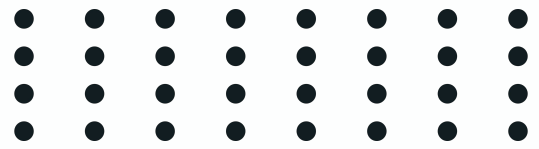


BRIDGING LAW AND HEALING:  
DIVORCE AS A  
CATALYST FOR  
TRANSFORMATION

happy EVENAFTER  
FAMILY LAW ■





# UNDERSTANDING THE LEGAL LANDSCAPE

*happy* EVENAFTER  
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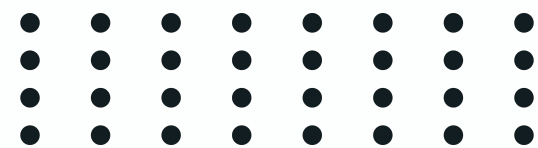




# FRAMEWORK: THE DIVORCE PROCESS FROM A LEGAL LENS

## STAGES OF DIVORCE

- Pre-filing (consideration, consultations, separation)
- Filing & Response
- Discovery & Negotiation
- Trial or Settlement





# LEGAL CONCEPTS THERAPISTS SHOULD UNDERSTAND

- Contested vs. Uncontested Divorce
- Custody (Legal vs. Physical vs. Shared)
- Financial Issues:
  - Division of Assets
  - Alimony & Child Support
  - The new caselaw on child support
- Protective Orders vs. Restraining Order



# DIVORCE MYTHS

- ◆ MYTH 1: “MOTHERS ALWAYS GET CUSTODY.”

LEGAL REALITY:  
COURTS IN CONNECTICUT ARE GENDER-NEUTRAL.

TALKING POINT:  
IT'S ABOUT THE BEST INTERESTS OF THE CHILD, NOT GENDER.

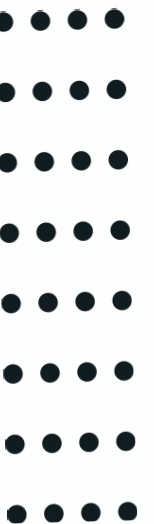


# DIVORCE MYTHS

- ◆ MYTH 2: “IF THEY CHEATED, THEY’LL LOSE EVERYTHING.”

LEGAL REALITY:  
INFIDELITY ALMOST NEVER AFFECTS  
ASSET DIVISION OR CUSTODY.

TALKING POINT:  
MANY CLIENTS EXPECT THAT THE LEGAL SYSTEM WILL PUNISH  
THEIR SPOUSE FOR MORAL WRONGDOING. THERAPISTS  
CAN HELP REFRAME THIS PAIN IN A MORE PRODUCTIVE, FORWARD-FOCUSED WAY.



# DIVORCE MYTHS

- ◆ MYTH 3: “WE’LL JUST SPLIT EVERYTHING 50/50.”

LEGAL REALITY:

EQUITABLE DOES NOT MEAN EQUAL.

TALKING POINT: A JUDGE MAY CONSIDER DOZENS OF FACTORS—EARNING POTENTIAL, CONTRIBUTIONS TO THE HOUSEHOLD, CUSTODY ARRANGEMENTS. THERAPISTS SHOULD BE CAUTIOUS ABOUT REINFORCING “FAIRNESS” NARRATIVES.



# DIVORCE MYTHS

- ◆ MYTH 4: “EVERYTHING GETS DECIDED IN COURT.”

LEGAL REALITY:  
MOST DIVORCES DON'T GO TO TRIAL.

TALKING POINT:

MANY CASES RESOLVE THROUGH MEDIATION, NEGOTIATION, OR COLLABORATIVE DIVORCE. THERAPISTS CAN ENCOURAGE CLIENTS TO ENGAGE IN THESE LOWER-CONFLICT PROCESSES, AND REFER THEM TO ATTORNEYS WHO OFFER THOSE OPTIONS.



# DIVORCE MYTHS

- ◆ MYTH 5: “ONCE THE DIVORCE IS FINAL, IT’S OVER.”

LEGAL REALITY:

POST-JUDGMENT ISSUES ARE COMMON—ESPECIALLY AROUND CUSTODY.

