenkyu [Japanese Journal of Family Therapy]* 33(2), 184-188.
- Papernow, P.L. (2016). Helping partners deal with the corrosive power of stepfamilies. *Psychotherapy Networker Week in Review*, July 11, 2016.
https://www.psychotherapynetworker.org/blog/details/650/video-how-to-manage-the-biggest-threat-to%20happiness?utm_source=Silverpop&utm_medium=email&utm_campaign=071616_pn_i_rt_WIR_sto830am (video)
- Papernow, P.L. (2016). Soft/Hard/Soft communication. In G.R. Weeks, S.T. Fife, & C.M. Peterson (Eds.), *Techniques for the couple therapist: Essential interventions from the experts* (pp. 69-72). New York: Routledge.
- Papernow, P.L. (2016). Empathic joining. In G.R. Weeks, S.T. Fife, & C.M. Peterson (Eds.) *Techniques for the couple therapist: Essential interventions from the experts* (pp. 137-141). New York: Routledge.
- Papernow, P.L. (2015). Introduction to the Japanese translation: What is similar and what is different about Japanese stepfamilies? In *Surviving and thriving in stepfamily relationships: What works and what doesn't*. S. Nakamura, M. Ohnishi, & Y. Yoshikawa (Translators). Tokyo: Kongo Shuppan, (pp. iii-ix).
- Papernow, P.L. (2015). *Suteppu famiri wo ikani iki, hagukumuka: Umakuikukoto ikanaikoto*. [Surviving and thriving in stepfamily relationships: What works and what doesn't.] (S. Nakamura, M. Ohnishi, & Y. Yoshikawa, Trans.). Tokyo: Kongo Shuppan.
- Papernow, P.L. (2015). Therapy with couples in stepfamilies. In A. Gurman, J. Lebow and D. Snyder (Eds.), *Clinical handbook of couple therapy, fifth edition* (pp. 467-488). New York: Guilford.
- Papernow, P.L. (2015). Uncoupling and recoupling over 50 in *The Networker Symposium Dilemmas of Divorce Series Webcast* <http://dilemmasofdivorce.kajabi.com/sp/38213-sales-page>.
- Papernow, P.L. (2014). Providing evidence-based help to stepfamilies. *Brown University Child and Adolescent Behavior Letter*. March 2014, 30(3), ISSN 1058-1073. Online ISSN 1556-7575Wiley.
- Papernow, P.L. (2013). *Surviving and Thriving in Stepfamily Relationships: What Works and What Doesn't*. New York: Routledge. [Translated into Japanese and Dutch and soon, Russian and Hebrew.]

