



Relationship & Conflict Skills: Consulting, Training & Mediation
www.elizabethwilliamsonsolutions.com

Divorce Support Services

If you are considering a trial or legal separation, just starting your marital dissolution process, or are in the middle of a divorce process, the prospect of ending your marriage can be overwhelming.

Regardless of why or how long you've been unhappy and unfulfilled, getting professional counselling and guidance can help you in your decision-making process.

Divorce is one of the biggest transitions you will face in your lifetime. It is essential to be as sure as possible that it is the only option available to you. Having an experienced, knowledgeable professional to help you find the right resources and information, as well as providing a supportive environment in which to heal, can be the difference between an awful (and terribly lonely) experience and an easier and less expensive divorce experience.

My primary goal is to assist you to better understand your thinking and emotions, so you can talk about what is most important to you, and to chart a course through the maze of confusion and grief that you may experience in considering ending your relationship.

If You Are Unsure About Ending Your Relationship

Relationship issues don't go away on their own accord. Professional counselling can help you assess, in an informed way, if there are opportunities to change and repair your relationship.

If you have had regular thoughts of ending your relationship, you are probably caught up with an overload of negative feelings about past, unresolved issues.

In his New York Times bestselling book, *The Seven Principles for Making Marriage Work*, Dr. John Gottman writes, *"Although you may feel your situation is unique, we have found that all marital conflicts fall into two categories: Either they can be resolved, or they are perpetual, which means they will be part of your lives forever, in some form or another."* Gottman's research indicates that 69% of marital conflicts are perpetual problems which require good cooperation, communication, and conflict skills.

For couples who are unsure if separation and divorce are their next steps, working with a Gottman Method Relationship Therapist can help. Based on well-researched and evidence-based interventions, couples learn to replace negative conflict patterns with positive interactions, identify their strengths and challenges, and repair past hurts. You can learn how to manage disagreements without blame and fault-finding, to listen more constructively to understand your partner's views, and to ensure they understand yours. Relapse prevention is also addressed.

The aim of therapy is to strengthen your relationships in three primary areas:

- Friendship, closeness and intimacy,
- Manage conflict in ways that predict successful outcomes, and
- Deepen emotional connection and build shared meaning.

Some of the relationship issues that may be addressed in therapy include:

- Emotionally distanced couples on the verge of separation
- Frequent conflict and arguments
- Specific problems such as sexual difficulties, infidelity, money, and parenting disputes

If these issues cannot be resolved, you will have reliable information to support your divorce decision.

Navigating The Divorce Process: Collaborative Divorce

This is the time to be ask for help. In fact, you will want the best resource team you can find. The minimum requirement for a divorce team is a good lawyer or mediator(s), financial experts (for help with budgets, taxes and investing), and a competent therapist.

Divorce is daunting and emotionally exhausting. At a time when you may feel you are least able to, you will be asked to make some of the biggest decisions of your life. The implications for your children, your career and financial wellbeing are far-reaching.

When you can't resolve decisions together, and mediation doesn't work, Collaborative Divorce is a way of settling disputes outside of the courts. Collaborative Divorce enables divorcing couples to maintain respect and to solve disputes that enables them to decide their best-fit solutions, not a court. When you have reliable information about what to expect, and support to work through the difficult emotions, you are less afraid, you waste less time, money and energy, and you feel more empowered.

Both parties have independent legal, financial, and emotional support from accredited professionals, in a way that preserves their dignity and avoids the stress of litigation while maintaining their important relationships. The needs of children are given careful consideration, and additional professionals may be brought into proceedings to ensure their needs are properly considered.

Dealing with Post-Divorce Loss & Sadness

It's not uncommon for people to feel sadness, even periods of depression, and sometimes ongoing emotional difficulties, following a difficult divorce. Counselling with an experience professional can help you make this next chapter of your life a positive reality.

The divorce process begins well before papers are filed and continues well after the decree is signed by a judge. Divorce can involve overwhelming grief and loss, challenges to family structures, and sometimes challenges to your self-esteem. The healing process can take time and you may need professional help to understand how this is unfolding, and how best to focus on rebuilding your life.

About Elizabeth Williamson

Elizabeth Williamson has over 30 years experience providing relationship skills, family counselling and conflict coaching services.

Elizabeth offers comfortable, discreet, home-based consulting rooms where you can explore your needs and define your goals.

Elizabeth can help you gain control of your thoughts, improve communication and manage difficult emotions, to confidently enhance your relationship skills. Elizabeth helps people find solutions to challenging, overwhelming problems and then transform these into opportunities for growth and positive change.

Elizabeth's credentials include:

- Accredited Mental Health Social Worker
- Accredited Mediator
- Gottman Method Relationship Therapist
- Collaborative Divorce Relationship Consultant
- CYNERGY© Trained Conflict Coach

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