



## **Divorce recovery therapy**

In divorce recovery therapy, I help the client understand and cope with the strong feelings that can arise before, during and after a divorce.

*Divorce recovery therapy can help with:*

- ❖ Major changes as the result of a divorce (children, family, friends, etc.)
- ❖ Emotional process of the divorce
- ❖ Control of negative feelings
- ❖ Difficulties of families and children