

## What Professionals Can Help Me Get Divorced?

Every divorce is different, and so is the team you might need to get through it. Whether you're using a DIY website, working with a mediator, or hiring attorneys, here's a quick guide to the key professionals who can support you.

### **Certified Divorce Financial Analyst (CDFA)**

Helps you understand the money side of divorce—budgets, asset division, child-related expenses, retirement accounts, and more. They offer guidance (not decisions), helping you feel more confident and informed.

### **Coparenting Counselor**

A counselor who can help you and your co-parent improve communication, an essential part of the business of coparenting. They can also help you write a co-parenting agreement or make decisions about kid-related issues such as custody time.

### **Child Specialist**

Typically a mental health professional specifically trained in representing the child's perspective in divorce. They will work with both parents and the children to understand what children need and want, and how parents can best support their kids through divorce.

### **Divorce Attorney**

Attorneys know the law and represent your legal interests. They can draft and file documents, advise on what's likely in court, and represent you in settlement or litigation. Because they're often the most expensive resource, it's wise to get organized with a coach or CDFA before booking time.

### **Divorce Coach**

Helps reduce conflict, increase clarity, and save you time and money. Coaches help clients regulate emotions, prepare for difficult conversations, and get unstuck. Whether it's drafting a tough email or planning for mediation, a coach is there to support your next right step.

### **Mediator**

A neutral third party who helps you and your ex reach agreements outside of court. You'll work together to choose one, and they'll meet with you both at the same time. Mediation can be more cost-effective and collaborative, especially with support from a coach or consulting attorney.

### **Therapist**

Not always essential—but incredibly helpful. Therapists offer emotional support, help you process grief, and build resilience. Some people start therapy after the divorce is done. Others say they couldn't have made it through without one.

### **Not sure where to start?**

That's exactly what I help with. Let's talk about your situation and build the right support team—together.

**Free discovery call available—just reach out.**

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