



THE
SEPARATION
SPECIALIST

CLARITY | SUPPORT | OPTIONS

Professional Referral Brief

Working Alongside The Separation Specialist

For solicitors, financial advisers, HR professionals, workplace consultants, therapists and other professional referrers

Purpose of this brief

This brief explains how The Separation Specialist may sit alongside the work of other professionals supporting people through relationship breakdown, separation or divorce.

Separation often affects more than one area of a person's life. A client may need legal advice, financial planning, pension input, mortgage advice, workplace support, emotional containment and structured decision-making. No one professional can or should try to meet all of those needs.

The Separation Specialist provides a carefully bounded service in this wider professional context: either confidential one-to-one counselling or impartial couples mediation.

The aim is not to replace professional advice. It is to help clients access the support they need in the right sequence and at the right time.

Who this brief is for

This brief may be useful for:

- solicitors and legal advisers;
- financial advisers;
- pension, mortgage, tax or accountancy professionals;
- HR professionals and workplace consultants;
- therapists, counsellors and supervisors;
- family support professionals;
- other referrers who encounter clients affected by separation or divorce.



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You may be working with someone who is legally advised, financially exposed, emotionally overwhelmed, conflicted with a former partner, or struggling to make practical decisions while under significant personal strain.

What The Separation Specialist provides

The Separation Specialist offers two distinct pathways:

Individual Counselling

Confidential one-to-one support for an individual navigating the emotional, relational and practical impact of separation.

Couples Mediation

Impartial, structured mediation for separating couples who need to discuss children, co-parenting, communication, finances, property, practical arrangements or future agreements.

These pathways are separate. The same practitioner does not provide individual counselling to one party and then act as mediator for both parties.

Clear boundaries protect the client, the professional relationship and the integrity of any mediation process.

Pathway One: Individual Counselling

Individual work may be appropriate where a person is:

- trying to make sense of separation or relationship breakdown;
- distressed, overwhelmed, anxious or stuck;
- adjusting to a decision they did not initiate;
- carrying guilt, grief, anger or uncertainty;
- trying to stabilise before making significant decisions;
- struggling with communication, boundaries or co-parenting dynamics;
- rebuilding after separation.



This work is confidential emotional support. It is not legal, financial or HR advice. Where those issues arise, the client is encouraged to seek advice from the appropriate professional.

Pathway Two: Couples Mediation

Mediation may be appropriate where both parties are willing to engage in a structured process to explore practical arrangements following separation.

Mediation can help clients:

- identify the issues that need to be discussed;
- communicate in a more structured way;
- explore options;
- consider children's needs;
- reality-test practical arrangements;
- work towards proposals or understandings;
- reduce avoidable escalation where safe and appropriate.

Mediation is impartial. The mediator does not take sides, give legal advice, provide financial advice, or decide what the outcome should be.

How mediation sits alongside professional advice

Mediation works best when clients understand the importance of proper advice.

Solicitors, financial advisers and other professionals provide advice within their own area of expertise, helping ensure that decisions are properly informed, realistic in practice and capable of being reviewed, refined or formalised where required.

Mediation can provide the structured conversation, build agreements and explore options in real time.

Professional advice can help clients understand the legal, financial, pension, mortgage, tax or practical consequences of those options.

Used well, the two are highly complementary.



The aim is not to bypass professional advice. The aim is to help clients access and use professional advice well and at the right time.

What the service does not provide

The Separation Specialist does not provide:

- legal advice;
- financial advice, mortgage advice, pension advice, tax or accountancy advice;
- HR advice;
- workplace investigation;
- safeguarding assessment for an organisation;
- legal drafting;
- advice on whether a client should accept or reject proposals or a settlement;
- therapy to one party while mediating for both parties.

Where specialist advice is required, clients are actively encouraged to return to the relevant professional before making or finalising decisions.

When referral to the Separation Specialist may be appropriate

A referral or signpost may be appropriate where a client is:

- emotionally overwhelmed by separation;
- unable to engage constructively with legal or financial advice because of distress;
- struggling to communicate with a former partner;
- in need of structured support before or during mediation;
- trying to agree parenting or co-parenting arrangements;
- facing recurring conflict around practical separation issues;
- unsure whether counselling, mediation or another professional route is most appropriate;



- returning repeatedly to legal or advisory conversations that are being driven by unresolved emotional rupture.

Referral is not appropriate where immediate risk, domestic abuse, coercive control, safeguarding concerns or urgent legal protection require another response. In those circumstances, the appropriate safeguarding, legal, emergency or statutory services route should be considered.

How referral can work

Referral can happen in several ways:

Client-led signposting

A professional may simply give the client the website details and invite them to make direct contact.

This is often the cleanest route where confidentiality, independence or professional boundaries need to be preserved.

Professional introduction with consent

Where appropriate, and with the client's clear consent, a professional may introduce the client by email.

The introduction should be brief and should avoid unnecessary personal, confidential or sensitive detail.

Professional enquiry

A professional may make a general enquiry to understand whether The Separation Specialist may be an appropriate resource for a client, employee or professional network.

Any professional enquiry should be limited to the broad context and should not include unnecessary personal, confidential, sensitive or identifying information about another person unless there is appropriate consent.

Mediation-adjacent professional advice

Where clients are in mediation, they are encouraged to seek legal, financial, pension, mortgage, tax or other advice before proposals are finalised.

This helps ensure that mediation remains properly bounded and that clients are not using mediation as a substitute for advice.



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A note on professional boundaries

The Separation Specialist is designed to work alongside other professionals, not in competition with them.

This model is based on role clarity:

- Counselling supports emotional processing, adjustment and stabilisation;
- Mediation supports structured conversation and agreement-building;
- Legal advisers advise on rights, obligations, legal consequences and formalisation;
- Financial advisers advise on financial planning, pensions, investments, mortgages and related implications;
- HR and workplace professionals support employment-related process, boundaries and workplace response;
- Safeguarding and specialist services respond where risk, harm or protection issues arise.

Clients are best served when each professional is available to them in their distinct and boundaried role.

Professional enquiries

Employers, HR professionals, solicitors, financial advisers, workplace consultants, therapists and other professional referrers are welcome to make contact where they wish to understand whether The Separation Specialist may be a useful resource.

Website: [The Separation Specialist](#)

Professional Hub: [For Employers & Professionals](#)

Professional Enquiries: [Professional Enquiry Form](#)

The Separation Specialist helps people navigate separation with the right professional support around them — providing confidential counselling or impartial mediation while preserving clear boundaries with legal, financial, HR and other professional advice.