

Is CP right for you?

Is Collaborative Divorce Right for Me?

Unfortunately, the need for divorce may arise from serious personal or interpersonal problems such as mental health issues, drug or alcohol abuse, personality disorders and excessive conflict. Those families may require additional specialized services & care as part of the collaborative process to facilitate divorce proceedings.

DIVORCE (de-vors) n.- divorce is essentially a restructuring of the relationship between husband and wife and their child(ren) and a restructuring of their assets, debts and finances.

Divorce & the Effects of Stress

Divorce is one of the most stressful events that an adult will ever endure during their lifetime, ranking close to the death of a child or an immediate family member. As divorce often involved relocating, financial restructuring and numerous emotional adjustments, considerable stress is unavoidable and may have serious effects on a person's psychological and physical health. Stress impacts the body's ability to fight illness and often results in health problems from a weakened immune system. Published studies have shown that the stress experienced during a divorce can result in significant, adverse health consequences.

Children, the Unintended Victims

Children of divorce may suffer the most while having the least ability to cope with personal distress. Unfortunately, children are too often used as pawns and can experience enormous levels of stress when the comfort of their nuclear family is dissolved. As conflict can easily escalate and overtake divorce proceedings, children are frequently left vulnerable and without a voice. From educational difficulties to personal relationship issues, the psychological damage from a conflict-ridden divorce can affect children for the remainder of their lives.

A New Approach with Real Support

Collaborative Divorce strives to provide people with a real alternative which offers constructive support to help families cope with the reality and consequences of divorce while minimizing hardships.