



PARENTING PLANS: Complex Parenting Plan Issues

March 24, 2015

Chapter 3

10:45-12:15pm

The Pros and Cons of Shared Parenting: Current Research and Implications for Practice

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PowerPoint distributed at the program and also available for download in electronic format:

1. The Pros and Cons of Shared Parenting: Current Research and Implications for Practice. (PowerPoint)

The Pros and Cons of Shared Parenting: Current Research and Implications for Practice

LYNN FAINSILBER KATZ, PHD

THE ISSUE

Increasing Parent Requests for Equal or Near Equal Parenting Time



How to determine best interests of the child?

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Key Questions

Are parents who share different?

Risks?

Do children benefit?

How much time? Distribution?

Stability?

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Overview of Presentation

- 1. Current research on shared parenting
- 2. Sample schedules and important considerations
- 3. Special situations and conditions
 - a. Infants
 - b. Adolescents

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Research Findings on Shared Parenting

What do we know?

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What is Shared Parenting?

When children spend substantially large amounts of **residential** time with both parents

35:65 split (or higher)

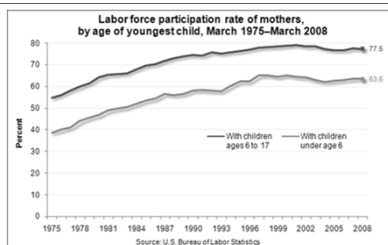
Kelly, 2006

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Historical Context

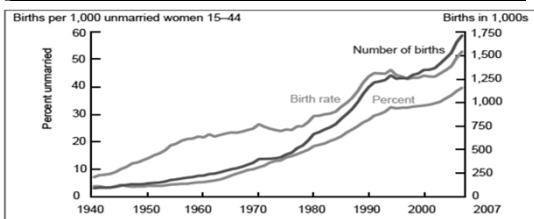
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Changing Role of Mothers



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Increasing births outside of marriage



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“New Era of Fatherhood”

- 1980’s & 1990’s – policy focused on fathers paying child support
- 2000 to present – fathers as nurturing and involved parents

Gregory & Miner, 2011; Meyer & Gersky, 1993

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Australian Family Law Amendment Act (2006)

Endorses consideration of equal or substantively shared parenting



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Intentions of Australian Family Law Amendments

1. Reinforce cooperative parenting through equal shared parental responsibility
2. Encourage continued involvement by both parents in decision-making
3. Encourage real-life relationships between children and parents – “substantial and significant time”
4. Consider all arrangements in terms of best interests of the child



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Opinions about Shared Parenting

General Public

Massachusetts (2004; nonbinding ballot election): 85% children should live equally with each parent

Arizona (college students and other adults): 80-90% believed in shared residential parenting

Among people called for jury duty: 67% in favor

Fatherhood Coalition, 2004; Braver, Ellman, Votruba & Fabricius, 2011

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Opinions about Shared Parenting: Mothers and Fathers

Mothers

Over 50% have negative attitude towards 50/50 shared care

Fathers

70-75% have positive attitude

Kelly, 2006; Smyth & Weston, 2004

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Prevalence Rates of Shared Parenting

USA, UK: 20% or less

Australia: 27% (mediated); 43% court-ordered

McIntosh & Chisholm, 2008

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Rationale for Shared Parenting

- Children will benefit most when father activity engaged across wide range of activities and when he has a authoritative parenting style (not permissive, authoritarian)
 - Ordinary routines -> cooking together, errands, getting ready for school, extra-curricular activities, homework, etc
- If children live only with mothers, fathers don't spent enough of the right kind of high-quality, authoritative parenting time with kids

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Rationale for Shared Parenting

- Father's relationship with children will grow weaker or deteriorate over time in maternal residence families
- Ongoing quality and endurance of the father-child relationship is closely related to amount of time spend together in years immediately after parents separate

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What Does the Research Show?

(For children living at least 35% time with each parent)

- Meta-analysis across 20 studies of shared parenting (Neilson 2011)
- Excludes high conflict families (10-15%)

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Are parents in shared residential arrangements different? (Compared to mother residence)

Many couples initially reluctant to share residential time (20-50%)

Ways they are the same

- Overall quality of their relationship
- Degree of cooperation
- Level of conflict*
- Education*
- Wealth*

Different

- Both committed to father remaining active in child's life
- Father's work schedule made it possible
- Most did not work closely together in co-parenting -> "business-like" "parallel parenting"
- Families with sons

* Conflicting evidence

Maccoby & Mnookin, 1992; Melli & Brown, 2008; Irving & Benjamin, 1991; Pearson & Thoennes, 1991; Luepnitz, 1991; Spruijt & Duindam, 2010

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How do children fare in shared residential arrangements compared to mother residence? Children's Psychological Adjustment

- Less depressed
- Less aggressive
- Less agitated
- Higher self-esteem
- Fewer health problems
- Fewer stress-related illnesses

Buchanan & Maccoby, 1996; Melli & Brown, 2008; Fabricius & Luecken, 2007; Lee, 2002; Spruijt & Duindam, 2010

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How do children fare in shared residential arrangements compared to mother residence? (What do children say about the arrangement?)

