

## Navigating Divorce Without Sinking Your Ship



By: Keila M. Gilbert, Esquire  
President of Alpha Center for  
Divorce Mediation

Very few people enter a marriage expecting to get divorced. Unfortunately, it happens to 50% of people married for the first time, 60% of those married for the second time, and 70% of those married for the third time. If you are going through a divorce, consider yourself in good company.

When we want to end our marriage or our spouse has made that decision for us, we can experience intense feelings of anxiety, fear, guilt, anger, and hopelessness. The cruel irony of divorce is that we are making our most important life decisions when we are in our worst emotional state. To add even more pressure, the decisions we make during divorce have a lasting impact on the quality of our lives after divorce.

That is all the bad news, but here are two bits of good news: First, there are well-seasoned professionals who can give us good guidance and care to ensure that we take the right steps. Second, the divorce can help us grow in positive directions and open doors for our future that we never imagined possible.

We will need experienced and dedicated professionals to help us navigate our ship through the rough waters of divorce.

The first professional that can be very helpful is a good counselor to guide us through this emotional minefield. Our friends and family give us comfort and support, but they are not equipped to give us the kind of intelligent guidance a good professional counselor will provide. Our friends and family may even inadvertently feed the difficult emotions and suggest that we hire a divorce litigation lawyer to "protect" and "fight" for us.

When our difficult emotions intertwine with the court litigation system, it can be a recipe for disaster. This approach can result in years (1-5+) of battling through the courts, a heavy financial loss (\$10,000 - \$50,000+) and a residual animosity that can infect family relationships forever.

The far better approach is to work through a mediation center where attorneys and other professionals guide us through our decisions and court proceedings in a non-adversarial manner. They work to help us put the past behind us and focus our energies on building our futures. The Alpha Center professionals have taken this very holistic approach to divorce for the past 17 years.

Alpha Center Attorney-Mediators carefully address our important legal matters but also make sure we understand how our decisions will impact our futures, before we bind ourselves legally. They work hard to ensure that settlements are fair and will result in both parties having stable lives after divorce.

In addition, Parenting-Mediators help decide when and how to tell children about the divorce as well as how to divide their time between parents. They are especially helpful for making sure that our children are not

traumatized by our divorce experience and that we work toward a healthy co-parenting relationship to benefit them.

Alpha's Tax-Mediators help formulate a tax plan that ensures that we are keeping as much of our hard-earned money as possible. Then, when all of our decisions are made, a Financial Counselor will look at our spending and savings plans to make sure we are as financially strong as we can be.

Not everyone needs all that Alpha Center has to offer, so each couple is given a program that is tailored specifically to their needs. Sometimes needs are quite simple and other times more complex.

Alpha's divorce mediation services begin with an hour-long consultation, at no charge, with an Attorney-

Mediator who will review all of the important legal and practical concerns that are unique to each couple.

The decision to work through Alpha Center means spending less time in the misery of divorce, having more money left over to rebuild our lives, and being able to create much better future lives for ourselves and our children. Not only will our ships survive the rough waters of divorce, they will

go on to sail more smoothly into the future.

To contact Keila M. Gilbert, Esquire, call 1-800-310-9085 or e-mail [kgilbert@alpharesourcecenter.com](mailto:kgilbert@alpharesourcecenter.com). Bucks County offices are located in Doylestown and Newtown with evening hours available. Other offices are located in Montgomery, Chester, and Philadelphia Counties and New Jersey.

*Keila M. Gilbert, Esquire founded Alpha Center for Divorce Mediation 17 years ago after her own painful divorce. Five years ago, she founded Alpha Resource Center in an effort to prevent divorce when possible and to provide resources for client needs after divorce. She continues to work directly with divorcing couples as well as speaking and writing about the divorce experience. She has one grown son from her first marriage and now lives in Bucks County with her husband and two daughters.*



### Alpha Center for Divorce Mediation

*The best path for separation and divorce*



- ✓ Over 17 years of experience & 4,500 clients
- ✓ Valuable guidance, less stress & lower cost
- ✓ Holistic approach from a team of professional attorneys, therapists, accountants & financial advisors
- ✓ Online resources: couples check up, books, articles & professional directory

**To learn more about the Alpha Center for Divorce Mediation call us at 1.800.310.9085 and visit our website at [www.alpha-divorce.com](http://www.alpha-divorce.com).**

*"Had we not found Alpha, I truly believe we would have been one of those expensive, ugly statistics." - A.S.*



#### Alpha Center Office Locations

**In PA:** Doylestown, Newtown, Willow Grove, Philadelphia, Plymouth Meeting, Media, King of Prussia, Bala Cynwyd, Malvern, Allentown  
**In NJ:** Bridgewater, Marlton