

Divorce Coaches **In the Collaborative Process**

In our complicated lives, many things break. When a marriage breaks, most people seek a lawyer. But divorce is also an emotional and communication problem. When you have an emotional or communication problem, doesn't it make sense to see an expert in emotions and communication?

Collaborative divorce coaches are emotional experts. They understand blame, guilt, fear and anger, which are all normal feelings when a marriage breaks. Those feelings can, however, be destructive if they pour over to your family relationships and your divorce.

The coaches help you and your spouse move to a different level of communication to help the divorce process move quicker, less expensively, and less destructively. If you have children, the end of the marriage means a need for a parenting plan, and a new way to communicate that focuses on the children. The primary focus is empowering your family to grow individually and in their relations with each other. Your family is not ending, just restructuring.

You will have meetings with your coach, and then with your spouse and your spouse's coach. All of you will work with the Collaborative attorneys to address problems that may be keeping the Collaborative process from moving smoothly.

For a list of mental health coaches that are trained as Collaborative coaches, go to www.yourdivorcechoice.com



OKLAHOMA ACADEMY OF COLLABORATIVE PROFESSIONALS