COGNITIVE STEPS

www.cognitivesteps.com

NAVIGATING SEPARATION



Divorce and Separation Counseling

WHAT IS IT?

A personalized counseling program supporting individuals and couples through separation or divorce. It offers space to process difficult emotions, clarify needs, and explore communication, boundaries, and adjustment to life apart. For parents, sessions can also address co-parenting expectations and children's well-being.

WHEN IS IT USED?

For those preparing to separate, going through a divorce, or adjusting after a marriage has ended. It can provide support when grief, anger, uncertainty, or recurring conflict makes moving forward difficult. Sessions are available individually or, where appropriate, together.

WHY THIS PROGRAM?

The focus is not on assigning blame or pressuring you to reconcile. Instead, sessions are tailored to your circumstances, helping you explore emotional concerns and practical relationship boundaries with greater clarity and care. You do not need to agree on everything to seek support.

HOW MANY SESSIONS?

The program begins with an initial consultation to understand your concerns and agree on a suitable session plan. The number and length of sessions depend on your needs, goals, and circumstances, with progress reviewed together. If ongoing concerns require additional support, the plan may be adjusted. Any changes and associated fees will be discussed before proceeding.

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