

Creekside Psychology Ltd.

Dr. Gregory Pickering, Ph.D.
Registered Psychologist, CAP No. 1745

HOW A DIVORCE COACH CAN HELP

Between 7-8000 couples get divorced in Alberta every year, yet there are very few resources available in the greater Edmonton area to help people navigate the legal and emotional aspects of separation and divorce.

In a time when relationships and sense of self are fracturing, it is difficult to focus on what needs to be done to get through the practical necessities while dealing with the emotional fallout. A Divorce Coach can help in a number of ways. A Divorce Coach is like having your own personal assistant, supporter and motivator all in one package.

Coaching is a collaborative alliance, custom-tailored to meet the needs of the individual client. Some clients need coaching in perceiving their own needs; others require skills to manage the turbulent ups and downs of divorce and help with more effective parenting, while others want support in healing so that they can move beyond their experience and rebuild a richer, more fulfilling life.

Some goals of Divorce coaching are:

- Provide support, encouragement and motivation to move forward
- Navigate the divorce process proactively rather than reactively
- Work through painful, intense emotions(anger, hostility, fear and sadness, loneliness, self-doubt, etc)
- Identify and research the resources needed to manage change
- Establish boundaries when interacting with one's ex-partner
- Reduce the chaos and stress
- Open the door for more effective communication skills with ex-partner
- Map out long and short term goals
- Identify strategies to support desired actions and outcomes
- Identify and accomplish related practical tasks faster
- Learn to recognize and move past self-sabotaging roadblocks
- Develop reasonable expectations and fulfil them
- Learn skills to let go of the past
- Build self-worth to support personal growth and change
- Adjust to a being single and/or a single parent
- Prepare for healthy partnership
- Create a vision for a brighter, more personally meaningful future
- Prepare for collaborative meetings with lawyers or mediators
- More effective working relationship with lawyer
- Move through legal process faster and more effectively
- Reduce legal fees and emotional fallout for all involved