

Non-resident Mothers' Voice in Divorce

Explore the subjective experience of mothers who do not live with their children after divorce

International Family Therapy Association
Congress
Bergen, Norway, March 26th -28th 2026

Presentation Day: 27 March 2026

MA, SO SO JOSEPHINE
Vice-Chairperson, Hong Kong Mediation Council

20260327 masoso.com



Josephine Ma

Lawyer • Mediator & Supervisor • Therapeutically-Informed Practitioner

The Lawyer

Provides the **Structure**
(30 Years Experience)

Mediator & Supervisor

Guides the **Process** for
families.
Supervises fellow mediators.
(21 Years Experience)

The Therapeutic Role

Heals & Reconstructs
Relationships

"Where some people avoid conflict, I am drawn to it. I see conflict as an opportunity for profound, positive change."

MY WORK IS CONFLICT TRANSFORMATION.

Content

Background

- Research Objectives

The Findings

- Themes
- Narratives

Discussion and Revelation

- Discussion and Reflection
- Implications for Social Work and Family Education

Conclusion



Non-resident Mothers



- Traditions and societal norms
- Mother as primary caregivers
- Departure from the “Sacred Duty”
- This study: Personal experiences of non-resident mothers



Non-resident Mothers - Minority

More than 70% of children live with their mothers after their parents divorce.

Research Objectives:

1. Emotional, psychological and social experiences of non-resident mothers
2. Impact on motherhood and relationships children and ex-husbands
3. Coping with the challenges of motherhood





Participants

Six mothers: did not live with their children after the divorce

Case No. 1 : Marrying Mom (Mom who is planning to get married again – "MM")

Case No. 2 : Yoga Mom (Mom who loves yoga - "YM").

Case No. 3 : Leaving Mom (Mom who is leaving HK – "LM").

Case No. 4 : Flat Mom (Mom who has just bought a Flat – "FM")

Case No. 5 : Cool Mom (Mom who is cool and stylish – "CM").

Case No. 6 : Reading Mom (Reading Mom – "RM").

Interviewees

	MM	YM	LM	FM	CM	RM
Age	39	51	49	42	47	37
Occupation	Business Development Manager	Senior Manager of Product Management	Production Planning Supervisor	Quality Assurance Manager	Senior Hairstylist	Finance Industry
Educational Level	Bachelor Degree	Master Degree	Master Degree	Bachelor Degree	Graduated from Secondary School	Bachelor Degree
Number of Children	3	2	2	1	1	1
Gender of Children	F, F, F	M, F	M, M	F	M	F
Age of Children	8 · 9 · 11	16 · 16	9 (living with dad), 14 (free to meet in Australia)	8	8	2.5
The period of time during which the child lived separately	3 years	3 years	3-4 years	6 years	2-3 years	2 years
Visitation arrangements	Overnight visits are available once or twice a week	One visit per week, two days and one night	One visit per week, two days and one night	One visit per week, two days and one night	One visit per week, two days and one night	One visit per week, two days and one night

Main Theme	Sub-Themes
1. Mothers' Personal & Emotional Experiences After Separation	1.1 Initial shock, pain, and helplessness 1.2 Depression, self-doubt, and cognitive reframing
2. Changes in Mother–Child Relationship	2.1 Visitation challenges and relationship disconnect 2.2 From alienation to renewed connection 2.3 New ways of relating: friend-like or “backup” support
3. Maternal Identity and Personal Growth	3.1 Transition from “main caregiver” to non-resident mother 3.2 Relearning motherhood: self-reflection and transformation
4. Coping Strategies and External Support	4.1 Self-adjustment (work, learning, exercise, etc.) 4.2 Legal system (lawyers, court, legal framework) 4.3 Support from social workers, peer groups, family, and friends
5. Finance and Legal Considerations	5.1 Child support, living expenses, and housing 5.2 Costs, stress, and negative impact of legal proceedings
6. Father's Role and Co-parenting Issues	
7. Hopes and Adjustments	



Theme 1: Mother's Personal and Emotional Experiences

**Initial shock,
pain and
helplessness**

**Depression,
self-doubt, and
cognitive
reframing**

Initial shock, pain, and helplessness

MM008E: "All of a sudden, there was a big change, and I didn't know when I would see my children again."



MM011A: "I was helpless."

YM009A: "The hardest time was when I first moved out. I never imagined it would be so painful living apart from my children."



CM188: "I felt extremely helpless... There is a lot of blame on yourself..."



Initial shock, pain, and helplessness

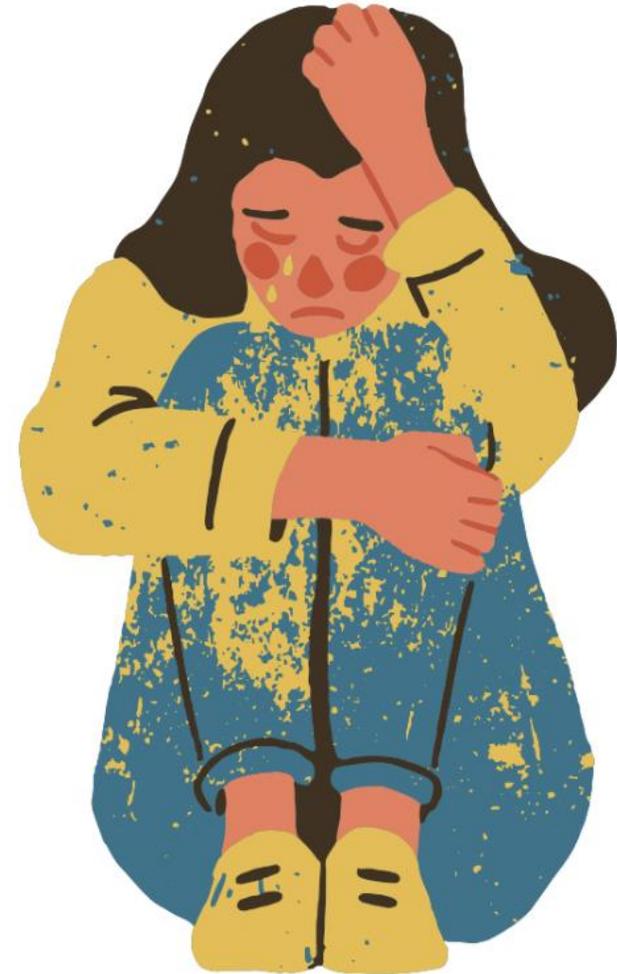
FM002E: "I missed my child a lot, I was really sad at the time,....I was really unhappy,in fact I am still sad now...I was in despair, I felt so unfair.... I felt very down...".



Depression, self-doubt, and cognitive reframing

MM030A: "At first I was a bit depressed. I went to see a doctor,

After about a month, I felt I couldn't keep going on like this—I couldn't stay depressed and down all the time—so I pulled myself together again."



Depression, self-doubt, and cognitive reframing

YM76A: "What I'm saying now is only the outcome. By "outcome," I mean I went through three years, and only now have I finally settled down. The process in between was very painful. It's not something I could just tell you in the moment—this is a reflection after everything happened. During that period, I suffered every single day. The first year was the worst. That first year was really unbearable—I cried every day. Like I said earlier, I even wanted to end my life. There were times I thought about jumping."



