



What is A Divorce Coach?

Collaboratively-trained Coaches are licensed mental health professionals who have obtained special training in conflict resolution, emotional containment, couples communication, family dynamics, child development, and co-parenting techniques.

Divorce is as much an emotional problem to be solved as it is a legal and financial one. As a critical part of the collaborative team, the Coach's psychological expertise both supplements and compliments the attorney's legal expertise so that the final result not only helps couples arrive at an agreeable divorce settlement but also helps them set the foundation for a satisfying and emotionally healthy future.

Why are Divorce Coaches needed in Collaborative Cases?

- I. They help calm the waters and keep the divorce on track by preparing the clients for the divorce and by containing heated emotions.
- II. They help clients determine areas of shared values and beliefs to prepare them for their future settlement meetings.
- III. They facilitate team discussions and settlement meetings with the lawyers and financial professionals who make up the collaborative team.
- IV. They teach the parties coping tools that have a long-lasting impact on their lives and on their children's lives post-divorce.
- V. They keep the lines of communication open between spouses and help clear up misunderstandings.
- VI. They teach communication methods that the parties can use throughout their lives.
- VII. They enhance and strengthen the ability of parents to co-parent effectively.
- VIII. They provide child specialist expertise as parents explore ideas for their parenting plan.
- IX. They save the parties money in the long run since the Coach charges less than the two lawyers charge to process emotional issues and concerns.
- X. They are often available to help parents co-parent and resolve future disputes after the divorce is final.