TALKING POINT:

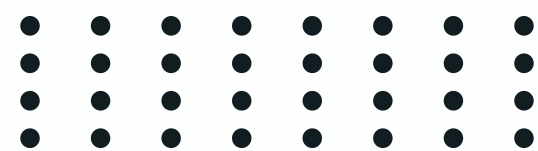
THERAPISTS OFTEN WORK WITH CLIENTS DURING THE DIVORCE BUT MAY NOT ANTICIPATE THE AFTERSHOCKS—MODIFICATIONS, ENFORCEMENT ISSUES, OR CO-PARENTING PROBLEMS THAT RESURFACE YEARS LATER. DIVORCE ISN’T ALWAYS A ONE-AND-DONE EVENT IN THE LEGAL SYSTEM.





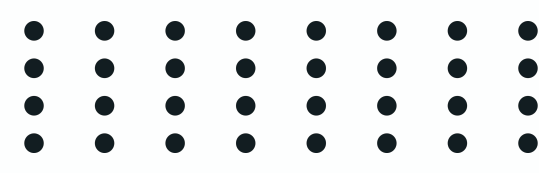
# LEGAL DECISIONS ARE MADE IN EMOTIONAL TURMOIL:

- Emotional states impact legal choices (e.g., settling too soon, fighting for the wrong reasons).
- The role of therapists: Helping clients regulate emotions before big legal decisions.





# HOW THERAPISTS CAN SUPPORT THEIR CLIENTS IN DIVORCE AND BEYOND....





## 1. Empower Clients in Decision-Making

- Helping them separate emotions from legal strategy.
- Techniques for managing reactivity (mindfulness, stress strategies).

## 2. Reframe Divorce as an Opportunity for Growth

- Shifting the client's mindset: "What can this teach me?"
- Encouraging goal-setting and post-divorce vision planning (divorce coaching).

## 3. Facilitate Healthy Co-Parenting

- Teaching clients how to communicate effectively with a high-conflict ex.

## THE STATS:

THERE ARE 10M+ DIVORCED PARENTS IN THE U.S., MANY WHO STRUGGLE WITH HIGH-CONFLICT CO-PARENTING.



## THE CHALLENGE:

STUDIES HAVE IDENTIFIED THAT 43.4% OF CO-PARENTING RELATIONSHIPS ARE OF MUTUAL HIGH-QUALITY, WHILE THE REMAINING 56.6% EXHIBIT MODERATE TO LOW-QUALITY INTERACTIONS.

Source: <https://srcd.onlinelibrary.wiley.com/doi/10.1111/cdev.13904>



## THE IMPACT:

MISCOMMUNICATION LEADS TO  
STRESS, EMOTIONAL STRAIN,  
AND UNNECESSARY LEGAL  
BATTLES, COSTING PARENTS  
THOUSANDS IN LEGAL FEES.



YOU DON'T NEED TO SHOW UP  
TO EVERY FIGHT YOU ARE  
INVITED TO.







## Top Books on Co-Parenting with a High-Conflict Parent



### 1. *BIFF: Quick Responses to High-Conflict People* by Bill Eddy

**Why it's great:** Bill Eddy is *the* go-to expert on high-conflict personalities. This book teaches you how to communicate effectively using BIFF: Brief, Informative, Friendly, and Firm responses.

### 2. *Splitting: Protecting Yourself While Divorcing Someone with Borderline or Narcissistic Personality Disorder* by Bill Eddy & Randi Kreger

**Why it's great:** Not just for divorce—this book helps you *prepare mentally and legally* when your ex has traits that make every interaction feel like a landmine.

### 3. *Co-Parenting with a Toxic Ex: What to Do When Your Ex-Spouse Tries to Turn the Kids Against You* by Amy J.L. Baker & Paul R. Fine

**Why it's great:** It's all about protecting your relationship with your child—especially if there's manipulation, guilt-tripping, or parental alienation happening.

### 4. *The Parallel Parenting Solution* by Carl Knickerbocker

**Why it's great:** Co-parenting not working? This book introduces parallel parenting—a low-contact model for maintaining sanity and reducing conflict.