- Children say they feel closer to both parents
- Children more satisfied with living arrangements
- Children reported that fathers more likely to attend school events (90% vs 60%)
- When parents not getting along well -> more likely to feel caught in the middle
 - BUT, having closer relationship with both parents generally offset negative impact of parent conflict

Buchanan & Maccoby, 1996; Melli & Brown, 2008; Fabricius & Luecken, 2007; Lee, 2002; Spruijt & Duindam, 2010

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How do children fare in shared residential arrangements?

Kids mention the practical inconveniences

- Having to pack up clothes/toys/school supplies
- Letting friends know where they are
- Keeping up with their things
- Needing to be well-organized
- Took time to adjust to each parents' household rules
- Adolescents found arrangement more inconvenient, interfered with social lives

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Stability of shared residential arrangements?

Older studies: Less stable arrangement

- 50% moved from shared to sole residence
 - Reasons:
 - More likely to be low income families
 - Unemployed father who moved away to find work
 - Not because shared arrangement failed
- 20% moved from sole to shared residence
- As children approached adolescence, more likely to move to father's home than mother's

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Stability of shared residential arrangements?

More recent studies: Mixed findings

- 90% still living at least 1/3 time with fathers (Berger et al, 2008)
- 50% moved back with mothers (Smyth, 2009)

Instability not necessarily bad -> may reflect flexibility

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Quality of father-child relationship in shared vs mother residence families?

Study of university students whose parents divorced before age 16

- The more days lived with father, the higher they rated the quality of their present relationship
- Three years after divorce, 80% children spending just as much time with father and more satisfied with relationship vs >50% children in sole residence spending far less time with fathers and unhappy with loss

Fabricius, 2003; Fabricius, Diaz & Braver, 2011

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What about high conflict families?

Caution !



McIntosh, 2009

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What about high conflict families?

Potential Harmful Processes between Parents

- Tension ridden exchanges
- Exposure to expressed acrimony
- Denigration of one parent by another
- Embroilment of the children in supporting the separate views of each parent



McIntosh, 2009

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What about high conflict families? Stability

First Year Post-Mediation

- 1/3 maintained shared arrangement
- Stability more likely when voluntarily entered into the arrangement
- Shared arrangements more likely with children under age 7 and single children
- The most stable arrangement was for care less than 35:65



McIntosh, 2009

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What about high conflict families? Child's Perspective...4 years later

- 27% in primary parent arrangement wanted to change
 - 18% wanted to see father more
 - 12% wanted to see mother more
- 44% in shared care wanted to change
 - 33% wanted to see mother more
 - 10% wanted to see father more

McIntosh, 2009

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What about high conflict families?

Child's Reasons for Wanting Change?

- Sustained levels of inter-parental conflict
- Feel caught in the middle of parent's conflict

McIntosh, 2009

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What about high conflict families?

Child's Psychological Adjustment

- Shared care was associated with more emotional problems
- Children with more frequent access:
 - More depressed
 - More withdrawn / uncommunicative
 - More somatic complaints (e.g., stomachaches, headaches)

Johnston, Kline & Tschann, 1989; McIntosh & Chisholm, 2008

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What about high conflict families?

Does level of interparental conflict change over time?

- Parents who were more hostile at time of custody dispute also more conflictual 2-3 years later → but intensity of conflict decreased
- More conflict among parents with more access
- When children exposed to conflict:
 - Feel caught in the middle
 - More likely to have emotional problems

Johnston, Kline & Tschann, 1989

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"Best and Worst Arrangement for Children"

High Conflict

- More psychological problems

Low Conflict

- Fewer psychological problems

Emery, 2006

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What we don't know in high conflict families

What is the real problem?

Shared parenting or unmanaged conflict?

