

SEPARATION AND DIVORCE SUPPORT

WHETHER YOU'RE NAVIGATING THIS ALONE OR TOGETHER, WE'RE HERE TO HELP.

WWW.PERCHTHERAPY.CO.UK

PERCH
THERAPY & MEDIATION

TWO WAYS WE SUPPORT YOU:

Indiviual:

A private space to process the decision, the grief and the practical upheaval, at your own pace.

For those considering separation, going through it, or rebuilding afterwards.



Joint:

Structured sessions for multiple people who are separating, or deciding whether to, and want to do it with care.

Focus on respectful communication, shared decisions and co-parenting. The focus will not be reconciliation unless you choose it.

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THE FOUR STAGES

OF THIS NON-LINEAR PROCESS.

Assessment:

Understanding where you are, what is important to you and what you want from therapy.

Processing:

Exploring, containing and processing the current emotional landscape and history.



Boardroom:

Helping you through both meaning and decision-making, considering family, logistics, weighing up the impact of decisions and sign-posting.

Rebuilding:

Rebuilding identity, relationships and the future you want to step into.

WHAT WE MAY WORK ON

Part 1



GRIEF AND LOSS

Mourning the relationship, the impact on self, plans and changes in other relationships.



COMMUNICATION

Speaking and listening without escalating conflict. Utilizing mediation practices to establish a best possible outcome for all involved.



CHILDREN AND FAMILY

Discussions around next steps, co-parenting, telling children and the wider family.

WHAT WE MAY WORK ON

Part 2



IDENTITY

Exploring who you are beyond the context of the former relationship, and what comes next for you.



INTIMACY AND SEXUALITY

Navigating a changing intimate life in light of a changing relationship. Rebuilding desire and body confidence.



BOUNDARIES

Establishing clear limits with ex-partners, as well as understanding abuse, control and reclaiming self.

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OUR STORY

Perch Therapy was founded with a vision to be a place of security, providing our community with therapeutic knowledge, strategies, and courage to build a fulfilling life and stronger relationships from a place of authenticity.

Our wellbeing services - which include both psychological and physical therapies - are a place of rest and recuperation, before you take flight once more, trusting in the strength of your own wings.

For more please visit: www.perchtherapy.co.uk

WRITTEN BY AARON LAWRENCE

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SOMETIMES

THE JOURNEY AHEAD IS A JOURNEY APART,
AND THAT'S OKAY.



Enquire here:
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WWW.PERCHTHERAPY.CO.UK