- Papernow, P.L. (2012). Meeting the 5 challenges of becoming a stepfamily. On-Line Clinical Training Module 3. National Stepfamily Resource Center: <http://www.stepfamilies.info/training/view.php?mod=3>
- Papernow, P.L. (2012). Helping children in stepfamilies to thrive. On-Line Clinical Training Module 8. National Stepfamily Resource Center. <http://www.stepfamilies.info/training/view.php?mod=8>
- Papernow, P.L. (2008). A clinician's view of "stepfamily architecture": Strategies for meeting the challenges. In J. Pryor (Ed.), *International handbook of stepfamily research and practice* (pp. 423-454). NJ: Wiley.
- Papernow, P.L. (2008). Therapy for people who live in stepfamilies. In *Clinical updates for family therapists: Research and treatment approaches for issues affecting today's families, Volume 3*, (pp. 107-121). Alexandria, VA: AAMFT.
- Papernow, P.L. (2006). Clinical update: Therapy for people who live in stepfamilies. *Family Therapy Magazine*, 5(3), 34- 42.
- Papernow, P.L. (2002). Post-divorce parenting: A baker's dozen of suggestions for protecting children. *Family Mediation Quarterly*, 1(2).
- Papernow, P.L. (1995). What's going on here? Separating (and weaving together) step and clinical issues in remarried families. In D.K. Huntley (Ed.), *Understanding stepfamilies: Assessment and treatment*, 1995.
- Papernow, P.L. (1994). Gestalt therapy with remarried couples. In P. Backman and G. Wheeler (Eds.), *On intimate ground: A Gestalt approach to working with couples*. San Francisco: Jossey-Bass.
- Papernow, P.L. (1993). La Therapie gestaltiste avec des familles reconstituees. *Gestalt: Revue de la Societe Francaise de Gestalt. Families en Gestalt-therapie*, numero 4, Automne, 1993.
- Papernow, P.L. (1993). *Becoming a stepfamily: Patterns of development in remarried families*. Taylor and Francis, 1993. (Winner, Nevis Award for Best Book of 1993.)
- Papernow, P.L. (1988). From Outsider to Intimate: Stepparent Role Development. In W. Beer (Ed.), *Relative strangers: Studies of stepfamily processes*. Rowman Littlefield.
- Papernow, P.L. (1987). Thickening the "middle ground": Dilemmas and vulnerabilities in remarried couples. *Psychotherapy*, 24(3S), 630-639.
- Papernow, P.L. (1984). The Stepfamily Cycle: An experiential model of stepfamily development. *Family Relations*, 33(3).
- Papernow, P.L. (1976). *Supervision skills manual*. Self-published 75-page book of handouts for trainees.
- Papernow, P.L. (1972). Methods of measuring citizen board accomplishment in mental health and retardation. With W. Meyers, et al. *Community Mental Health Journal* 8 (4).
- Wagner, A., Papernow, P.L., Methikalam, B., & Peightal, B. (2022). Co-Parenting: A Focus on divorced families, stepfamilies, intergenerational families, and families with a child on the autism spectrum. In S. Browning & B. van Eeden-Moorefield (Eds.), *Treating contemporary families: Toward a more inclusive clinical practice*. American Psychological Association.

POPULAR PUBLICATIONS

- Bonnell, K.S., and Papernow, P. L. (2019). *The Stepfamily Handbook: From dating, to getting serious, to forming a "blended family."* Kirkland, WA: CMC Publishing.
- Papernow, P.L. (2019). Ask the experts: A baker's dozen tips for parenting, stepparenting, and discipline in stepfamilies. *Association of Family and Conciliation Courts eNews*, 14(6). <https://files.constantcontact.com/6beb60a3701/c490079a-389a-4be9-8615-d7ba77b9fbe2.pdf>
- Papernow, P.L. (2017). Forward to: D. I. Fromme, *Stepparenting the grieving child: Cultivating Past and Present Connections with Children Who Have Lost a Parent*. Castle Rock, CO: Merry Dissonance Press.
- Papernow, P.L. (2015). Living in a stepfamily: Understanding and meeting the challenges. In S. Nozawa (Ed.), *Introduction to stepfamilies*. Tokyo: Kongo Publishing.
- Papernow, P.L. (1995). *What we've learned about reading and writing: A primer on learning disabilities for parents and educators*. Newton Public Schools.
- Papernow, P.L. (1992). Helping stepfamilies grow: Four primary principles. *Stepfamilies*, Spring, 1992.
- Papernow, P.L. (1989). Conflict and loyalty binds: Helping children thrive in stepfamilies. *Stepfamily Bulletin*, 13-15.
- Papernow, P.L. (1989). Children in stepfamilies: What do we know? *Stepfamily Bulletin*, Spring, 1989.
- Papernow, P.L. (1987). Stepping into parenting someone else's children. In J. Belovitch, (Ed.), *Making remarriage work*. Lanham, MD: Rowman & Littlefield.
- Papernow, P.L. (1985). Making shared custody work well. *Remarriage*, 2(3), 1985.

