

Maryland Collaborative Divorce Coach
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You could be experiencing a wealth of emotions about your divorce. You could feel unhappiness, guilt, confusion, or anger. This is a natural part of divorce. A collaborative divorce has several benefits. First, you and the other party control the course of your divorce. The divorce agreement is unique to you and your family circumstances. Second, the collaborative process leads to a resolution of difficult issues in an efficient and an emotionally healthy way. Third, a network of team professionals and experts guide you and the other party from the beginning, to the final divorce, and the post divorce.

The dynamics which contributed to the ending of your marriage are replicated during the divorce process. A component of my role as your coach is to keep the intense emotions from obstructing the collaborative process and the vision of your divorce. I teach you conflict resolution, self-management skills, and appropriate communication skills.

You and I meet prior to any team meetings with the other party and the collaborative divorce attorneys. This serves several purposes. First, I inform you about the framework of the collaborative model and about how our relationship is utilized. Second, this provides an opportunity for me to hear your story and to gain an understanding of your experience. Third, I assist you in the anticipation of emotions when difficult issues are addressed in the team meetings. In addition, you identify useful strengths which could enhance the process. Last, you discuss the long term goals of your divorce. We continue to meet until you believe you are prepared for the first team meeting.

During our team meetings, I work with both you and the other party to identify and prioritize concerns of each person. Furthermore, I offer expertise in child development and the psychological aspects of divorce. This allows you and the other party to develop co-parenting skills and to create a parenting plan. I continue to educate about the collaborative process and to foster the improvement of communication - ultimately decreasing the conflict and the negative emotions. When the collaborative process is successfully completed, you and the other party experience less distress and a better post-divorce relationship with the new skills that were acquired during the settlement discussions.

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