

The Center for Separating with Civility & Divorcing with Dignity®

Unique. Comprehensive. Expert. Dignified.

The only Center in the Raleigh-Durham-Chapel Hill area.

DIVORCE MODELS OFFERED

Divorce Mediation

◆ Mediation of the divorce process by a psychologist, who acts as a neutral; psychologists are experts in communication skills, and our psychologists are experienced in divorce mediation and are well suited to facilitate positive and effective communication under difficult circumstances.

Divorce Expert-Team Approach

◆ Assurance that the major areas of divorce will each be attended to by a specialist in that area: experienced divorce attorneys will provide legal advice and representation to each spouse, a divorce financial planner will provide various short-term and long-term scenarios regarding division of property and cash flow (i.e., alimony and/or child support), a communication consultant will promote effective communication and keep the process on track, and when children are involved a child psychologist who specializes in divorce will provide info on the issues related to children and divorce.

Collaborative Divorce

◆ Collaborative divorce is a process that uses specially trained attorneys to assist families. This approach may also involve the efforts and expertise of child specialists or financial specialists. Collaborative law is a set of voluntary ground rules entered into by couples and their specially trained attorneys. While the details vary from collaborative lawyer to collaborative lawyer, the central idea is that the lawyers agree in advance they will not take the case to trial.

Traditional Divorce

◆ The issues in separation and divorce are complex, and spouses and attorneys have been seeking the help of psychologists for some time. There are a variety of ways in which psychologists that specialize in relationships, families and children can help to make this process less stressful for everyone involved: Communication Consultant, Child Specialist, Co-Parenting Consultant, Parenting Plan Expert, Custody Evaluator, and Therapist.

FINANCIAL ADVICE

Divorce Financial Planning

◆ We are affiliated with a number of CPAs, financial planners, and investment advisors who can provide various short-term and long-term scenarios to help couples understand the economic consequences of settlement plans being considered, enabling them to make fully informed decisions and choose what is most appropriate for their situation. Practical financial guidance for budgeting and short and long term planning.

FOR FAMILIES WITH CHILDREN

Parenting Plan Development & Custody Evaluations

◆ Consulting with a child psychologist who is an expert in child development and custody arrangements can help parents make a decision that they have confidence in. A consult is not a lengthy, expensive, or adversarial process. Based on our expertise we share our thoughts regarding what would likely be some good parenting plan arrangements for the child and family unit. We do not make the decision, but rather provide a wealth of information that parents utilize as they wish in making their final decision. Should the parents want a full custody evaluation, we can provide that as well, and will testify in court if needed. Our unique, tiered approach meets the information and cost needs of every family (see our website for complete information on tiers).

Child Specialists

◆ Our child specialists can provide the child a voice in the divorce process by assessing the child's needs and concerns. Children are often hesitant to be open with parents during divorce, thus our experts can often elicit more information than parents regarding the child's true thoughts and feelings. In this manner we can be used to give the child a personal, safe means of expression in the process. We also assist the parents in planning how they will tell their child of the decision to divorce, and in recognizing and meeting the child's needs during this difficult time and transition.

Co-Parenting Consultants

◆ People who are newly divorced are also learning to co-parent anew, with a transition to two households and changing roles and responsibilities with regard to parenting. These practical changes combined with difficult emotions from the divorce can make co-parenting challenging at times. With our expertise in parenting, families, divorce, and conflict resolution, we help people develop a positive, cooperative, low-conflict shared parenting relationship.

THERAPY & SUPPORT

◆ Talk therapy for adults and teens, and play therapy for children, to assist with this difficult life transition. ◆