



The Carvalho Consultancy

Therapeutic divorce support

What it is

My divorce support programme is, at its heart, therapy and coaching for those going through the trauma of relationship breakdown. It also includes practical help with the process of divorce from a family lawyer.

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

The service is for anyone going through a family dispute including legal issues regarding children.

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

My legal background means that I'll 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 often bring up grief at the loss of the life that you once had. I'll help you process the difficult feelings so you feel able to look forward.
- We'll reflect on issues within the relationship and identify patterns of behaviour and dynamics that you want to move away from.

- I will help you look at other difficult feelings that often come up during legal processes, particularly anger and also fear about the future, guilt and confusion.
- We'll look at how to move forward with hope, the growth and change you've inevitably gone through and who you are now post-break up.

The practical elements

- I will explain the legal process to you in a straightforward, clear way.
- This includes explaining the alternatives to court, including mediation, collaborative law and arbitration. I can help you to 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, helping you to work out who you need in your corner.
- 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 or provide phone/FaceTime/Skype support if needed.

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.