

Pre-Collaborative/Mediation Assessment & Preparation Meeting: Why & How

WHY? The Purpose and Structure of the Pre-Collaborative Preparation is to:

- Assess readiness for separation and divorce – Decision Counseling needed? and/or individual resources and referrals? Clarify, ask if wish for more information
- Review partners' completed Pre-Collaborative Questionnaire (available on PCD website) to help assess readiness and most suitable divorce process
- Provide clients with an experience that clarifies the need for/benefits of working with a team. If mediation/co-mediation is assessed as possible, then we also assess whether you will need 1 or 2 divorce coaches along with a mediating attorney and/or financial neutral
- Provide outline of various Divorce Options, if needed and Cost Deflators list (Cost Deflators are on Resources page of PCD website)
- Preparation for a mediation/co-mediation/collaborative divorce process – gather basic information (e.g. cell numbers, email addresses) to send further forms and handouts, depending on the future course selected
- Clarify Coaching Interventions to be used: Informed Consent – clarify some, ask if ready for handout
- Expectations of Team and Clients – clarify, ask if ready for handout
- Intro to Skills Training for Co-parenting/Divorce Process, as time permits and depending on the Therapist e.g. Validation (effective listening without agreeing); Soft-Start Up to introduce difficult but necessary conversations; Polite, respectful requests (versus complaints/accusations), Assertiveness, Both/And approaches, Win-win approaches – clarify some, practice if time, ask if ready for handout
- Assess the need for separate individual sessions to facilitate emotional readiness and build some of the skills needed to proceed constructively and cost-effectively with the divorce process
- Offer Divorce-related Resources & Referrals

HOW? Here are your FIRST STEPS:

- Complete Questionnaire for Pre-Collaborative/Mediation Assessment found on website, and bring the completed questionnaire to meeting
- Each partner calls, interviews and selects a Divorce Coach from our PCD website list. You need *one* coach for each of you for the Pre-collaborative Meeting – two coaches total
- Schedule a 1-hour, 4-way meeting (both of you, and both your Divorce Coaches), at a reduced rate of \$150 per hour for each professional
- If you opt for Decision Counseling, you will need one coach total. There is no official “reduced rate” for Decision Counseling. Each of PCD’s Divorce Coaches has his/her own fee schedule for this service