Depression, self-doubt, and cognitive reframing

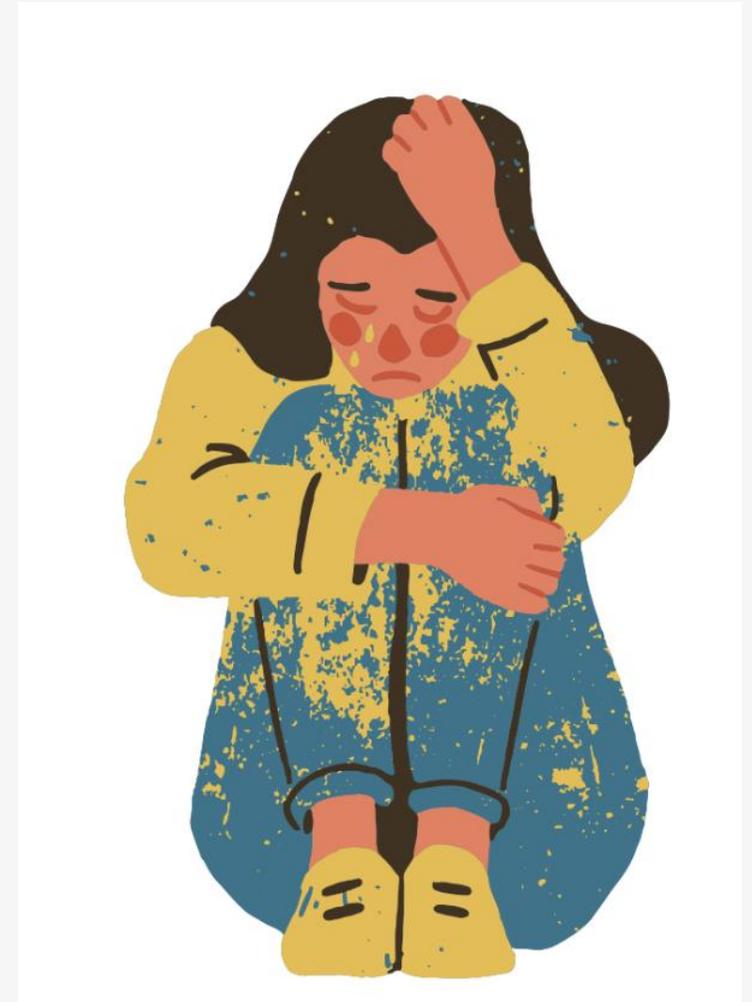
LM010: “I think it was probably depression—yes, I think so.”

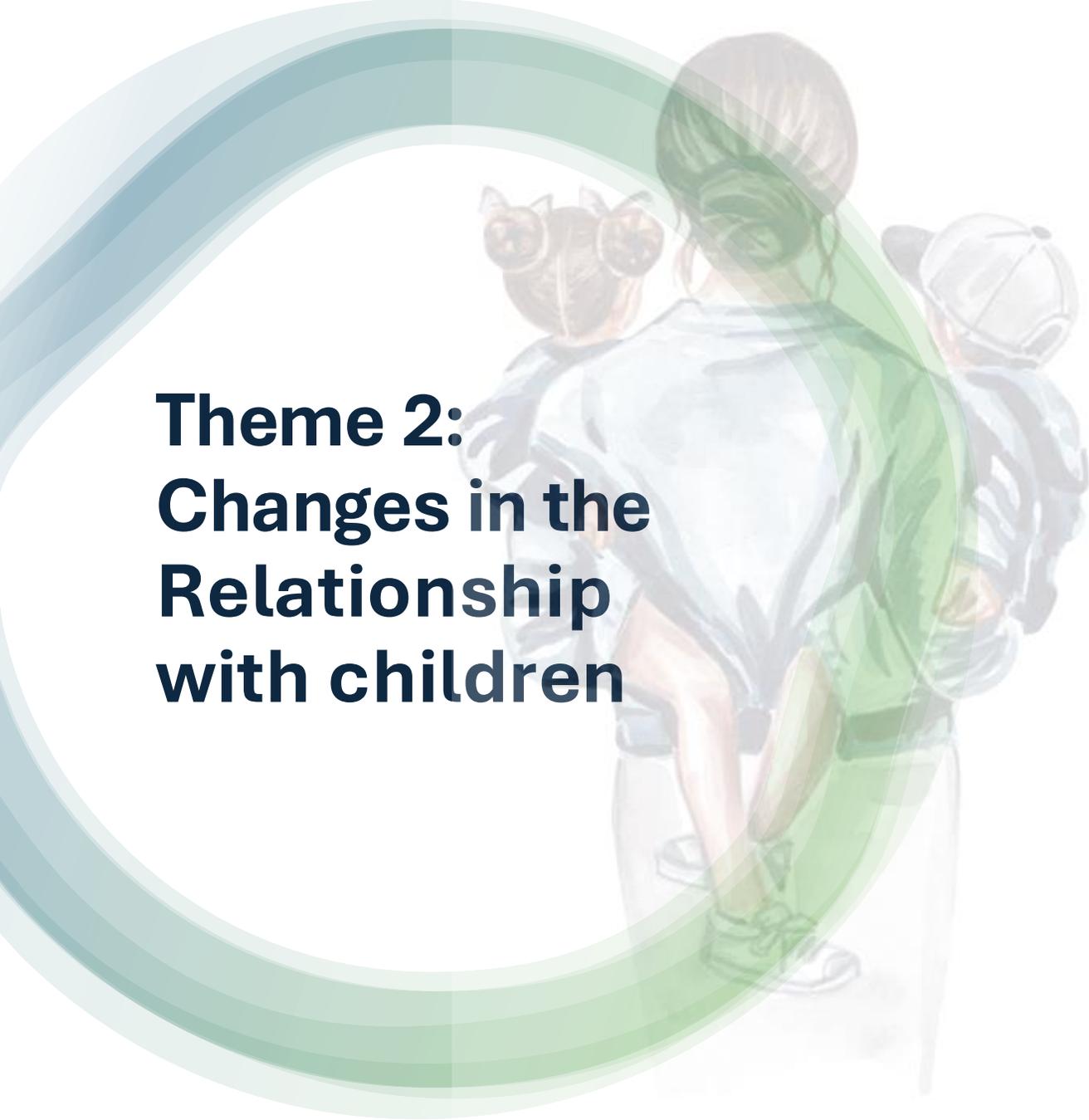
LM010: “Sometimes I would just suddenly tear up while eating. Even when I was walking, I’d start crying for no reason.”

LM011: “And I was really afraid to go out, because when you go outside and see families—parents with their kids—it really scares you...”

LM056: “I kept blaming myself—wondering if I shouldn’t have gotten divorced. I had all these questions, like: did I do something wrong, where did I mess up?”

LM09: “Today I’ve let it go... He’s living well and he’s healthy. He knows Mommy is here, and that’s enough.”





Theme 2: Changes in the Relationship with children

Visitation
challenges and
relationship
disconnect

From alienation to
renewed
connection

New ways of
relating: friend-
like or “backup”
support

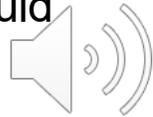
Visitation challenges

- **MM011B:** “...at the beginning we could only talk on the phone...”
- **YM009B:** “For several months, I didn’t see the children even once...”



From alienation to renewed connection

•**YM0091**: “Reconnecting with my children—I can’t say it’s back to normal, but I do feel it’s been repaired. You could say our relationship now is a happy one...”



•**LM066**: “As for our relationship now... I can see that I’m more relaxed. Even if he says he doesn’t want to meet, at least he isn’t so hostile anymore... After you learn—after you’ve attended those workshops—I know how to respond to him...”



Emerging Interaction Style of Friend-like or Backup Support Roles

- MM051A:** “It’s about the quality of time. Now I’m enjoying being with them—you could call it eating, drinking, having fun. At least when they come to me, they feel happy and relaxed.”
- YM013D:** “...In a friendship kind of way, I’m not shy about letting them know how much I love them. And I will also do some very affectionate gestures.”
- LM083:** “We’re kind of like friends—us.”

