

## Helping Your Clients Through Divorce: Transformative Divorce Counseling

Transformative divorce counseling provides parents a structured, supportive environment to navigate separation while minimizing conflict and protecting children's well-being. As an attorney, you can guide clients toward resources that complement legal services and promote healthier family outcomes.

### Attorney Toolkit: Introducing Transformative Divorce Counseling to Your Clients

This handout equips attorneys with talking points, referral guidance, and strategies to introduce clients to transformative divorce counseling, helping families resolve conflicts more effectively, protect children, and reduce legal costs.

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#### Why Recommend Transformative Divorce Counseling?

- **Protects Children:** Reduces exposure to high-conflict interactions and supports healthier emotional development.
- **Improves Co-Parenting:** Teaches clients communication and problem-solving skills that last beyond the divorce process.
- **Empowers Clients:** Clients gain tools to make decisions collaboratively, rather than relying solely on court orders.
- **Reduces Legal Costs:** Fewer disputes and modifications in court can save both attorney and client time and money.

#### Key Stats:

- Children exposed to high-conflict divorce are 3x more likely to experience emotional or behavioral challenges.
  - Collaborative counseling reduces post-divorce legal disputes by up to 50%.
  - 70% of parents report better co-parenting relationships after transformative counseling.
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#### How to Introduce Counseling to Your Client

##### 1. Framing the Recommendation:

- "I want to make sure you have the support to navigate this process in a way that protects your children and reduces conflict."

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- “There’s a counseling option called transformative divorce counseling that focuses on communication, understanding, and collaboration rather than litigation.”
- “It’s a safe space for you to process emotions, learn strategies, and make empowered decisions with your co-parent.”

### 2. Giving a Referral:

- “I can refer you to a specialized counselor who works alongside legal professionals and understands the court process.”
- Provide contact info and let clients know they can contact the counselor directly to schedule.

### 3. Addressing Client Concerns:

- If they feel counseling isn’t necessary:
  - “Even a few sessions can help reduce misunderstandings and prevent costly disputes down the road.”
- If they are worried about the impact:
  - “The sessions provide a safe, structured environment to process feelings, which actually makes legal decisions easier.”
- If cost is a concern:
  - “Investing in counseling often saves money by avoiding prolonged litigation and repeated court hearings.”

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## Benefits to Highlight for Clients

- Supports children’s emotional well-being
- Improves parent-to-parent communication
- Reduces legal conflict and court involvement
- Aligns therapy with parenting plans and court expectations
- Provides actionable tools for co-parenting and decision-making

*Invite our team to your law firm for a **Lunch & Learn** to explore family systems therapy and transformative divorce counseling. Learn how we support your clients, reduce conflict, and promote long-term positive outcomes for children.*

**You may print this handout for your reference and share it or distribute it among your team.**

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