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What we don't know in high conflict families

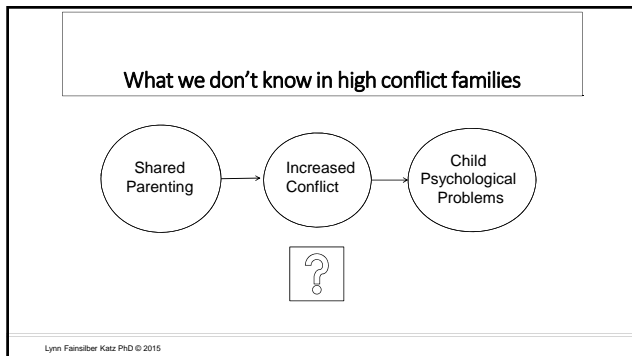
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graph LR; A((Shared Parenting)) --> B((Child Psychological Problems))
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What we don't know in high conflict families

Just because shared parenting associated with negative outcomes in high conflict families, doesn't mean that the shared parenting is what is causing negative psychological outcomes

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The Challenge

Can we create shared parenting schedules that are deliberately designed to reduce opportunities for conflict?

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What we don't know in high conflict families

If we create shared parenting plans that deliberately reduce opportunities for conflict, we would expect that children's outcomes will improve in high conflict families


- Take conflict out of the equation and
- Give families the benefits of shared parenting
- Will kids benefit???

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What is the tipping point in terms of cost-benefits for kids?

- Father involvement is good
- Low conflict is good

What is tipping point where child is getting benefit from father involvement but not increasing conflict?



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Possible solutions

Reduce father/mother shared residential time

Reduce opportunities for conflict

Changing parent's orientation towards conflict

?

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Other potential post-decree interventions to reduce opportunities for conflict

- Therapy for one or both parents:
 - Personality variables unique to one parent contributing to conflict
 - Parent on receiving end of individual psychopathology, learn strategies and skills for coping with difficult parent
- Co-parent counseling → in therapy together to learn how to navigate their relationship moving forward as parents
- GAL, case managers, parenting coordination
- Therapy for child – create feedback loop to parents
- Psychoeducation interventions – child development, divorce and long-term outcome
- Parent training
- Teach parents the difference between cooperative and parallel parenting -> they don't need to cooperate to support each other's parenting

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Shared Parenting Schedules

Sample Schedules

Examples of "Shared Parenting" schedules

When children spend substantially large amounts of **residential** time with both parents

65:35 split or greater (over 14 days)

i.e.

50/50 (7:7)

57/43 (8:6)

64/36 (9:5)

50/50 (7:7) "week on/week off"

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Mother	Mother	Mother	Mother	Mother	Mother	Mother
2	Father	Father	Father	Father	Father	Father	Father

Advantages:

- Only one transition/week for child (and parent)
- Stability for planning, "stuff," etc
- "Exchanges" happen on Monday morning (i.e. usually at school)
- Both parents involved in school, activities, weekends
- Minimal communication/cooperation/contact between parents

Disadvantages:

- 7 days apart from each parent
- Which families might this not work for?
 - Young children? (6 days away from primary caretaker)
 - One parent's abilities in question?
 - One parent lives far from school?

50/50: "2:2:5:5"

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Mother	Mother	Father	Father	Mother	Mother	Mother
2	Mother	Mother	Father	Father	Father	Father	Father

Advantages:
 •Weekday stability for planning, activities, etc (mom/dad always have same weeknights)
 •"Exchanges" happen on weekday mornings (i.e. usually at school)
 •Both parents involved in school, activities, weekends
 •Can require limited communication/cooperation/contact between parents

Disadvantages:
 •Two transition/week for child
 Which families might this not work for?
 •Young children? (5 days away from primary caretaker)
 •One parent's abilities in question?
 •One parent lives far from school?

50/50: "1:3:3:1"

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Mother	Father	Father	Father	Mother	Mother	Mother
2	Father	Mother	Mother	Mother	Father	Father	Father

Advantages:
 •"Exchanges" happen on weekday mornings (i.e. usually at school)
 •Both parents involved in school, activities, weekends
 •Minimizes time apart from each parent (3 days max)

Disadvantages:
 •Three transitions/week for child
 •Confusing to keep track of alternating weekdays?
 •May require more communication/cooperation/contact?
 Which families would this **not** work for?
 •Very young children? (3 days away from primary caretaker)
 •One parent's abilities are in question?
 •One parent lives far from school?
 •Disorganized parents/kids?