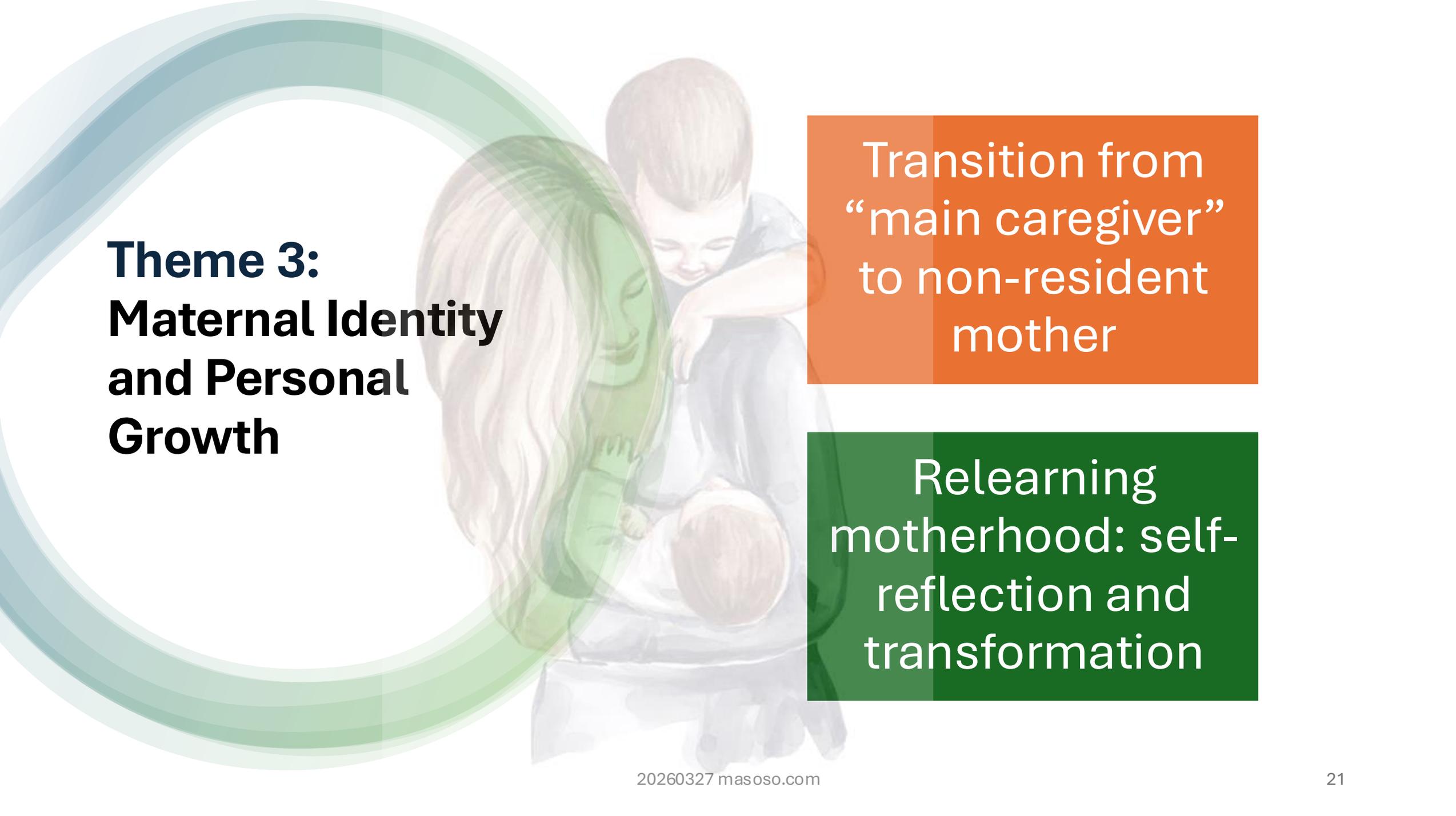




Emerging Interaction Style of Friend-like or Backup Support Roles

FM024: “I’ve always instilled in her that, no matter when, even though your mother might not be living with you, if you ever need to reach out to me, I will be the first to come and help you. I will always support you, and you must tell me everything, whether you’re happy or not, especially when you’re upset.”





Theme 3: Maternal Identity and Personal Growth

Transition from
“main caregiver”
to non-resident
mother

Relearning
motherhood: self-
reflection and
transformation



Transition from “main caregiver” to non-resident mother

- **LM073:** “...At the beginning, I felt that parenting and upbringing had to be done by the mom. But when I couldn’t see them, or could only see them very little... I really racked my brains, trying to figure out how to create the happiest memories. I didn’t need to do homework with them—that meant fewer conflicts—so I would just play with them. I’m not that kind of mom anymore; I’m just a different kind of mom.”



Transition from “main caregiver” to non-resident mother

- **FM024:** “At the beginning I didn’t really accept this role, because in my family of origin my mother wasn’t like this... A mother is supposed to always be with us... The mother I had in mind wasn’t like this. But now, looking back at my current situation, I don’t have the chance to be with my child...”





Relearning motherhood: self-reflection and transformation

- **MM068:** “Before, my support was more physical and hands-on. But now it might be more like telling them: if you’re being scolded and you feel really unhappy, you can always come to Mommy. No matter what happens, Mommy will stand up for you.”





Relearning motherhood: self-reflection and transformation

- **YM009E:** “My attitude toward my children was that I was more of a strict, disciplinarian mom. I only really valued academics, so to them, ‘Mom’ basically meant exams. And it was only after I was separated from them that I began to realize that whether a child studies or not isn’t actually the most important thing. What’s more important is having a good relationship with them. So at that time, I started to reflect on myself and re-learn how to be a mom. That period was very painful.”



Theme 4: Coping strategies and external support

Self-adjustment (work, relationship, learning, exercise, etc.)

Legal system (lawyers, court, legal framework)

Support from social workers, peer groups, family, and friends



Self-adjustment (work, relationship, learning, exercise, etc.)



MM058B/MM058C/MM058D : “When I don’t have to live with them, of course I have a lot more time for myself, and I can slowly build my own career. Previously I had a job, but I spent most of my time at home. Now I need to build my own things, so I can spend more time on myself. I think not living with them should allow me to have another relationship. When you’re with them, you’re just busy taking care of them, it’s hard for anyone else to get close to you, and you don’t even have time for that. I need to spend a few nights a week with the kids, but there’s still other time to be with a partner. When I felt my daughters started to grow up, that’s why I felt at ease to start a new family. I felt my daughters had grown up, they were becoming independent, and less reliant on me. When I felt less needed, I could relax and start a new family. This period actually went by quickly. I only got divorced in 2023, and it’s now 2025—after about two years, I’m already planning to remarry. I think not having to watch over them 24/7, at least I’m not as exhausted, and I get to explore my own life.”



Self-adjustment (work, learning, exercise, etc.)

•YM027B: “...I think what matters most is that I’m happy. I also do some exercise, and I have a life of my own...”





Self-adjustment (work, learning, exercise, etc.)

- LM061:** “...I used to be working full-time and being a full-time mom as well. With the extra time, I went back to studying...”
- LM117:** “...Before, I was so busy taking care of the home that I hardly had any friends of my own. Now—over these past few years—I’ve started to broaden my circle of friends...”



Legal system (lawyers, court, legal framework)

YM009D: “...I went to court, and I’m really grateful the judge gave a visitation schedule...”

YM025E: “...After the first court hearing, the judge ordered temporary visitation.”





Legal system (lawyers, court, legal framework)

LM005: “...I immediately applied for visitation with my children—right away, through the court...”





Support from social workers, peer groups, family, and friends

YM009F: “...I received a lot of help from social workers, and that’s how I was able to understand what I should do next—what the next step should be.”

YM009H: “Also, some peer groups around me—their experiences also helped me understand what is important.”



Support from social workers, peer groups, family, and friends

LM030: “...a co-parenting course... skills for getting along and interacting with the other party...”

LM093: “It did help a lot.”



