

# Psychology Services

Karen is a Chartered Clinical Psychologist with 17 years experience in the National Health Service and specialist expertise in assessment and intervention for children and families, including young people who have disabilities or mental health concerns.

Her assessment and therapeutic work is based on training and experience in well established psychotherapies including:

- **Cognitive Behaviour Therapy (CBT)**

which aims to identify and change unhelpful patterns of thoughts or behaviours which may have their roots in past experience

- **Family/Systemic Therapy**

which aims to explore patterns of relationships, including couple and parenting relationships, and to improve effective communication, joint parenting, negotiated agreement and understanding of roles within the family



**KAREN GREEN  
PSYCHOLOGY SERVICES**

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## Separation and Divorce

Coping with emotions,  
negotiation and joint-  
parenting



**Karen Green  
Psychology Services**

Psychological Assessment, Diagnosis,

Chartered Clinical Psychologist  
BUPA and WPA recognised practitioner

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# Karen Green Psychology Services

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Karen has the experience and skills to support people who have a range of concerns around separation and divorce, parenting and their children's needs and reactions

## Adults

Separation and divorce are major life events which inevitably cause emotional and lifestyle upheaval and change. This challenges individual's abilities and resources for coping and adjustment.

Karen can offer assessment and therapy through separation and divorce to:

- support and enhance the process of adjustment and coping
- process emotions that may become overwhelming e.g. anxiety, stress, anger, loss and bereavement, low mood, low confidence and self-

## Children and young people

Children may also struggle with their emotions and disruptions to the familiar. They may become confused and distressed about conflicted loyalties and protective feelings.

Karen can help parents to explore how they may:

- joint parent in changed circumstances
- identify and negotiate how to best meet the needs of their children

Karen can also work with individual parents when the other parent is unable to participate.

Occasionally it may be helpful for children to talk with Karen.

Through sensitively paced exploration together, strategies for coping with the emotional and practical upheaval of separation or divorce are explored.

Separating parents may wish to explore how they can improve their joint-parenting of children and better understand their children's needs and difficulties.

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