### 5. *Don't Alienate the Kids! Raising Resilient Children While Avoiding High-Conflict Divorce* by Bill Eddy

**Why it's great:** Offers insights on how conflict harms kids, and gives practical ways to shield children from the drama, even if your ex thrives on it.

### 6. *Two Homes, One Childhood* by Robert E. Emery

**Why it's great:** More clinical but deeply child-focused. Good for understanding how to support your child emotionally, even when the co-parenting isn't ideal.

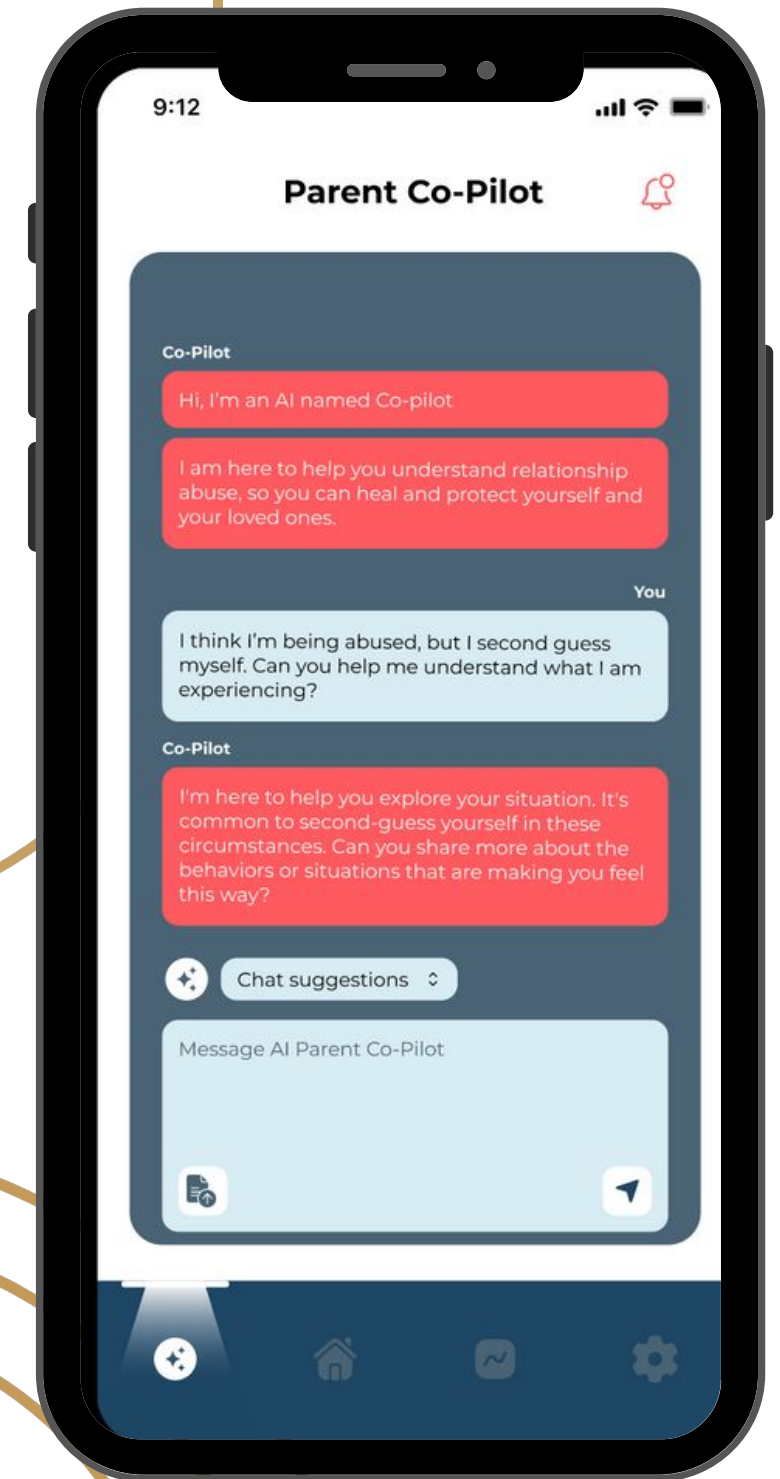
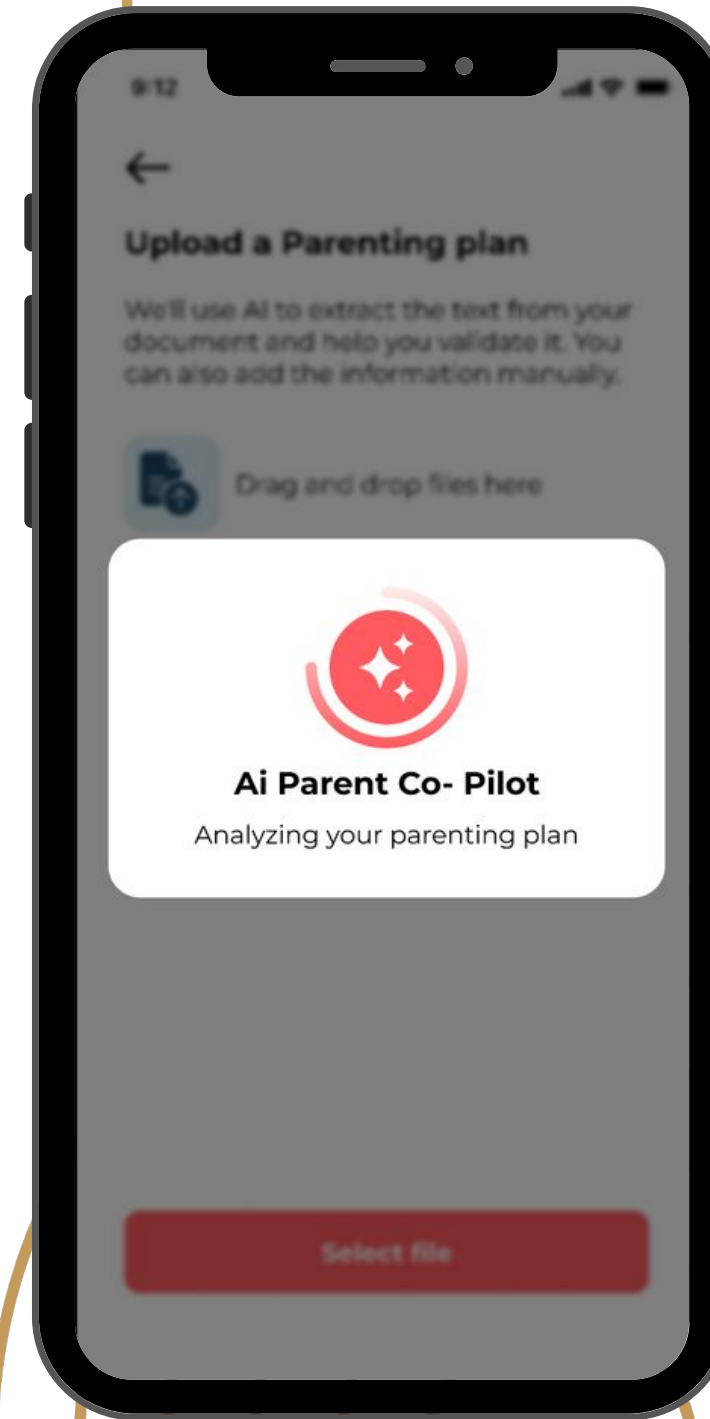
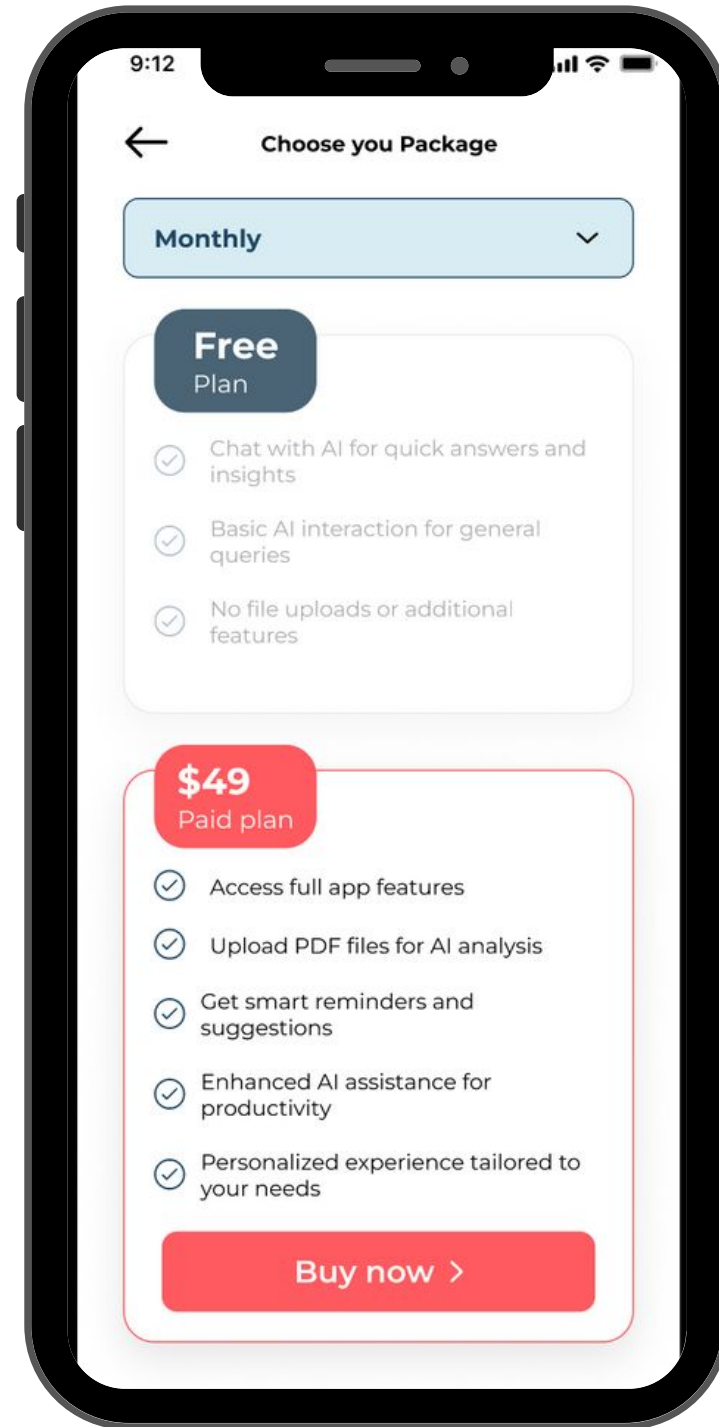
### 7. *Adult Children of Parental Alienation Syndrome* by Amy J.L. Baker