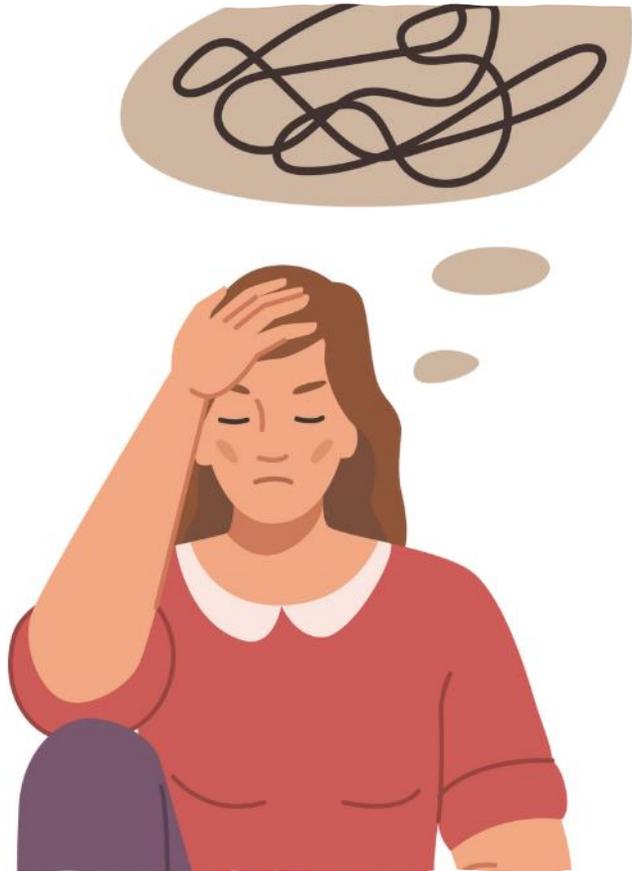


Support from social workers, peer groups, family, and friends



FM032: “It gave me a sense of being understood and empathized with. I really don’t casually tell people about this. Here (at the co-parenting center), it’s an opportunity for me to talk about my feelings, and they understand...”

Theme 5: Finance and Legal Considerations



Child support,
living expenses,
and housing

Costs, stress,
and negative
impact of legal
proceedings



Child support, living expenses, and housing

- **MM017B:** “The biggest disagreement was probably this time... My ex-husband, of course, didn’t want to provide the same standard of living. Actually, he basically didn’t want to give me any money at all. Back then he even said that, basically, he didn’t want to give me a single dollar anymore.”
- **MM018:** “He said: no matter how much money I make in the future, I don’t want to give you even one dollar.”
- **MM021:** “There’s a huge gap—maybe he earns a few million a year, while I’m only on a few hundred thousand.”
- **MM027:** “I think that’s a very major consideration.”
- **MM029:** “I’m worried that even if the court rules... after the ruling, the father might still refuse to comply.”





Child support, living expenses, and housing

- **FM002C:** “...Financially, or in terms of my living environment, I might not be able to take care of my child... Even hiring a domestic helper costs several thousand dollars, so the burden is really heavy. And I don’t have public housing or anything like that—I’m one of those ‘N-nothing’ people.”





Child support, living expenses, and housing

- **CM035:** “...If the child is with his father—and if the father is willing to handle it, meaning he’s capable of handling it, or his ability to earn money is higher than yours, and he’s also willing to take responsibility for the child—then actually, child is a very, very heavy burden. It’s not something love alone can solve...”



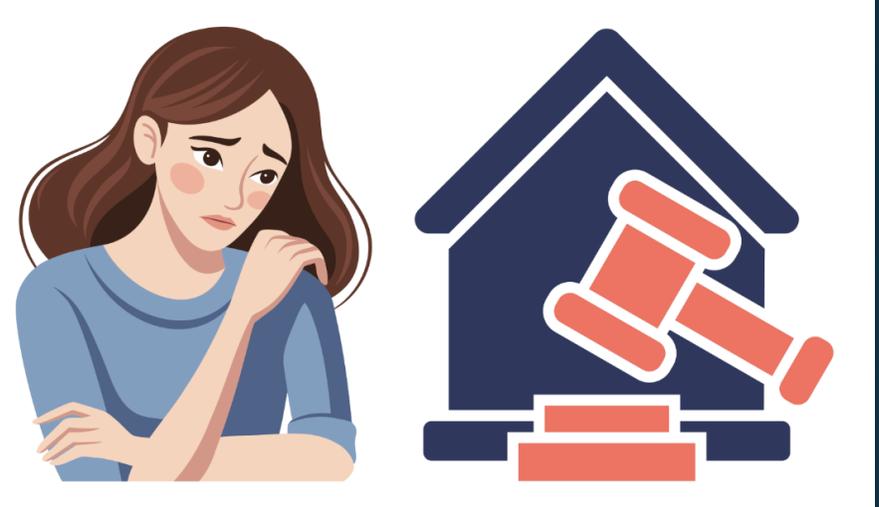
Costs, stress, and negative impact of legal proceedings

MM017A : “...It was a long court case. At that time we were really in a legal battle with my ex-husband—it lasted about a year and a half...”



Costs, stress, and negative impact of legal proceedings

YM078B: “...Going to court wasn’t a good experience for me. I didn’t even know how to deal with it. Even if this whole thing made my relationship with my children a little better, for my own life it was still painful.....it wasn’t good for my physical and mental health to be going to court all the time.”



Costs, stress, and negative impact of legal proceedings

- **LM129:** “...My view on litigation is that... it only makes the split between the two parents even bigger... and then the child suffers even more.”





Theme 6: Father's Role and Co-parenting Issues

- MM043G: “...I feel that when Dad has arranged activities, he should tell me first... but sometimes he doesn't tell me. Still, I won't stop them...”
- YM030: “If he doesn't understand, he'll restrict you 'you can't do this,' 'you can't do that.' Then the children end up feeling torn in their loyalty.”
- YM038: “...It helps a lot if dad cooperate, because if Dad helped, the visitation arrangement it would be easier.”



Theme 6:

Father's Role and Co-parenting Issues

- LM142: “I felt so helpless... and I did try to talk to the father.”



- FM006: “At that time we were going through a divorce, so I understood that he might be angry and feel like he hated me. So I had to accommodate his timing.”





Theme 7: Hopes and Adjustments

- **MM058B/MM058C/MM058D:**
“When I didn’t have to live with them... I could slowly build my career... and I also had time to be with my new partner. ...I feel at ease about starting another family...”





Theme 7: Hopes and Adjustments

YM055: My ideal, my hope..... my daughter and I have a commitment: I'll raise a puppy. We both really love dogs. Right now my landlord doesn't allow pets, but I'm planning that I'll have my own home and a puppy we both love. If she gets the opportunity, when she's in university and can leave home freely, I'll always welcome her to stay at my place. That's my hope for the future. Of course, company or a partner—I think the most important thing now is happiness. I'm open to it, even though I'm older. I have a friend, but I won't have any commitment, because I think freedom and having my own life are most important."





Theme 7: Hopes and Adjustments

- **FM048C:** “I really hope that one day... maybe when she is in secondary school and a bit older... she could come back to live with me. I still have a tiny bit of hope.”



