

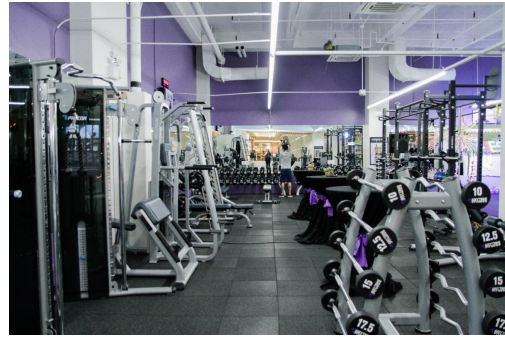


Staying Healthy During Divorce with Collaborative- Physically, Mentally, Financially, and Emotionally.

It can be hard to imagine a divorce process that preserves your health in all facets.

The Collaborative Model strives to do exactly that with the help of a team of professionals who work together to reach a settlement between you and your spouse that works for all parties involved.

Click the link below to read an article written by LICDP's David Filer, Esq. that outlines some key ways to keep yourself healthy during your process.



You will thank yourself, and so will your family, if you take any of these suggestions to prioritize your health during an undoubtedly stressful time.

[Click Here to Read "Staying Healthy During Divorce"](#)

Handling Emotions with The Collaborative Model

Divorce brings up a lot of emotions that are difficult to deal with- shame, guilt, anxiety, anger, fear, and loss. This is a key aspect of the Collaborative Model that makes it different than a traditional litigated divorce or mediation.

The Collaborative Model employs a Family Support Specialist (FSS) that helps move the couple forward through negotiations by helping them process their emotions together. The FSS does not act as a therapist, but more as a voice of reason and compassion during a time when things may feel out of control for the divorcing pair.



Click the link below to read an article written by LICDP's Bob Raymond, Ph.D, that explains the role of the FSS in the Collaborative Model and how this position is an integral part of the process.

Your family deserves the best.
Your family deserves Collaborative.

[Click Here to Read "Red Flags and Alarm Bells- Activated Emotions at Play"](#)

The Collaborative Circle

It Is All About The Children

For our latest edition of The Collaborative Circle, three of the LICDP's esteemed professionals discuss how children of a divorcing couple are represented and prioritized in the Collaborative Model.

Click the link below to listen to Concetta Spirio, Esq., Financial Neutral Donna LaScala, RFC, CDFA, and Family Support Specialist Amy Reinstein-Augenstein, Esq., discuss how the Collaborative Model is beneficial for children of divorcing parents and therefore advantageous for concerned parents.

[Click Here to Watch "It's All About the Children"](#)