**Why it's great:** If you're worried the other parent is turning the kids against you, this gives real-life insight into long-term effects and healing.

# THE SOLUTION:



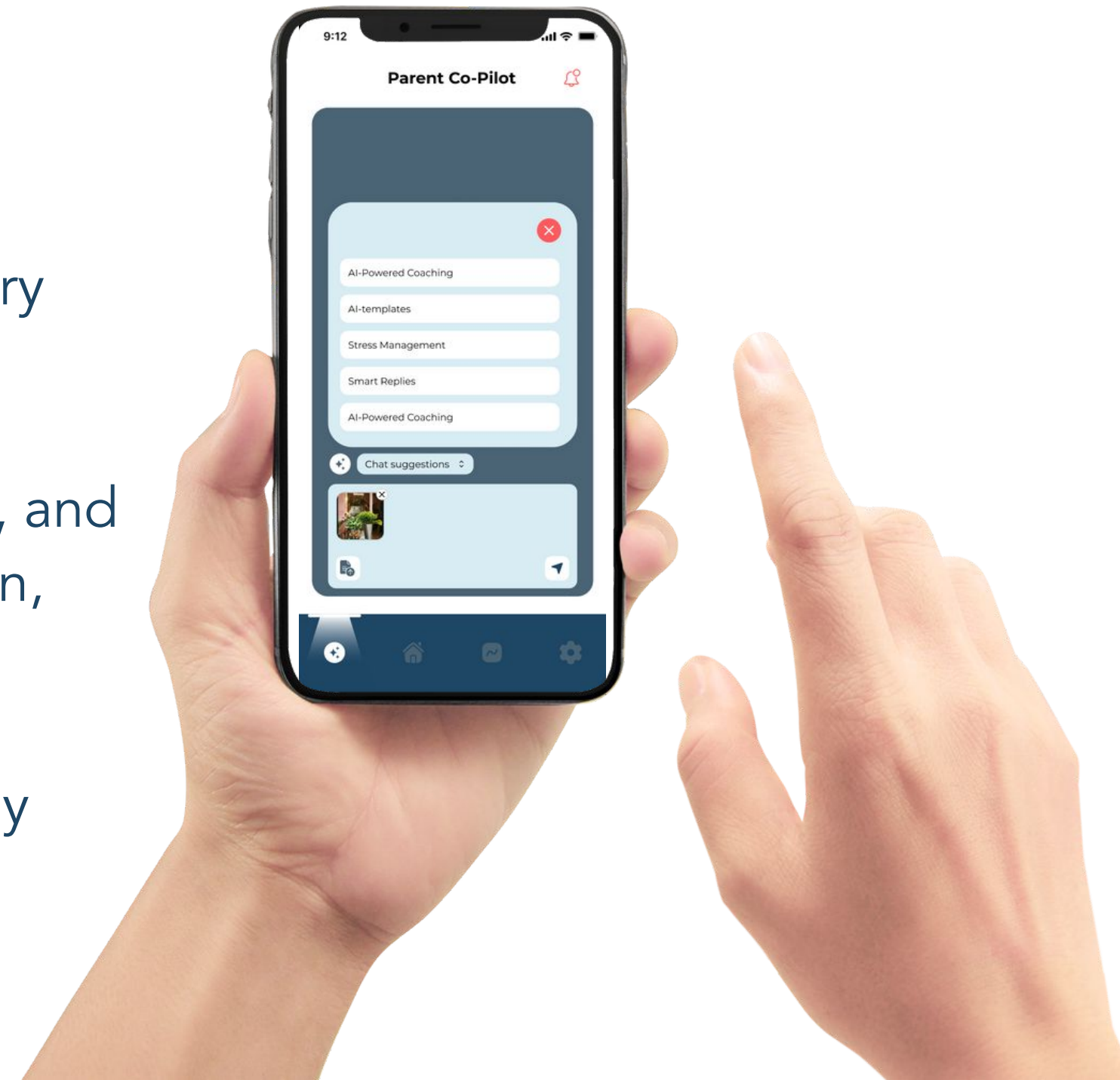
## AI-DRIVEN, PERSONALIZED CO-PARENTING SOLUTION