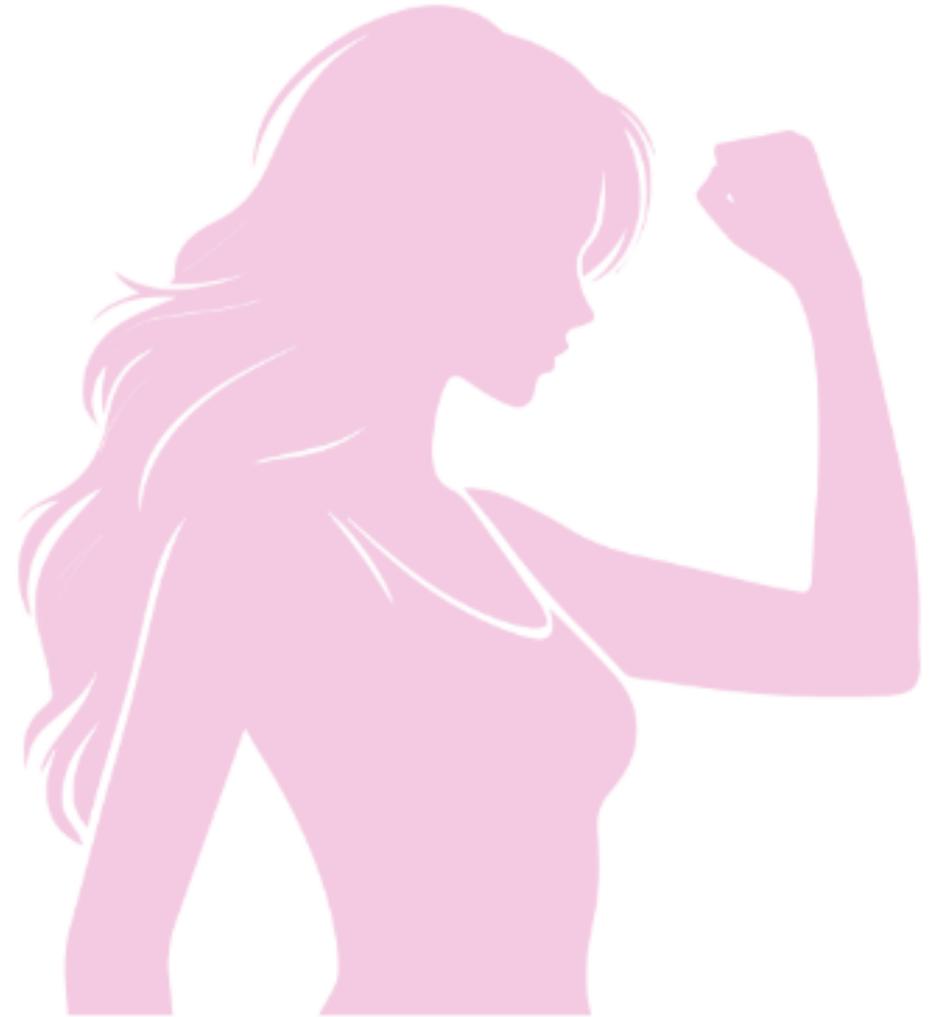
Theme 7: Hopes and Adjustments

- **RM061:** “...I hope that during this period, I can be there in the role of accompanying her, so that she can become a positive and optimistic person...”
- **RM113:** “No matter what, I believe tomorrow will be better.”



YM's Narrative

From “Feeling Like a Failure” to Becoming a Resilient Mother



Three Acts

1. Act I: Leaving (2021-2022)

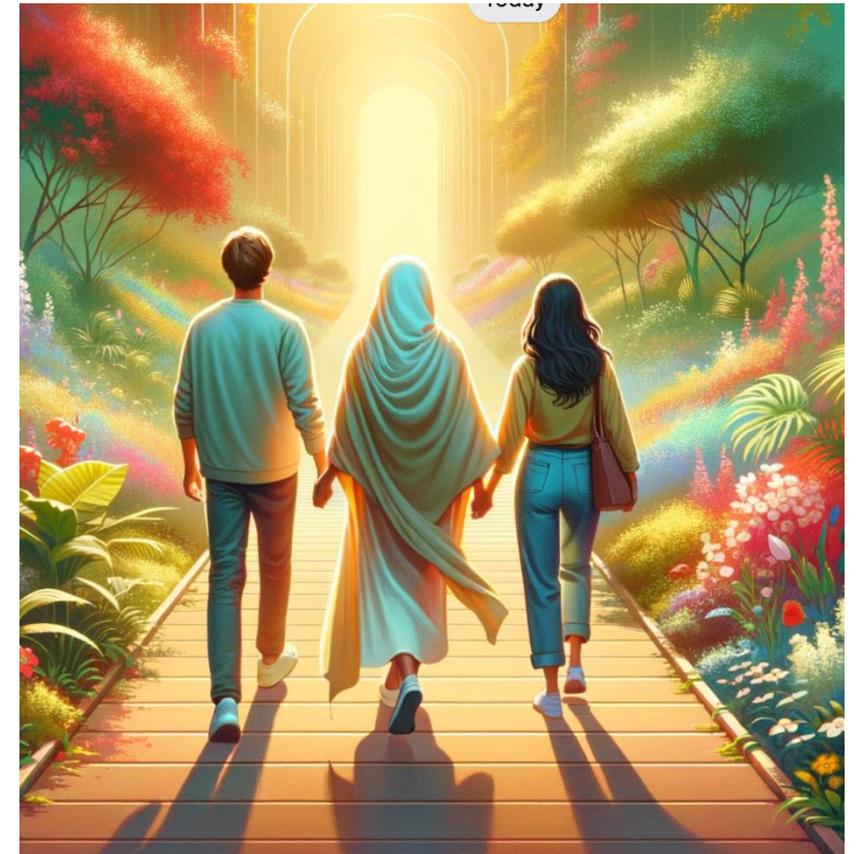
1. *"The moment you move out... The most painful"* (YM009A)→
Losing the role of an everyday mother
2. The children treated her as a stranger (YM020A).

2. Act II: Dark Age (Early 2023)

1. Months Without Visitation → Self-Blame and Suicidal Ideation
2. *"If no one had helped.... I would not have known what to do"* (YM025A).

3. Act III: Turning Point and Rebirth (After 2023)

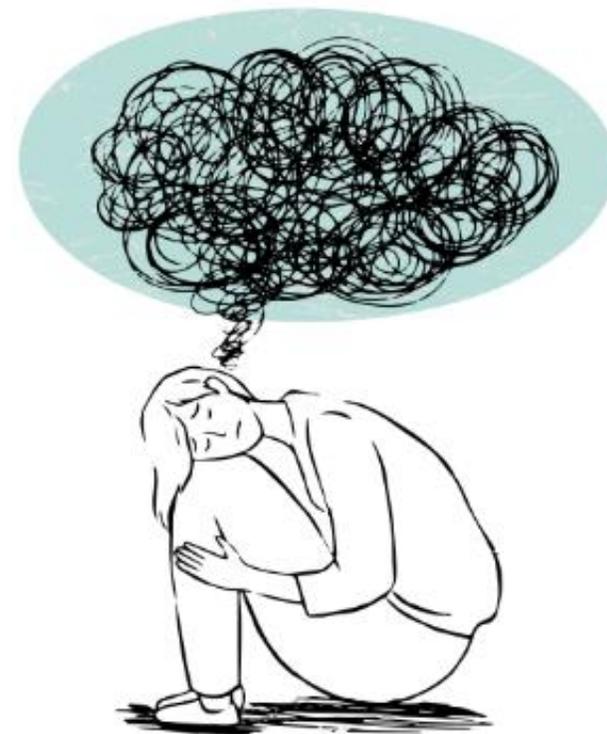
1. Court-Ordered Visitation + Social Worker Support → Weekly Visits (YM025D,E).
2. "Learning to cook, posting on Instagram... to prove I'm a good mom." (YM012B).





Rupture in the relationship, accompanied by feelings of self-blame and helplessness.

- **Rapid deterioration in the relationship with the children:** “At the beginning we weren’t living together; they ignored me—completely like I was a stranger. ... When I moved out, they just wouldn’t respond to you: they wouldn’t respond, and they wouldn’t answer my calls.” (YM018, YM020A)
- **Self-doubt and guilt:** “This feels like I abandoned them. Even though they know—maybe to some extent they know—but at this moment, with Mom having to move away, they don’t know the inside story... I believe this matter should be very suffering.” (YM022)
- **Low mood and suicidal thoughts:** “At that moment I also had thoughts of dying—there really were thoughts of dying. I truly didn’t know what to do; it was very painful. At home I had big crying outbursts many times.” (YM025A)





External support and beginning of self-adjustment

- **Support from friends, family, social workers, and peers with similar experiences:** “I met with a social worker. I kept going to a social worker to share my feelings, ... and I talked with mothers who were in similar situations. They were a bit further ahead than me, and they told me what I should do.” (YM025D)
- **Immersing herself in work and engaging in self-reflection:** “I worked like crazy, ... so I could continue staying at the company... Putting everything together, I came to my own understanding—understanding many things about how I should build a relationship with the children... It was only slowly, over a long period of time, that my emotions recovered.” (YM025F)





A turning point in legal proceedings and the beginning of relationship repair

- **A court-ordered interim visitation arrangement finally enabled contact:** “After the first court hearing, the judge ordered temporary visitation, and I could finally start seeing the children again.” (YM025E)
- **Repairing the relationship took time and a process:** “I can’t say it’s back to normal, but I feel it has been repaired. You could say our relationship now is a happy one—an easy, comfortable way of being together. This is where I got to only after going through two to three years.” (YM009I)





