

Couples and the UK-EU divorce

After all the uncertainty over the past weeks and months we know now the UK has voted for a Divorce from our European neighbours.

The aftermath of this vote seems to be causing mayhem and anxiety amongst the political parties and stock markets around the world as everyone tries to come to terms with the biggest political decision made over the past 40 years. Millions of people are even signing a petition to reverse the Brexit decision. Tensions are running high as Europe and the UK start to battle out how long the divorce will take and when the procedure for separation should start. Today Jean-Claude Juncker announces that “its not going to be an amicable divorce”.

Couples who come to counselling are usually initially looking for ways to prevent separation and divorce and find a way of working through their difficulties. What we are witnessing being played out in front of us are parties who, as yet, have found no way of working through issues and building a future together.

However there are also couples who come into therapy recognising they have grown apart and reached the end of their relationship and are looking for ways of achieving an amicable divorce.

Here are some frequently asked questions that perhaps the political parties should have asked themselves before the vote to avoid one of the most bitterly fought political battles in living memory.

- This is unknown territory – how do we start the process?
- Do we need a solicitor, or should we go to mediation?
- How long will the process take?
- What are the grounds for a divorce?
- How much will it cost?
- Can we afford to break up?
- How will we live and will everything have to be divided?
- Do I need to move out?
- Who gets the house and the pension?
- What about the children and who will they live with and where?
- How often will I see the children?
- How do we prepare for divorce?
- How do we tell the children?
- What happens if we change our minds?

Sessions with a couples counsellor can provide personalised support to help and prepare clients emotionally through what can often be a long and painful ending process as they come to terms with the choices they have made.

Hopefully this country and our politicians in the weeks and months ahead will start to slow down and reflect on the best way forward for an amicable working Divorce rather than go into free-fall that seems to be happening today.

If you would like to discuss things further or to make an appointment, you can call me on **07976 403741** or **(020) 8959 9528**. Alternatively you can contact me by email: dawn.kaffel@couplescounselling.com.

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