

## PEACEFUL DISSOLUTION IS POSSIBLE

As an attorney working with divorcing couples, I have seen many contentious issues surface regardless of the length of marriage. The factors contributing to the contentious issues involve spousal support, children, and division of property to include pensions, investments, sports tickets, cars and other material items. Combined with the emotions around the loss of relationship and finding an equitable solution to the issues facing the couples, divorcing couples are overwhelmed and underestimate the overall mental and emotional toll taken through this dissolution process on the participants, their friends and family and especially the children.

Many couples turn to “couples counseling” or attempt to coerce one party into therapy for the good of the marriage or the children. For many reasons these attempts at counseling are not very successful and can actually be harmful to a peaceful dissolution. One reason involved with the lack of success is honesty around the purpose of the counseling. One example of this is going to couples therapy with the stated intent to “work things out,” when the reality is one party wants to proceed with divorce, but wants the other person in therapy to perhaps lessen the pain of the divorce. Another reason is when an individual who is already in therapy engages their partner in couples therapy with his or her therapist, and the therapist is biased in favor of one party over the other, and there is talk behind the back of the other person. Another common reason is using the divorce or the relationship with the child(ren) as leverage to coerce one person or the other into therapy, because one person believes the other “needs” it.

The Murphy Law Group is offering a solution for **Peaceful Dissolution** by using the combined services of an attorney and consultation with a Clinical Psychologist for uncontested dissolutions with or without children. Mr. John K. Murphy JD provides the legal counsel and the legal direction for the dissolution process and Dr. Beth Murphy PsyD works with the couples by helping to manage the psychological aspects of the dissolution process. We act as neutrals working with both parties.

This combination of services offers an effective resolution to the common emotional issues related to the stress of the dissolution process such as anger, anxiety and grief. But most importantly when children are involved, we help you manage your stress so the children are not stressed or harmed as an “unintended consequence” of the dissolution process. It is important for couples to initiate, manage and maintain a peaceful and amicable relationship throughout and beyond the dissolution, and as such meeting the needs of all of the parties involved.

Murphy Law Group provides this service to our clients.

Please contact us at [john@murphylawgroup.org](mailto:john@murphylawgroup.org) or call 206-940-6502.

*Dr. Beth Murphy is a Clinical Psychologist specializing in individual, couples and family therapy involving trauma, traumatic stress, chronic illness and pain as well as change of life issues such as divorce or job changes. Beth has over 8 years experience as a therapist, and has worked with a broad range of individuals, couples and families, with diverse issues and needs. She maintains a private practice in Bellevue, Washington. For more information on Dr. Murphy go to [www.integrativmh.com](http://www.integrativmh.com).*