Role reconstruction and a shift in views of motherhood

- **From discipline-led parenting to a relationship-first orientation**

“My attitude toward my children was that I was a more disciplinarian-type mother... It was only then that I started to realize that whether children study or don’t study is not actually the most important thing... Having a good relationship is what is most important.”
(YM009E)

- **Self-examination and learning a new way of mothering**

“So at that time, I began to examine myself, and how to re-learn how to be a mother. That period was very painful.” (YM009E)





Role reconstruction and a shift in views of motherhood (continued)

- **Life skills and increased confidence**

“I started cooking; I started learning from YouTube. Every time they come over, I design a meal... I also feel I’m really capable... I feel it’s a major change.” (YM012B, YM012C, YM012F)

- **A more mature, friend-like mother–daughter relationship**

“In a friend-type relationship, I’m not stingy about letting her know how I love her, and I also do some very loving gestures.” (YM013D)





Financial Pillar – Role Reversal

- YM's story reveals a role reversal in which she becomes the main provider for the children's financial needs. Facing her ex-husband's career struggles, YM took on the responsibility to financially support her children, striving to fund their education through university.
- **YM011A:** "I am also a financial pillar, the financial support for the children; unfortunately, during this process, the father demanded that I take on some expenses, and since his work was not going well, he... I had to bear most of the living expenses for the children. That is why I work so hard."
- **YM054** "In the past, dad earned more than me, so he was the major provider; now, I'm the major provider."



Definition of 'good mother'

- **Culture and mainstream narratives**
 - Mainstream discourse: The role of the mother as the primary caregiver
 - Good mother = living together?
- **Metaphor and symbolism**
 - Cooking rice = a cultural symbol of maternal love





Relief, autonomy and finding balance

- **Letting go and autonomous choice**

“I can say I’ve turned the page on the unhappy part of the past... This full stop is something I control myself. I don’t need to depend on anything/anyone... I control it myself. I can do things the way I want. I have autonomy.” (YM052)

- **Focusing on herself: pursuing happiness and self-development**

“I think the most important thing is for me to be happy, to keep the relationship with the children, and to keep looking for my own happiness... I also do some exercise; I have my own life... It helps me.” (YM027B)



Identity Reframing

- **Old identity:** *Mom in charge of schoolwork* → Stranger rejected by her child
- **New Identity:** *"IG Mom Who Learns YouTube Cooking"* → "Happy Partner" (YM013A, B, C) recognized by the child
- *"Pillar of Family Economy"* → Breaking the Gender Framework of "Male Dominant" (YM011A).



YM's Narrative - Redefining Motherhood



Discussion

- Societal Stigma ?



Discussion -The Internal Conflicts and Societal Expectation

- **Primary-carer norm**
- **Co-residence vs. non-resident motherhood**
- **Internal conflict: guilt, self-blame, loss**
- **Hope for reunification**
- **Redefining “good motherhood” (fluid roles beyond living together)**



Factors Contributing to Wellbeing of Non-resident Mothers

Having	having visitation arrangements that are adequate and consistent;
Sustaining	sustaining amicable communication and foundational mutual trust with the resident father; and
Maintaining	maintaining a supportive, emotionally secure bond with their children.

Implication: Trauma-Informed Support for Non-Resident Mothers

- RM's Narrative
- Hidden, persistent grief/trauma may remain post divorce
- RM case: subtle but pervasive distress + meaning making efforts + **Intense Emotions and Longing**





RM's words

“I love her so much”; “I want to be with her 24 hours a day.” “I can mentally rehearse multiple times what I want to do with her when I see her.” “Suddenly, while having a meal, I find myself missing her; maybe it’s missing her during ordinary meals, or perhaps wishing that as soon as I get off work and open the door or my eyes, I can see her.” “I miss her deeply, so I can only adjust my mindset, pondering how to allocate time when I miss her too much; rather than moping around unhappily, perhaps there’s something positive I can do to prevent my sadness from being overwhelmed by negative thoughts.” “I can sense it; sometimes, when my heart flutters for a moment, I feel that she might be feeling a bit down too, there’s a subtle connection, almost like an antenna, I think.” “Maybe she might have nightmares, or perhaps feel a bit unhappy, not always intensely, but sometimes it could be so; I miss her, and maybe she isn’t happy today, might be having nightmares today, or even crying throughout the night.” “Sometimes, there’s a sixth sense.”



Trauma Informed Care

- Need: accessible, tailored trauma-informed services
- Options: counseling • group therapy • peer support networks
- Goal: sustained healing and emotional wellbeing



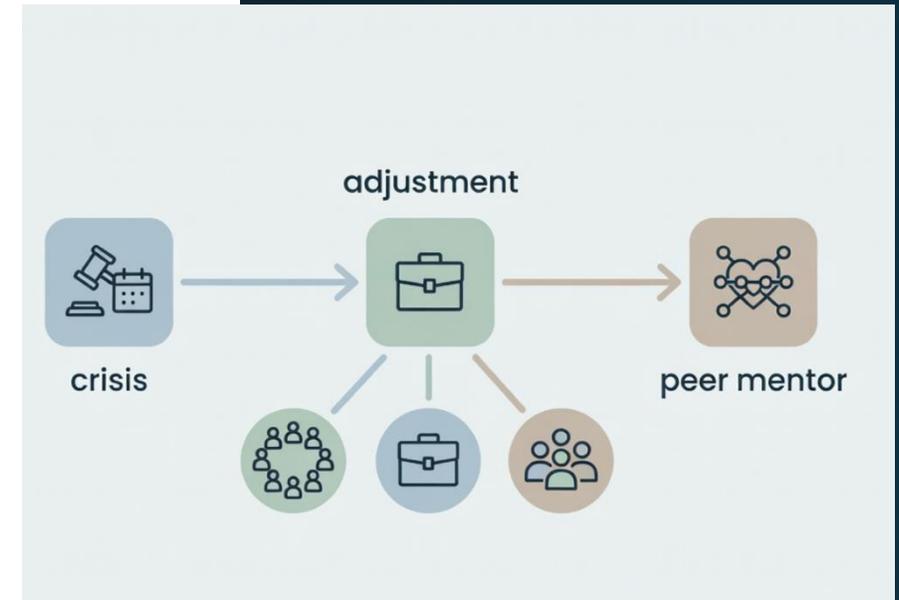
Non-resident Mothers Peer Support Group

- Benefits: shared experience • mutual support • improved wellbeing
- Especially critical: **early post-separation distress**
- Local proof: HK co-parenting center group (Gov-funded)
- Challenge: **budget cuts** → **sustainability risk**
- Recommendation: **increase & stabilize resources** (scale access)



Focus of Supporting Resources in the First Three Year of Separation

- **Early separation = life crisis** (court-driven or sudden circumstances)
- **Adjustment is possible:** mothers **gradually adapt** to the non-resident role
- Key supports that help adjustment:**
 - **Legal:** stable, consistent **access/visitation** arrangements
 - **Informal:** friends & family support
 - **Stabilizers:** work / structured routines
 - **Peer support**
 - **Reframing motherhood:** meaningful mothering **beyond co-residence**
 - **Practice recommendation:** prioritize resources in the **first 3 years** (crisis management window)
 - **Long-term impact:** mothers may later become **peer mentors** for newly separated mothers



Specialized Support and Intervention

- Key finding:** FM and RM, separated when their children were infants, reported **profound, persistent sadness and distress** over time.
- Implication:** Prioritize **targeted support** for non-resident mothers who lose direct contact **during infancy**.
- Recommended response:** Provide **counseling and specialized, attachment-informed services** focused on early parent-child attachment disruption.
- Goal:** Reduce prolonged emotional trauma and equip mothers with **practical coping strategies** for ongoing grief.



