

FAMILY MEDIATION & COLLABORATION CAN HELP TO :

- Stabilise the situation through a temporary agreement
- Exchange all necessary information voluntarily
- Focus on your children together
- Decide how best to handle post divorce and separation decisions
- Keep a future focus
- Negotiate a tailor made settlement that works for your family
- Agree on legal procedures that minimise expense and streamline the process.
- Preserve privacy and dignity

EMOTIONAL DIVORCE

Stages in emotional divorce:

- Denial & Shock
- Sadness & Guilt
- Acceptance
- Rebuilding
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Getting through is not easy

- Counselling & support groups can help.
- There are many good books that may help.
- Begins with decision to separate; ends when both partners accept the end of the relationship.
- Each partner can be at a different emotional stage when being asked to face separation & divorce: emotional timing is a key.
- Take advice about the options available which can take account of emotional timing such as Family Mediation & Collaboration.
- After the initial stage of adjustment, interaction can still be volatile.

FINANCIAL DIVORCE

- A financial solution that works long term needs co-operation.
- Legal costs can aggravate an already difficult financial balance.
- There is a real fear about the financial impact of divorce.
- You and your spouse should seek to agree your own financial outcome: family mediation and collaboration can help.
- There is a real need to factor in what is happening socially and emotionally, family mediation and collaboration can help.
- It costs more to run two households than one: budgets can be stretched to their limits.
- There maybe tax consequences; early information and advice is essential.

LEGAL DIVORCE

Early advice is essential:

- Choose a lawyer who can advise about Mediation, Collaboration and the court process.
- You will want to understand how long it will take and what it might cost; obtain early and realistic advice.
- Choose a lawyer with a conciliatory approach.
- You may need other experts, such as a barrister, accountant or independent financial advisor; your solicitor can put you in touch with them.
- Collaborative lawyers are trained to negotiate effectively around the table, while still protecting your interests.
- Focus on negotiating an agreement with the help of a Mediator or collaborative solicitor.
- The legal divorce is a straightforward procedure but needs to be handled sensitively
- If you do not reach an agreement, a Judge will decide the outcome for your family.

SOCIAL DIVORCE

- The social divorce has a ripple effect on those around you.
- Those around you want to give advice or take sides; sometimes this is helpful, sometimes it is not.
- You start to interact with others as a single person rather than as a couple.
- Others may be affected by your separation; family, friends, business colleagues and neighbours.
- High conflict divorce damages children.
- Re-adjusting relationships with those around you. There is a lot of help available; books, parenting classes post separation, counselling, family therapy.
- After an initial stage of adjustment, interaction can still be volatile.