PUBLIC EDUCATION: PODCASTS and MEDIA INTERVIEWS about STEPFAMILY RELATIONSHIPS

- Institute for the Advancement of Psychotherapy: Helping Clients Navigate Stepfamily Relationships -- How "Blended Families" Are Very Different from First-time Families (as of February 2023, downloaded to 16 different countries). <https://www.therapyonthecuttingedge.com/episodes.html#/>
- The AFTA Podcast: The Knowledge Gap in Working with Stepfamilies. <https://tinyurl.com/m3ws5yxk>
- Television appearances (selected): NHK (Japanese National Television), Katie Couric Show, ABC *PrimeTime Live*, ABC *Good Morning America*, NBC *The Today Show*, WCVB Channel 5 *Chronicle*, *Family Works*, 6 O'clock News, WBZ Channel 4 *People Are Talking*, *Live on Four*.
- Radio interviews (selected): WHYY Philadelphia *Voices in the Family*, *Radio Times*; NPR: *On Point* with Tom Ashbrook, *Safe Space Radio*, *Life Kit* podcast; *Mom Enough Radio Show*, CJOB Winnipeg, KBCO Denver, WNEW Washington D.C., Voice America Internet Radio *Family Matters*, *Channelnews Asia* Singapore, and many dozens more small stations throughout the U.S. and Canada.
- Print interviews: *The Wall Street Journal*, *AARP Bulletin*, *AARP Magazine*, *The Boston Globe*, *Wall Street Journal*, *Financial Times*, *Christian Science Monitor*, *New York Times*, *Newsweek*, *Washington Post*, *Los Angeles Times*, *Child Magazine*, *Redbook*, *Family Circle*, *Boston Herald*, *Self*, *Ladies Home Journal*, *Cosmopolitan*, *Parents Magazine*.

PUBLIC EDUCATION: GUEST BLOGS about STEPFAMILIES

GoodTherapy.org

Avoiding (all too easy) wrong turns in stepfamilies.

<http://www.goodtherapy.org/blog/avoiding-all-too-easy-wrong-turns-in-stepfamilies-0505155>

The Family Dinner Table Project

Steps to ease dinner table stress for stepfamilies <http://thefamilydinnerproject.org/food-for-thought/steps-to-ease-dinner-stress-for-stepfamilies>

Quora.com: Regular posts about stepfamily relationships

DrGreene.com

Helping stepkids to thrive <http://www.drgreene.com/perspectives/helping-stepkids-to-thrive/>

Parenting and discipline in stepfamilies <http://www.drgreene.com/perspectives/parenting-and-discipline-in-blended-families/>

Meeting the challenge of becoming a parenting team

<http://www.drgreene.com/perspectives/meeting-the-challenge-of-becoming-a-team/>

Insiders and outsiders <http://www.drgreene.com/perspectives/insiders-and-outsiders/>

From enemies to intimates <http://www.drgreene.com/perspectives/from-enemies-to-intimates/>

Holidays in "blended Families"-- Making ties that bind, not ties that break

<http://www.drgreene.com/perspectives/holidays-in-blended-families-making-holidays-ties-tthat-bind-not-ties-that-break/>

The Good Men Project

Parenting and stepparenting in a "blended family": Tips for recoupling dads

goodmenproject.com/families/parenting-for-a-blended-family-tips-for-recoupling-dads-bmartin/

Balancing Partners and Kids: Tips for Recoupling Dads goodmenproject.com/marriage-2/balancing-partners-and-kids-tips-for-recoupling-dads-bmartin/

ABC News: *20 steps for building better stepfamily*

<http://abcnews.go.com/images/Primetime/20%20Steps%20to%20Building%20Healthy%20Stepfamilies%20ABC.pdf>

Two Kids and a Coupon: *6 Parenting tips for the holidays in stepfamilies*

<http://twokidsandacoupon.com/2013/11/parenting-6-tips-for-the-holidays-in-stepfamilies-from-dr-patricia-papernow.html>