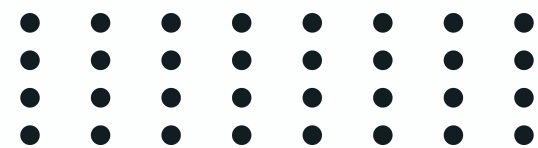
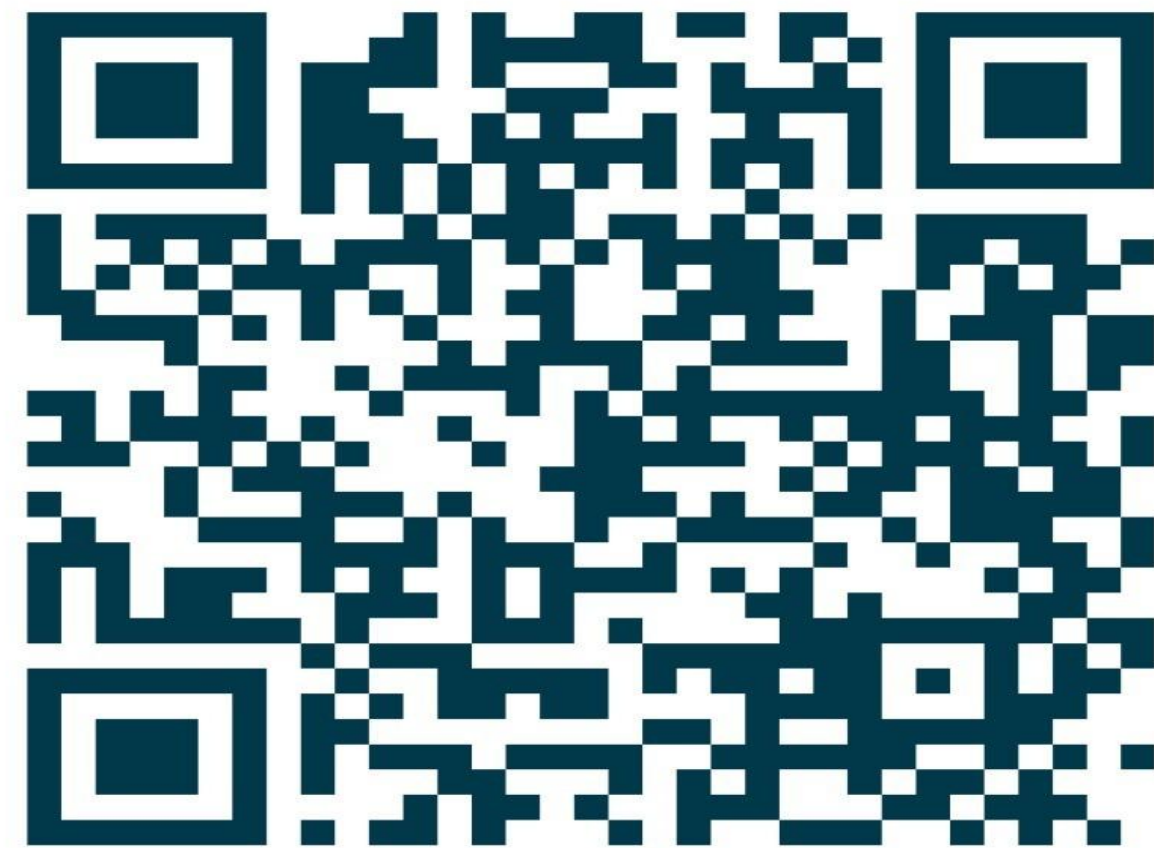
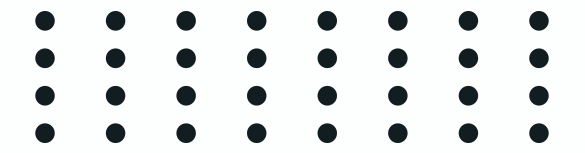
# How Parent Co-Pilot Works:

## Your AI Parenting Coach in Your Pocket

- ✓ Upload & Customize Their Experience: Parents can securely upload their custody agreement or court order, and the AI extracts key dates, deadlines, and responsibilities to provide personalized reminders and structured guidance.
- ✓ AI-Powered Message Rewriting: The app transforms emotionally charged texts into firm, neutral responses, preventing unnecessary conflict.
- ✓ Court-Admissible Communication Logs: Every message, request, and response is securely time-stamped and stored for legal protection, ensuring a clear record for future custody discussions.
- ✓ Smart Reminders from Custody Agreements: The AI automatically alerts parents to upcoming custody exchanges, holidays, and deadlines based on their legal documents, reducing scheduling conflicts.



# GET FREE ACCESS BY JOINING THE WAITLIST

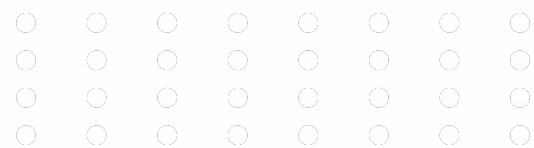




# CONCLUSION & Q&A

## KEY TAKEAWAYS RECAP:

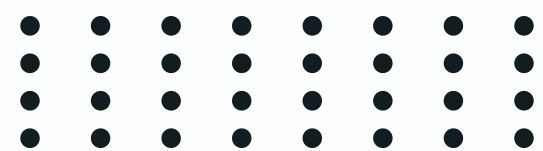
- Divorce is both a legal and emotional process.
- Therapists and attorneys can work together to create better outcomes.
- Therapy can transform divorce from a crisis into an opportunity.





“DIVORCE IS LIKE ALGEBRA...  
YOU LOOK AT YOUR X AND  
WONDER Y.”

— Anonymous



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