



CORK COUNSELLING CLINIC  
PSYCHOTHERAPY · MEDIATION · COACHING



SEPARATION SUPPORT



## Separation And Divorce

Navigating through what can be the tumultuous waters of separation or divorce is an arduous journey, fraught with emotional upheaval and practical challenges. It's a period in one's life that tests resilience, demands adaptation, and often reshapes one's identity. At Cork Counselling Clinic, we understand the profound impact of this life transition and are dedicated to supporting individuals as they navigate this challenging time. Our approach is not only to offer a listening ear and empathetic support but also to engage in a solution-focused therapy that keeps the end goal of finding resolutions at the forefront.

During such trying times, individuals may be confronted with a myriad of issues—legal entanglements, financial concerns, co-parenting arrangements, and a sea of emotions, from grief and anger to relief and renewal. Therapy, especially within a solution-focused framework, can become a pivotal space for you to voice your fears, understand your feelings, and confront the realities of your new life situation.

Our clinic in Cork city centre specializes in helping clients identify and draw upon their strengths and resources to navigate their current challenges. Every situation is different and no two are the same. Some sample areas where therapy has proven effective in guiding individuals towards resolution and empowerment are given below as an encouragement to show how clients of the clinic addressed some of their difficulties. You can also see how the various client examples, which are given with permission of the actual clients were different and how separation can present clients with their own specific problems.

## Co-Parenting Dynamics

Sandra K (Cork client 2021) found the transition to co-parenting, during separation fraught with tension and misunderstandings. In therapy, Sandra learned to put in place clear boundaries and communication strategies that safeguard her children's welfare during the time of change for Sandra as well as her children.

## Financial Independence

Deirdre O' R (Co. Cork client 2021) found it daunting, the prospect of managing her finances alone. This is a common and understandable concern. Therapy helped



Deirdre uncover her resourcefulness and capability, empowering her to put in place financial plans that safeguarded her future through addressing, first her fears and doubts and then embracing a newfound strength, that had been hidden for some time. Deirdre's emotional feelings lay at the heart of her difficulties in moving forward, and though in her case it was centred on her financial situation, she learned considerable insights about herself in the process. She took on the challenge of facing her sense of overwhelm, fear and apprehension. Over a period of time Deirdre grew as a person, regaining her self-esteem, confidence and belief in herself and her abilities. Her therapist supported her throughout this time of change in her life and provided the space for Deirdre to make the changes to her life both practically but more essentially in her emotional world.

## Self-Esteem Reconstruction

The end of a relationship often leaves individuals grappling with diminished self-worth. Sean C (Cork client 2023) through his therapy, embark on a journey of self-discovery, identifying and celebrating his unique strengths and achievements, thereby rebuilding his self-esteem from the ground up. He learned to move through the divorce he was facing and come out the other side leaving behind the bitterness, hurt and anger he initially came to us within the clinic. In its place, Sean grew as a person and the enmeshment he had with his partner was resolved, which enabled Sean to focus on himself for the first time in many years and rebuild his belief in himself.

## Embracing Solitude

Geri B (Cork city client 2023) found the fear of loneliness of separation or divorce to be overwhelming. Geri, readily said she wasn't ready to let go of the relationship and was shocked when her partner said that he wanted a separation. Therapy encouraged Geri to compassionately address her fear of being alone, transforming it from a source of dread to an opportunity for personal growth through self-reflection. During therapy, Geri came to understand that the fear of losing her partner had more to do with her attachment style and the need to not be alone than love for her partner. This shift allowed her to rediscover and engage in personal interests and hobbies, fostering a sense of fulfilment and joy in their own company.



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## Therapeutic Session at Cork Counselling Clinic

At Cork Counselling Clinic, our solution-focused approach underpins every therapeutic session. We believe in the power of collaboration between therapist and client to unearth viable solutions to the complex issues arising from separation or divorce. This approach is not about offering quick fixes but about fostering a deep understanding of the challenges at hand and working methodically towards practical, sustainable resolutions. It's about harnessing the innate resilience and resourcefulness of individuals, empowering them to not only navigate their current circumstances but also lay the groundwork for a thriving future.

Separation and divorce mark not just the end of a relationship but the beginning of a journey towards self-discovery, healing, and growth. At Cork Counselling Clinic, we are committed to walking this path with our clients, offering our expertise, empathy, and a steadfast solution-focused approach to help them emerge stronger, more self-aware, and ready to embrace the new chapters of their lives.

**You can contact us by phone 089 600 9460 / 021 439 7552 or  
through our website [www.corkcounsellingclinic.ie](http://www.corkcounsellingclinic.ie)**

We will be happy to take your call and look forward to working  
with you in creating a harmonious and strong relationship.

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