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5 Benefits of Therapy During Divorce

Many people going through separation or divorce think that consulting a therapist is a waste of time and money, or worse, could be held against them in any court proceedings. Others have consulted a mental health professional for years, and worry whether that can be used against them. The following is just one lawyer's perspective on whether someone going through separation or divorce should consult a mental health professional. As the title and phrasing of points indicate, I vote in favor!

Some of the benefits from consulting a mental health counselor during separation or divorce include:

1. Separation and divorce are among the most stressful experiences any of us likely will have during our lifetime. In addition to the stress, the feelings of loss, shame, anger, lack of control, and hopelessness can be overwhelming. Even the emotionally strong can use skilled help during this time.
2. Separation and divorce require good judgment and decision making over a prolonged period of stressful time (see point 1!). This is often impossible if the stressors are left to act with no release or experienced professional feedback.
3. Attorneys are usually more expensive, and almost always less educated, experienced, and skilled than mental health professionals when it comes to helping with emotional and psychological consequences of separation and divorce. Many clients could get better and more relevant help, at much less cost, from talking to a therapist more and their family law attorney less. This doesn't mean divorce without a lawyer, though!
4. Family law judges recognize the importance of mental health counseling and treatment, especially on good family dynamics. They usually will credit a party who gets help when they need it. The opposite can be true for someone who consciously ignores a reasonable and rational response to difficulty and family change.
5. Mental health professionals experienced with separation and divorce issues often can better educate parents about the effects of various choices and processes on their children. This can lead to better parenting and more well-adjusted children.

These are some of the reasons I recommend to almost every client that at least once during the divorce process they consult with a mental health professional.

NOTICE

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Modern Family Law Views is meant as an information tool to help people going through the separation or divorce process and those working with them.

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Thank you for your time!

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