



Individual Divorce Coaching

Divorce is one of the most stressful transitions a person can experience. Individual Divorce Coaching offers emotional support, clarity, and practical guidance so you can move through the process with more confidence and less conflict. Contact Dr. Katrina Kuzyszyn-Jones at drkatrina@kkjpsych.com or visit www.kkjpsych.com.

How Divorce Coaching Helps You

- Understand the family court process and what to expect.
- Prepare for meetings, mediation, and court appearances.
- Learn how to communicate with parenting coordinators, lawyers, and judges.
- Develop co-parenting skills that reduce conflict and support your children.
- Get help making decisions aligned with your values and long-term goals.
- Build emotional coping skills to manage anxiety, frustration, and overwhelm.

What to Expect

Most coaching is short-term and focused on helping you get your bearings, adjust to a new normal, and learn skills that make the legal process easier to navigate. Many clients check in more frequently early on, then return as needed during important moments such as hearings or parenting transitions.

- Session Length: Typically, 60 minutes
- Frequency: 1-5 sessions are typical
- Format: In-person or secure virtual sessions
- Focus: Practical guidance + emotional support + communication coaching

Supporting Healthy Co-Parenting

If you are co-parenting, you may need to communicate with your former partner for years to come. Divorce Coaching can help you learn strategies that reduce conflict, protect your children, and support a more stable long-term parenting relationship.

Is Coaching Right for You?

- You feel overwhelmed by the legal process.
- You're struggling to communicate effectively.
- You want to protect your children from conflict.
- Your emotions are making decision-making harder.
- You want help preparing for key appointments or court dates.
- You want to stay grounded and clear during a difficult transition.