Reflections on Co-parenting Relationship and Social Structures

- **The father's role awakening and a shift toward cooperation**

“I was lucky that, in the middle of it, the father came to understand, so he let it go. Only then was I able to resolve the difficulties in seeing my children.....” (YM076B)



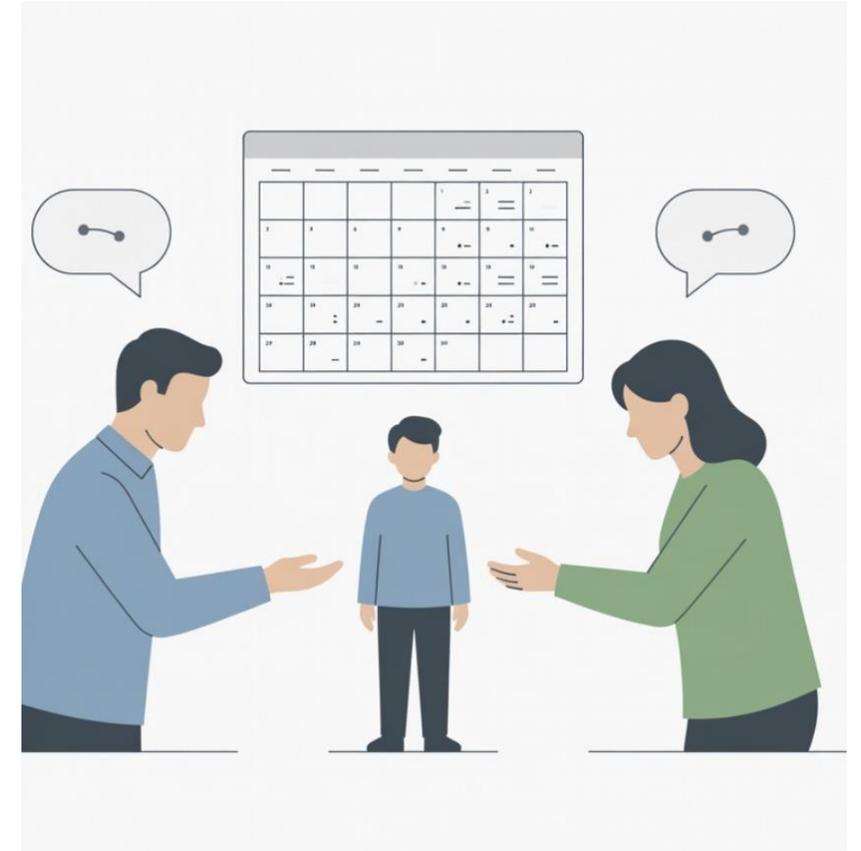
- **Reflections and recommendations regarding lawyers, the courts, and the social welfare sector**

“I think these services... really need to educate both parents to try not to fight but to collaborate, in the court as well... It's not just about issuing an order....” (YM031)



Importance of Paternal Support and Co-Parenting Education

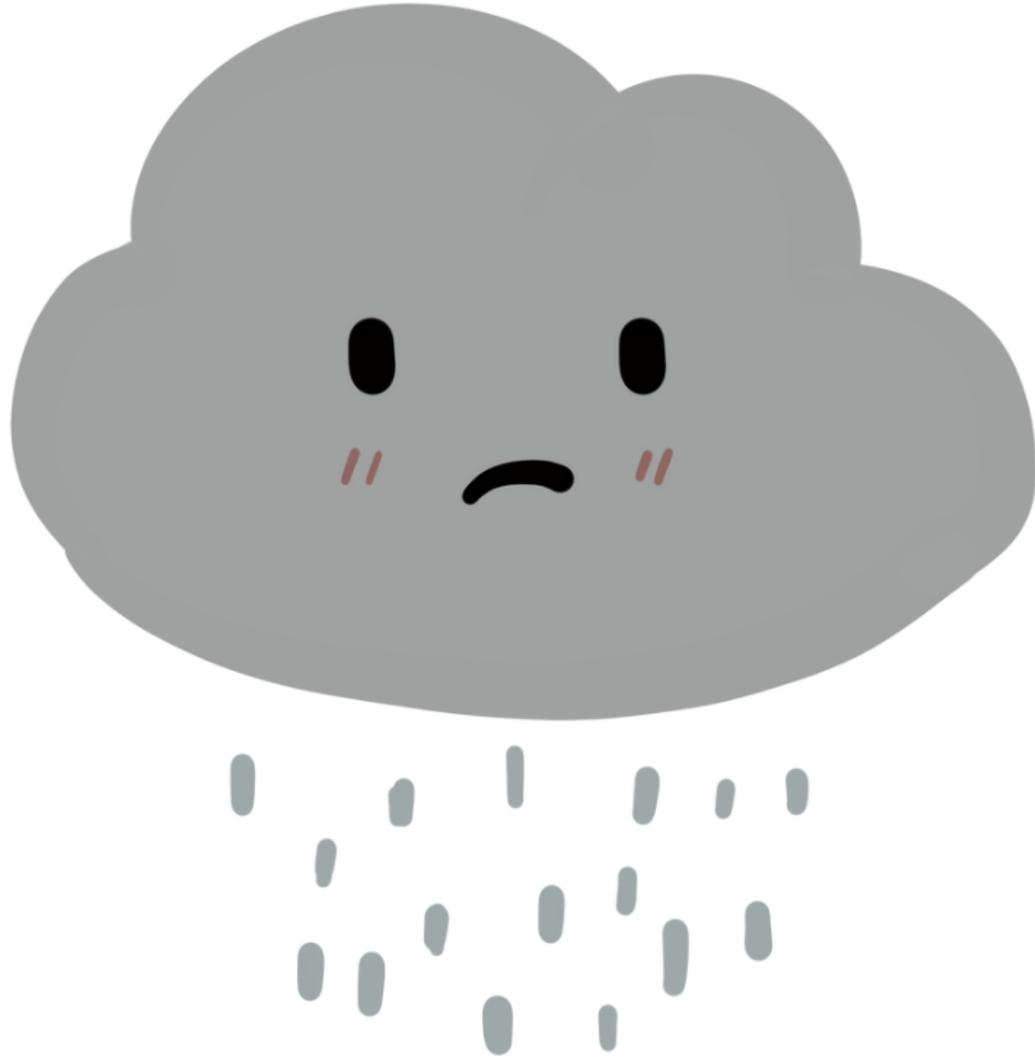
- Visitation rights \neq visitation *in practice* without father's cooperation
- Resident fathers influence access quality and family continuity
- Co-parenting education builds: conflict-resolution • empathy • shared responsibility
- Outcomes: better mother–child connection • reduced maternal stress • improved child wellbeing • coordinated decision-making



Explore Creative Use of Technology for Visitation

- Maintain warm, consistent connection beyond in-person visits
- Use creative tech-enabled options to overcome distance
- Ensure **age-appropriate** activities across developmental stages
- Role of providers: facilitate, structure, and safeguard quality
- Outcome: stronger bonds + better child wellbeing; needs policy support





