

August 2017

COLLABORATIVE Practice Tips

A monthly bulletin from the CP Cal Practice Excellence Committee

The Practice Excellence Committee is pleased to offer tips to help you increase your Collaborative cases and achieve *practice excellence*.



Please send us your comments and questions! Email us at info@cpca.com

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Riding the Waves of Emotions in Collaborative Divorce - Part 3 of 3 -

Getting to Decisions and Letting Go of Attachments: The end stages of the collaborative process require letting go of attachments and emotions in order to find acceptable solutions for settlement.

Tip #1

Managing emotions well can help clients save money and make their team meetings more productive. Circulate the agenda for team meetings in advance so everyone is prepared for the topics to be discussed.

Tip #2

Educate clients that it is a strength to let go rather than feeling they are giving in. Letting go of resentment is a gift to themselves and to their children.

Tip #3

Clients also need reminders to respect how they feel, understand that these feelings are normal and take time to process. They may not be at a place where they can let go, however, they can be encouraged to set intentions toward letting go of anger or a need to punish. Redirect their focus from the hurts of the past to what they want for their future.

Tip #4

Pre-team meetings and Client, Coach, Lawyer meetings are essential for professionals to share information with each other regarding how the couple is

progressing and how the team can inspire discussion of options. This time is also essential to help professionals create a safe and positive setting for the couple's process.

Tip #5

During team meetings **redirect** conversations that are off task and name when it is important to move a topic to another team meeting or a coaching meeting.

Tip #6

Reflect back on the couple's Mission Statement and stated interests to encourage progress towards options that meet these aspirations and focus on common goals.

Tip #7

Remind clients that finding acceptable solutions means considering what their spouse would agree to, as well as, what works for them.

Tip #8

Reasoning with clients to consider options may need to happen over time in individual and CCL meetings.

Tip #9

Reframing can help clients see possibilities and create a positive vision for their future especially when they tend to focus on the glass as half empty.

Tip #10

Work towards assisting clients in making simple proposals and counter proposals to help them find areas of agreement. Suggest spending less time on reasons why a solution works or does not work to avoid repetitive cycles of discussion.

Tip #11

During the team debrief **reflect** on emotions that each professional had to cope with and what were approaches that led to progress versus those that got in the way.

Tip #12

Call or meet with clients after a team meeting to discuss their experiences. What was working for them and what wasn't? Often these calls will help to solidify their acceptance of agreements and avoid renegeing on agreements and buyer's remorse.

We hope you enjoyed this 3 part series on Riding the Waves of Emotions in Collaborative Divorce.



CP Cal Conference XIII
"Roots and Branches of Collaborative Practice"
April 27, 2018 - April 29, 2018

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**San Mateo Marriot,
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Oct 04, 2017 - Oct 06, 2017

[Mediation Training with Steven Rosenberg](#)

Oct 11, 2017 - Oct 13, 2017

[Mediation Training with Steven Rosenberg](#)

Oct 12, 2017 - Oct 15, 2017

[18th Annual IACP Networking and Educational Forum](#)

Oct 20, 2017 - Oct 21, 2017

[Two-Day Basic Interdisciplinary Collaborative Training](#)

Oct 23, 2017 - Oct 27, 2017

[Essentials of Mediation & Divorce Mediation](#)

Oct 26, 2017 - Oct 27, 2017

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Save the Date!
CP Cal Conference XIII
April 27, 2018 - April 29, 2018

[San Mateo Marriott, San Francisco Airport](#)



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