



## **Therapeutic divorce support**

### **What it is**

My therapeutic divorce support programme is, at its heart, counselling for those going through the trauma of relationship breakdown. But it also includes practical help with the process of divorce.

While I refer to it as 'divorce support', it is available to anyone going through a family dispute including legal issues regarding children.

I will provide you with both emotional and practical support to help you get through this most difficult of times.

*Whatever the type of dispute you are going through, my focus is on supporting you and being a safe port of call for you during a tumultuous time.*

My legal background means that I can also explain the legal jargon and processes to you so that you feel informed and able to cope with what comes.

### **The therapeutic elements**

- Break ups inevitably bring up grief at the loss of the life that you once had. I will help you process the grief and feelings of loss.
- I will reflect with you on issues that came up within the relationship and work with you to identify patterns of behaviour in your relationships that may no longer serve you.

- I will help you address and deal with the difficult feelings that come up during the legal process including regret, anger, fear about the future, guilt and confusion.
- Break ups are also a time for growth and change and I will help you to think about moving forward and what you'd like your future to look like.
- I can also work with you once the legal process has finished to help you continue to grow and to move into your future with hope.

### **The practical elements**

- I will explain the legal process to you in a straightforward, clear way.
- I will explain the alternatives to court to you, including mediation, collaborative law and arbitration. I can help you to weigh the benefits and drawbacks of each so you can make an informed decision about what would work best for you.
- I will explain the difference between the different legal and financial personnel who may become involved in your case. I'll explain what they can and can't do for you and help you to decide who you feel you need in your corner and who you don't.
- I can help you to get to grips with the information you need for your legal forms, including a budget of expenditure and statement of financial disclosure (Form E).
- I can help you to prepare for legal meetings/court, attend with you if that would be helpful or provide phone/FaceTime/Skype support.

**In all of this, I will work *with* your lawyer, not *against* them.**

Which leads me on to...

### **What I *don't* do...**

- Give you legal advice
- Second guess your existing legal advice
- Tell you what a judge would do in your case if it went to court.