

The importance of managing divorce and separation

A broken marriage is usually painful for both parties. People often forget that the person initiating the separation can be as upset as the rejected partner, and each deserves the support that allows them to properly process the experience and let go. Where children are involved it gets more complicated, as they are wide open to soaking up the various tensions and pain that are always an intense part of any separation or divorce, even if it doesn't seem so.

But separation and divorce don't have to cause lasting harm, or emotional disturbance in your children if it is handled responsibly. This means communicating effectively and as adults when in all probability communication has long since broken down and resentment taken its place, it takes self discipline and intent to achieve this and CHARTER can help.

When either/or both parents divulge their emotional process to their children inadvertently or otherwise, it can cause long term damage to the child or children's emotional and social development, and their capacity to trust and form committed and rewarding personal relationships. Thus managing your emotions, engaging in patterns of good self care, having boundaries and focussed contact with the separating partner and having a place to talk are all useful ways to minimise the impact on children.

At CHARTER we can provide individual and couples sessions to work through difficult areas of communication and negotiation to ease a more harmonious break up; we can also provide support to your children through referral to one of our child/adolescent practitioners.

If you think you struggling with issues around divorce and separation then give us a call, we can help

Call 020 7323 4970

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