57/43: (8:6 - similar to week on/off, +1)

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Mother	Mother	Mother	Mother	Mother	Mother	Mother
2	Father	Father	Father	Father	Father	Father	Mother

Advantages:
 •Only one transition/week for child (and parent)
 •Stability for planning, "stuff," etc
 •"Exchanges" happen on Monday morning (i.e. usually at school)
 •Both parents involved in school, activities, weekends
 •Minimal communication/cooperation between parents
 •Child always begins week in the same home (in this example)

Disadvantages:
 •8 days apart from each parent
 Which families might this not work for?
 •Young children? (8 days away from primary caretaker)
 •One parent's abilities in question?
 •One parent lives far from school?

64/36: (9:5) "classic" one mid week and e/o weekend

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Mother	Mother	Mother	Father	Mother	Mother	Mother
2	Mother	Mother	Mother	Father	Father	Father	Father

Advantages:

- Only one transition/week for child (and parent)
- Stability for planning, "stuff," etc
- "Exchanges" happen on Monday morning (i.e. usually at school)
- Both parents involved in school, activities, weekends
- Minimal communication/cooperation between parents
- Child always begins week in the same home (in this example)

Disadvantages:

- 8 days apart from each parent
- Which families might this not work for?
- Young children? (6 days away from primary caretaker)
- One parent's abilities in question?
- One parent lives far from school?

Special Situations and Conditions:
Characteristics of a particular family

- Infants and overnights
- Adolescence

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Infants/young children and overnights

Important to examine because:

- Likely to experience parental breakup because separation highest during early childhood years
- More vulnerable because developing attachment security

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Infants/young children and overnights

A controversial issue:

Warshak began the questioning/criticizing of the policy requiring young children to spend every night with the same parent.

Warshak 2000, 2002

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Infants/young children and overnights

“The opinion that children can tolerate sleeping during the day in their father’s presence, and in the presence of hired attendants in daycare, but not at night with their fathers, cannot be said to express a scientific judgment.”

Warshak 2000

There is no scientific justification for blanket restrictions on overnights

Warshak 2000

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Do many very young children spend frequent overnights with both parents?

- Australia:
 - ¼ of very young children = At least 1 overnight with nonresidential parent
 - 5% spend 5+ overnights every 2 weeks with nonresidential parent
- No comparable statistics in USA

McIntosh, Smyth, Kelaheer, Wells & Long, 2010

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The Debate: Attachment Security

CON

- Infants and toddlers should spend limited time away from their primary attachment figure
- Few overnights until 3-4 years of age
- Increase likelihood of secure attachment with both parents

Main, Hesse & Hesse, 2011

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The Debate: Attachment Security

PRO

- Children develop attachments to multiple caregivers
- Recommend frequent contact with both parents, including regular overnights with each
- Secure attachment develops when separation from either parent is limited
 - (e.g, <2 consecutive overnights away from either parent)
- Only minority of attachment researchers agree with this perspective*

Kelly & Lamb, 2000; Warshak, 2000

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What does the research show?

Five studies

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What does the research show?

Study 1

Sample Characteristics & Design

- 126 separated mothers
- Parent's prior relationship status (married/living together/non-cohabitating) but most parents not shared live-in relationship prior to child's birth
- Socioeconomic status: Mixed
- Children were infants
- Longitudinal study => followed to age 3

Solomon & George, 1999

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What does the research show?

- More disorganized infant-mother attachments in infants who spent at least one overnight/month with father (compared to infants from married families)
 - At 1 year follow-up, toddlers who had overnights as infants had more anger and inconsolable upset when reunited with mother
- High parental conflict, anxiety and parents' inability/unwillingness to communicate about baby influences child outcomes

Solomon & George, 1999

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What does the research show?

Study 2

Sample Characteristics & Design

- 132 parents
- Prior relationship status: Married/living together
- Working class & middle class families
- Socioeconomic status: Mixed
- Children age 0-6 (average age = 4.9 at follow-up)
- 1 1/2 year follow-up
- High conflict families excluded or opted out

Pruett, Ebling & Insabella, 2004

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What does the research show?

Study 2

- Better adjustment in girls who had frequent overnights with both parents; no difference for boys
- Mixed findings for very young children (<age 3)
 - More frequent overnights associated with more behavior problems in some analysis (but effect disappeared when took into account socio-demographics and family relationship factors)
- Parental conflict and parent-child relationship quality more strongly related to child's difficulties than parenting plan variables

Pruett, Ebling & Insabella, 2004

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What does the research show?

Study 3: Australia

Sample Characteristics and Design

- Sample: 1,044 from nationally representative sample
- Parent's prior relationship status: Married/living together/non-cohabitating
- Socioeconomic status: Mixed
- Children divided into 3 groups: 0-24 months; 2-3 years; 4-5 years
- Looked at families at one point in time

McIntosh et al, 2010,

2013

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What does the research show?

