

Creekside Psychology Ltd.

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Registered Psychologist, CAP No. 1745

A Divorce Coach is Someone Who...

Is...

- a skilled professional with training and experience in Psychology or Social Work
- licensed in their profession in Alberta
- trained in Collaborative Practice
- a member of a non-profit Collaborative Practice group or association

Is committed to...

- helping you be your best at your collaborative meetings
- helping you adjust to your divorce or separation
- enhancing your emotional well-being by
 - being non-judgmental
 - listening to your hurts
 - helping you manage your feelings
 - teaching you skills such as relaxation
 - teaching you skills to help you be a more effective negotiator
- developing problem-solving strategies to
 - help you handle difficult situations
 - prepare you for meetings
 - access referrals for other services if needed
 - identify your strengths and help you remember them
- setting direction by
 - communicating with you and the other team members
 - reminding you to take care of yourself
 - encouraging you to set goals
- working together with other professionals

Is hired by you...

to be your partner in the process of helping you and your children have the best possible present and future.