

Divorce Coaching Intervention - Informed Consent

This written policy is intended to inform you, the participant(s) in either decision counseling, child-parent reunification, co-parenting, mediation, or a collaborative divorce process, that when I/we agree to work with you, you understand and grant me permission to do any or all of the following at my discretion, acting in your best interests to make the process as effective and efficient for you as possible:

- Any of the strategies below may be experienced as disruptive, challenging or annoying to you, even while they move you towards more effective results. There will be much learning taking place – be patient with yourselves and each other. Skills training for more effective responding will occur when negative judgments, criticism, blaming, defensiveness, emotion dysregulation or stonewalling occur.
- If you want to get to the finish line effectively for your decision counseling, co-parenting, child reunification or separation/divorce and *spend less money*, I may interrupt or redirect you.
- Arguing with each other/others in the room may be a distraction from the real issues, uninformative “noise” that keeps the process from moving forward and needs to be stopped.
- If you seem angry, scared, or sad, I may need to help you acknowledge what is going on for you, so we can move forward.
- At times, I may need to help you distinguish your thoughts/opinions from painful/difficult feelings.
- When I have a reaction to what is happening, I may need to take a risk with you, and work to clarify the underlying mood, tension or unspoken issues.
- If you become judgmental, I will redirect you to *observe and describe* “the facts” or to make a request for more information to avoid needlessly provoking and alienating your partner/spouse/co-parent.
- If you issue a complaint, I will redirect you consistently to make a clear, direct request for the specific behavior you *do* wish to see (rather than focusing on what you *don’t* want). I may rephrase your requests to increase the likelihood your partner/co-parent can hear them.
- During this process, I will frequently ask you to acknowledge that you have heard your partner’s /co-parent’s specific concerns, desires and needs. You don’t have to agree to acknowledge.
- At times I may ask you to stop talking and focus on listening actively. Your partner/spouse/co-parent is not likely to move forward unless s/he feels understood.
- There may be issues that cannot be resolved in the context of this separation/divorce/co-parenting process (e.g. past interpersonal issues). **You acknowledge this fact, and agree to take these issues off the table and to accept appropriate resources to assist in resolving these issues** (e.g. individual therapy, co-parenting classes).
- In this process, there is a need to accept and possibly resolve your disappointments in order to move forward in your lives. You agree to consider the best interests of *all* family members, to do what is necessary to secure an honorable closure to your marriage/partnership, or to co-parent effectively and to stretch beyond your comfort zone and the desire to “be right” to accomplish this.
- If you have a child/children, the goal is to have you co-parent effectively, and to have each parent dance with his/her child at that child’s wedding, and to have all such future milestones be joyful and respectful, rather than producing a lifetime of often unspoken, painful tension for your child(ren).

By my/our signature(s) below, I/we acknowledge that I/we have read and understand the contents of this policy statement, agree to discuss any concerns about them with my coach/mediator, and agree to abide with this policy to effectuate this process.

_____ Date _____ Date _____

Client:

Client: