

---

---

# The Beacon

## *Guiding You Through the Process of Change*

Published by Beacon Behavioral Services, LLC  
40 Dale Road, Suite 201 Avon, CT 06001  
© 2009, Beacon Behavioral Services, LLC

Volume 9, Issue 2

March April 2009

---

### ***Navigating the Process of Divorce***

For many people, impending divorce presents new issues and situations which threaten to cause upheaval in many areas of life. This change in marital status is likely to impact you emotionally, financially and socially. If you have children, divorce is going to change your household routines and parenting processes. There are many questions that must be addressed during and after the divorce proceedings. For example:

- Where will you live?
- Where will the children live, and when will they be with each parent?
- How will you tell the children?
- How will you share expenses?
- How will you make decisions regarding the children?
- How will you manage new significant others in your lives?
- How will you work together as parents?

Depending on your personal preferences, practical issues, and level of conflict, you may choose from a variety of methods for the legal portion of your divorce - for instance, mediation, collaborative divorce, or litigation. In addition to attorneys for the adults involved, there may also be an attorney for the minor child(ren) (AMC) or a guardian ad litem (GAL). In any event, the intimate marital decision to divorce often grows to involve several people who were previously strangers to your family. In the best circumstances, this situation is difficult. With any complications or conflict, the challenges increase.

There are a variety of services designed to help current or former spouses navigate the practical and emotional issues that can arise surrounding divorce:

Divorce Coaching- Coaching is designed to help an individual pre and post divorce learn about the divorce process, cope with the divorce, and make decisions that will be in their children's best interests. A Divorce Coach typically coordinates with a team of professionals that may include another coach, attorney(s) and a financial professional.

Collaborative Divorce- Specially trained mental health professionals and attorneys work together to facilitate a cooperative and non-litigious divorce.

Parent Education- Co-parenting as divorced parents raises different issues and requires different skills than parenting as a couple. Parent education provides the necessary information in a personal and confidential setting.

Mediation- Certified professionals provide mediation services to enable parents to work together in formulating their divorce agreement.

GAL Consultation- Mental health professionals work in conjunction with GALs in the interests of the child(ren) involved with a divorce. As appropriate, they may also provide input to the Court and attorneys.

Custody Evaluation- Trained clinicians provide comprehensive evaluations to assess each child's needs and resources, and the skills each parent can offer. The results are then presented to the Court and attorneys.

PEACE Program- The PEACE Program works with high-conflict divorcing or divorced couples, with a focus on improving communication and

resolving parenting issues, in order to minimize the impact of divorce on the children.

Reunification Program- This program is designed for situations in which family members have become distant or conflictual with one another. Often, though not necessarily, the problem is between a parent and a child. Since the dynamics between all family members are generally involved, the Reunification Program is customized to address the particular needs of each family.

Support Groups- Divorce can be very difficult. Support groups can help you through this time of transition, providing emotional support and practical information, in an understanding and nurturing setting.

*By Heather Quinlan, JD, LCSW*

**Beacon Behavioral Services, LLC**  
**(860) 676-9350 x60**

*Beacon Behavioral Services*  
**Guiding You Through the Process of Change**

**Clinical Services**

- Evaluations
- Individual, Couples and Family Therapies
- Support Groups
- Psychiatric Services

**Divorce Services**

- P.E.A.C.E. Program for parents with high conflict
- Custody Evaluations
- Support Groups
- Parent Education and Consultation

**Organizational Consultation and Training**

- Executive Coaching
- Conflict Resolution
- Violence Prevention
- Stress Management Training
- Customer Service Training

*Beacon Behavioral Services, LLC*  
**1-888-422-8801**

**Avon**

40 Dale Road  
Avon, CT 06001  
860-676-9350

**Bloomfield**

34 Jerome Avenue  
Bloomfield, CT 06002  
860-243-5024

**Glastonbury**

200 Oak Street  
Glastonbury, CT 06033  
860-659-4370

**Visit us on the Internet at:**

[www.beaconbehavioral.com](http://www.beaconbehavioral.com)  
[email@beaconbehavioral.com](mailto:email@beaconbehavioral.com)

***Beacon Behavioral Services,***

*LLC*

40 Dale Road, Suite 201

Avon, CT 06001