Bridal Guide Magazine: Smart advice for stepmoms

<http://www.bridalguide.com/blogs/from-dianes-desk/smart-advice-for-stepparents>

Your Teen Magazine: Holiday tips for blended families

yourteenmag.com

PROFESSIONAL PRESENTATIONS about STEPFAMILIES

KU Leuven (Belgium), Stepfamily Matters (Calgary, Canada), Denmark Center for Family Development, American Family and Conciliation Courts of California, Ackerman Institute for the Family, American Family Therapy Academy, Japan Association of Family Therapists, Stepfamily Association of Japan, Persatan Pemudi Islam of Singapore, Association of Family Therapists of Northern California, MacNamee Memorial Conference, Hanover, N.H., Japan Society of Family Sociologists, Harvard Medical School Treating Couples Conference, Harvard Medical School

Child Psychotherapy Conference, Networker Symposium, Mass Chapter National Association of Social Workers, Univ. of New Hampshire School of Social Work, Adelphi University School of Social Work, William James College, Therapy Training Boston, Mass Association of Marriage & Family Therapists, New Hampshire Association of Marriage and Family Therapists, New England Society for Trauma and Dissociation, Brattleboro Retreat Center, AAMFT Georgia Chapter, Boston University School of Social Work, Arizona Association of Family and Conciliation Courts, Internal Family Systems National Conferences, National Stepfamily Resource Center, Mass Council of Family Mediators, B.U. School of Theology, Gestalt International Study Center, Newton-Wellesley Hospital, Mount Auburn Hospital, Brandeis University, Eliot Community Mental Health Center, Stepfamily Association of America, Wellesley Human Relations Service, Episcopal Diocese of New Hampshire, Lesley College, American Orthopsychiatric Association, Mass Psychological Association, American Psychological Association, Jewish Family Services of North Jersey, AMCAL Family Services of Quebec, Canada, Central Connecticut State University, Burlington Youth and Family Center.

OTHER PROFESSIONAL PRESENTATIONS

Supervision Skills

Massachusetts Association of Nutrition Programs, East Boston Neighborhood Health Center, New England Training Council, Mystic Valley Elder Home Care, Piedmont Peace Project, Minuteman Elder Home Care, Greater Lynn Mental Health Association, Order of Nurses of Quebec, Mass. Dept. of Citizen Participation, Digital Equipment Corporation, Somerville Hospital, Cambridge Hospital, Hospice Care Directors of Massachusetts

Training for Trainers

National Organization of Transplant Coordinators, Child Care Resource Center, Lindeman Mental Health Center, Harvard Law School, Boston University Health Planning Center, Peninsula Mental Health Center, Conference for Young Women in the Juvenile Justice System, Cambridge-Somerville Alcohol Education Program, Cambridge Economic Opportunity Center

Learning Disabilities

Newton Public Schools Parent Advisory Board for Special Education, City of Newton Public Schools Administrative Council, City of Newton Board of Education, Cabot School Parents

EDITORIAL REVIEWING

Editorial Board: *Journal of Couple and Family Therapy*, *Family Court Review*.

Reviewer: *Family Process*, *Family Relations*, *Journal of Marital and Family Therapy*, *Marriage and Family Review*, *Journal of Family Issues*, *Asia Pacific Viewpoint*, *Journal of Applied Communication Research*, *Couple and Family Psychology: Research and Practice*, *Journal of Divorce and Remarriage*, *Journal of Child and Family Studies*.

BOARDS and MEMBERSHIPS

The stepfamily clearinghouse and *The Stepfamily Magazine* (Board Member), National Stepfamily Resource Center (Lead Trainer and Member of The Experts Council), New England Society for the Treatment of Trauma and Dissociation (Past Board Member and Past Secretary), Stepfamily Association of America (Past Board Member and Past Research Chair), Newton Parents of Children with Learning Disabilities (Past Chair). Member: American Family Therapy Academy, American Psychological Association, Massachusetts Psychological Association, Association of Family and Conciliation Courts, National Council on Family Relations.