

# THE DIVORCE AND SEPARATION PROGRAM

*Offered by The Rebuilding Therapy Center*

*A Psychological Corporation*

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## THE COACH-THERAPIST AND MEDIATOR MODEL

The coach-therapist and mediator model involves the role of the coach-therapist, a licensed mental health professional, working with the mediator in the divorce or separation process.

The coach-therapist in an objective, caring and empathetic way will work with both divorcing or separating persons and as needed, the child(ren) to resolve and manage anger, resentment, sadness, guilt, fear, other negative feelings and problems and communication problems which impair the divorce or separation process and mediation. The coach-therapist will deal with the normal problems and conflicts that arise in a divorce or separation and with high conflict, emotionally charged and individual adjustment problems divorcing or separating persons and children experience. The coach-therapist will work with the divorcing or separating couple and child(ren) individually and jointly as needed.

The coach-therapist becomes the family confidant, guide and counselor to resolve problems in a more emotionally health, peaceful and positive way. There won't be the need to bring in another coach-therapist or therapist to resolve specific problems, unless the problems are so serious and outside mental health professional is needed.

Coparenting problems, which makes agreement regarding custody and visitation difficult and could spread into other areas of the divorce or separation probes will be addressed.

The focus will be to teach the coparents to work together cooperatively regarding the past interests of the child(ren) and to keep the child(ren) out of the middle of the conflicts. When divorcing or separating parents realize they are emotionally wounding their child(ren) by their conflicts, it is a strong motivator to resolve their differences.

A basic foundation of this model is there must be effective communication or no problems will be solved. This involves teaching participants not to listen with their own views, but with his or her mind open and clear as possible, putting him or her in the mind and emotional heart of the other person. Both participants will be encouraged to present their views in a compassionately assertive and respectful way. Expectations regarding the child(ren) will depend on their age and maturity.

This is a brief view of this model. Please contact our office by phone or email regarding further information.