discuss

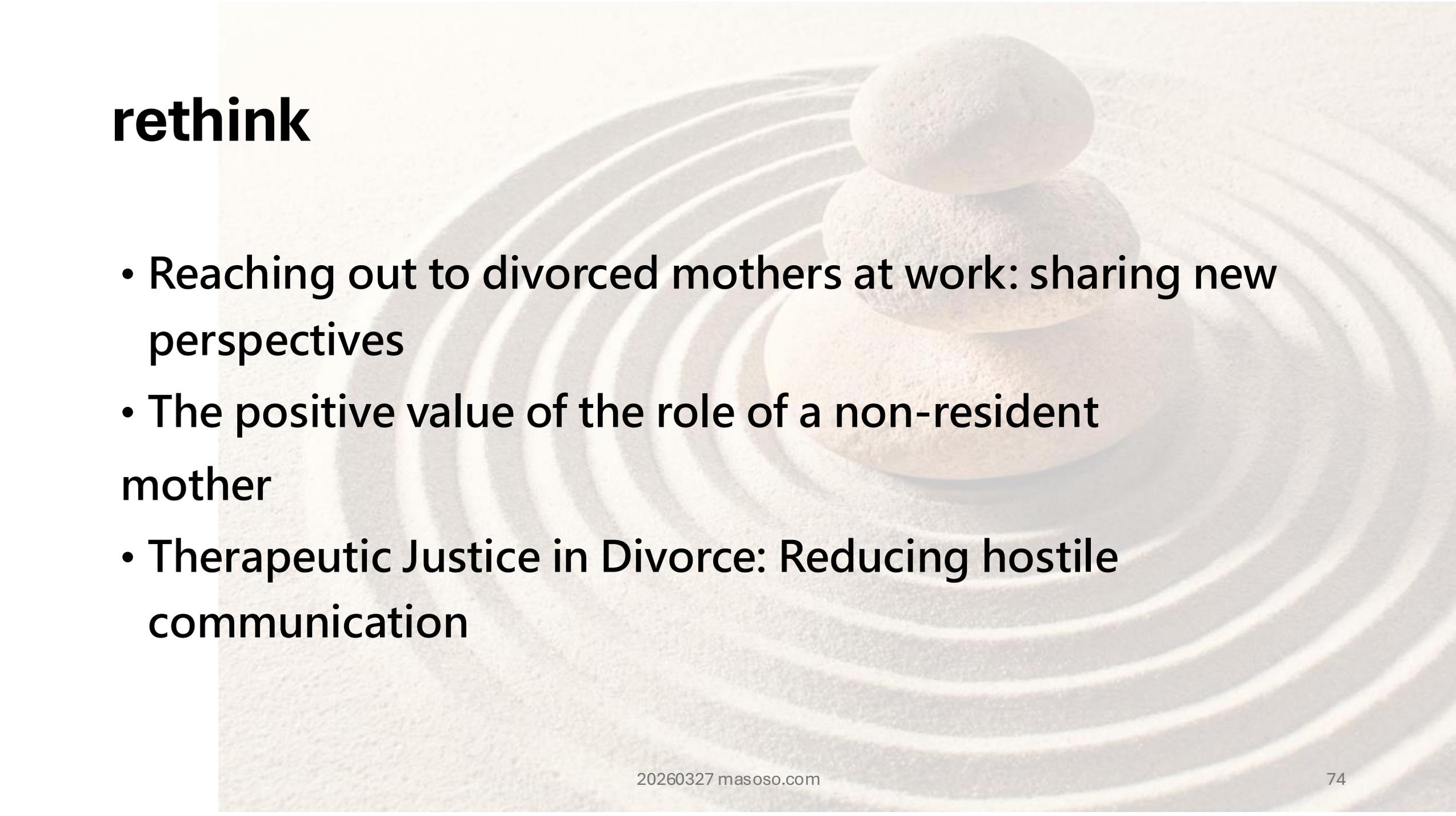
- All the mothers I've seen have gone through the most difficult times (YM076A, CM006-CM009)
- Moms who didn't participate in the visit?

Conclusion

1. **The emotional transition** that mothers face after divorce and when they live separately from their children
2. **How the parent-child relationship** has been affected and repaired
3. Changing roles of mothers and **coping strategies**
4. Interactions and **influences with fathers** or other systems
5. **Hopes and views on the future and the support of society as a whole**



rethink

A stack of three smooth, light-colored stones is centered on a white surface. The stones are stacked vertically, with the largest at the bottom and the smallest at the top. The surface around the stones is marked with concentric, circular ripples, suggesting they were placed on a sandy or soft surface. The overall scene is bright and minimalist.

- Reaching out to divorced mothers at work: sharing new perspectives
- The positive value of the role of a non-resident mother
- Therapeutic Justice in Divorce: Reducing hostile communication

References

- Ainsworth, M. D. S. (1989). Attachments beyond infancy. *American Psychologist*, 44(4), 709–716. Arditti, J. A. (1995). Noncustodial parents: emergent issues of diversity and process. *Marriage & Family Review*, 20(1/2), 283–304.
- Arditti, J. A., & Madden-Derdich, D. A. (1993). Noncustodial Mothers: Developing Strategies of Support. *Family Relations*, 42(3), 305–314. Bemiller, M. (2008), Non-custodial Mothers: Thematic Trends and Future Directions. *Sociology Compass*, 2: 910-924.
- Blumer, H. (1969). *Symbolic Interactionism: Perspective and Method*. University of California Press.
- Bemiller, M. (2008), Non-custodial Mothers: Thematic Trends and Future Directions. *Sociology Compass*, 2: 910-924.
- Bowlby, J. (1976). *Attachment and loss: Vol.2. Separation: Anxiety and Anger*. [Kindle version]. Basic Books. Bowlby, J. (1983). *Attachment and loss: Vol.1. Attachment*. (2nd ed.) [Kindle version]. Basic Books.
- Census and Statistics Department, Hong Kong Government. (n.d.). *Web table: 115-92001*. Retrieved January 31, 2025, from https://www.censtatd.gov.hk/en/web_table.html?id=115-92001¶m=N4IgxgbiBcoMJwJqJqAjDEAx+n-OIANCDgC6HQgAMxpADpdQL4kAqiACgKI4AiASQBqqEBipY65SjSmMYaZqxABnKLAaUATCUFCcAZTYBBNjADaIAEoBDAO44AdgFcAtk5ABdZQBsYZACdnAFNmIA
- Centre for Suicide Research and Prevention, The University of Hong Kong. (2014, February). *A study on the phenomenon of divorce in Hong Kong: Final report*. Retrieved January 31, 2025, from <https://www.legco.gov.hk/yr13-14/english/panels/ws/papers/ws0609cb2-2288-1-e.pdf>
- Clumpus, L. (1996). The Feminism & Psychology Undergraduate Prize 1995: Prizewinning Entry No-Woman’s Land: The Story of Non-Custodial Mothers. *Feminism & Psychology*, 6(2), 237–244. <https://doi.org/10.1177/0959353596062012>

References

- Dolan, M. A., & Hoffman, C. D. (1998). The Differential Effects of Marital and Custodial Status on Perceptions of Mothers and Fathers. *Journal of Divorce & Remarriage*, 29(3–4), 55–64.
- Elizabeth, V. (2018). ‘It’s an invisible wound’: the disenfranchised grief of post-separation mothers who lose care time. *Journal of Social Welfare and Family Law*, 41, 34 - 52. <https://doi.org/10.1080/09649069.2019.1554788>.
- King, B. R. (2008). The Influence of Parental Gender and Custodial Status on Perceptual Stigmatization: Are Non-Custodial Mothers Viewed More Negatively than Other Parent Types? *Journal of Divorce & Remarriage*, 48(3–4), 55–65.
- Greif, G. L. (1986). Mothers without Custody and Child Support. *Family Relations*, 35(1), 87–93.
- Mead, G. H. (1934). *Mind, Self, and Society*. University of Chicago Press.
- Hooks, b. (2000). *Feminism is for Everybody: Passionate Politics*. South End Press.
- Santora, J., & Haysy, P. A. (1998). Coping Outside Traditional Roles: The Case of Noncustodial Mothers and Implications for Therapy. *Women & Therapy*, 21(4), 53–66.
- Stewart, S. D. (1999). Nonresident Mothers’ and Fathers’ Social Contact with Children. *Journal of Marriage and Family*, 61(4), 894–907
- Tong, R. (2018). *Feminist Thought: A More Comprehensive Introduction* (4th ed.). Routledge.
- Zuravin, S., & Greif, G. (1989). Low-Income Mothers Without Custody: Who Are They and Where Are Their Children? *Journal of Sociology and Social Welfare*, 16(2), 163–180.

About me

Au, Thong & Tsang, Solicitors

**Ma So So
Josephine**

LLB(Hons), LLM, MBS
Solicitor
Accredited Mediator
Family Mediation Supervisor



Mobile : (852) 9666 6636 Tel : (852) 2868 2329
Fax : (852) 2868 1139 E-mail : office@masoso.com
Web: www.hkmediate.com
Rooms 1402-3, 14th Floor, China Insurance Group Building,
141 Des Voeux Road Central, Hong Kong

You can obtain this PPT by
Scanning the QR code.

歐湯曾律師行

馬嫻儀

法律學士, 法律碩士, 佛學碩士
律師
認可調解員
家事調解監督



手提 : (852) 9666 6636 電話 : (852) 2868 2329
傳真 : (852) 2868 1139 電郵 : office@masoso.com
網址 : www.hkmediate.com
香港中環德輔道中141號中保集團大廈14樓1402-3室