Study 3: Australian sample

- Infants (0-24 mos) who spent 1+ overnights/week with nonresident father were more irritable compared to infants with less frequent overnights ("less than weekly")
 - Also more vigilant visual monitoring of primary parent, compared to infants with no overnights in the past year
- 2-3 year olds who spent 5+ overnights every two weeks with nonresident father -> less persistent and more distressed in parent-child interactions
- 4-5 year olds who spent 5+ overnights every two weeks with nonresident father showed no more or less adjustment difficulties

McIntosh et al, 2010; McIntosh et al, 2013

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What does the research show?

Study 4

Sample Characteristics and Design

- 24 mothers
- Prior relationship status: Married
- Children aged 12–73 months (mostly 2–4 years old)
- White, educated sample
- Socioeconomic status: Middle

Altenhofen, Sutherland & Biringen, 2010

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What does the research show?

Study 4

- 54% of children showed insecure attachment with the mother
- Mother's emotional availability related to less conflictual co-parenting relationship
- Quality of parenting and co-parenting salient contributors to child adjustment

Altenhofen, Sutherland & Biringen, 2010

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What does the research show?

Study 5

Sample Characteristics and Design

- 1023 one-year olds and 1,547 3-year olds and their mothers
- Prior relationship status: Predominantly non-cohabitating
- Children ages 1 and 3; followed up at ages 3 & 5
- Inner city sample from 20 US cities, racially diverse (predominantly black)
- Socioeconomic status: Low

Tornello et al,

2013

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What does the research show?

Study 5

<p style="text-align: center;">Age 1</p> <ul style="list-style-type: none"> •Day contact only (52.2%) •Some overnights (1-51/year; 30.6%) •Frequent overnights (52-256/year; 7%) •No contact (10.2%) 	<p style="text-align: center;">Age 3</p> <ul style="list-style-type: none"> •Day contact only (34.2%) •Rare overnights (1-12/year; 18.3%) •Some overnights (13-127/year; 14.6%) •Frequent overnights (128-256/year; 6.7%) •No contact (26.3%)
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Tornello et al, 2013

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What does the research show?

Study 5

- Results: For 1-year olds, frequency of insecure attachment was highest at age 3 in the frequent overnight group
- 4-5.6 times more likely to be insecurely attached at age 3 than some overnight group

<u>Overnight</u>	<u>Insecure Attachment</u>
Frequent	43%
Day contact	25%
Some overnights	16%

Tornello et al, 2013

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What does the research show?

Study 5

- Children with more frequent overnights at age 3 -> more positive adjustment at age 5 than peers who had day contact only and rare overnights
 - But no different than children in some overnight group
- Attachment insecurity at age 1 predicted poor child adjustment at age 3 and age 5

McIntosh et al, 2010

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Recommendations for Young Children (0-3 years old)

“The small group of relevant studies to date substantiates **caution about high frequency overnight time schedules** in the 0–3 year period, particularly when the child’s security with a parent is unformed, or parents cannot agree on how to share care of the child.”

Pruett, McIntosh & Kelly, 2014

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Recommendations for Young Children (0-3 years old)

“Critical variables...include the parents’ psychological and social resources...[and] the current nature of parental dynamics – particularly conflict and the nature and quality of each parent–child relationship prior to separation.”

Pruett, McIntosh & Kelly, 2014

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Adolescence

- The developmental tasks (identity formation)
- Strong need for autonomy
- Autonomy–granting in parenting is key
- Parenting that is high in psychological control is associated with negative child adjustment (e.g., mental health, substance use)

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Adolescence

•The more conflict between the parents, the greater the likelihood of problems in the parent-adolescent relationship... and that is related to difficulties in adolescent functioning

Rex Forehand 1992

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Adolescence

Adolescents (and younger children) express more satisfaction with shared parenting arrangement

Adolescents want flexibility and the opportunity to have input (most though, do not have this opportunity)

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Adolescence

Adolescence do better if fathers are:

- Actively involved
- Use authoritative parenting
 - setting appropriate limits
 - child know rules
 - parent enforces rules consistently
 - non-coercive/controlling
 - consequences commensurate with infraction
- Monitor adolescent

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Adolescence

Overnights:

58% of adolescents never stayed overnight with non residential father

23% stayed once or several times a year

18% once a month at least

The number of overnights related to parental trust and conflict, but 30+ overnights resulted in better relationship even accounting for conflict level

Cashmore et al 2008

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Thank You!

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