

THERAPEUTIC SEPARATION

A mediator-Guided Pause for Clarity & Healing

What Is Therapeutic Separation?

A therapeutic separation is a time-limited, structured break in which spouses live apart, manage finances separately, and follow agreed-upon ground rules while each partner works on personal growth and gains clarity about the marriage's future. Unlike a legal separation, it is not filed in court—it's a private, flexible agreement.

Why Use a Mediator (Not a Therapist) to Guide It?

- Neutral process designer—keeps the focus on logistics and fairness, not therapy.
- Clarifies day-to-day details (housing, bills, parenting) so emotional work happens in a calmer space.
- Creates a written memorandum both spouses sign—setting clear expectations and check-in dates.
- Cost-effective, confidential, and can dovetail with individual or couples therapy.

When to Consider It

- You feel stuck deciding between reconciliation and divorce.
- Conflict levels are high, and children need a calmer environment.
- One or both partners need space for healing, therapy, or recovery.
- You want to test separate living without the finality of divorce.

Key Benefits

- Reduces day-to-day tension and potential escalation.
- Establishes respectful communication protocols (e.g., BIFF®).
- Supports clearer decision-making about the marriage's future.
- Creates groundwork for smoother reconciliation—or for an amicable divorce, if that's the outcome.

HOW IT WORKS

Mediator-Guided Therapeutic Separation

1. Intake & Goal-Setting

Both spouses (together or individually) meet with the mediator to articulate goals, boundaries, and a tentative separation length (commonly 60–180 days).

2. Drafting the Memorandum

- Living arrangements & move-out timeline
- Temporary parenting schedule & decision-making model
- Financial responsibilities and spending limits
- Communication guidelines (preferred channels, response times)
- Agreements on dating, counseling, or sobriety commitments
- Frequency of mediator check-ins

3. Launch & Check-Ins

Once signed, the separation begins. The mediator facilitates scheduled check-ins (e.g., every 4–6 weeks) to monitor adherence, tweak logistics, and keep discussions respectful.

4. Closing Session

At the agreed end date, we meet to decide: reconcile, extend the separation, or transition into divorce mediation. Whichever path you choose, you'll do it with clearer minds and groundwork already laid.

FAQs

- Is this legally binding? It's a private contract—not a court order—but most couples honor it. Optional notarization adds formality.
- Do we still work with therapists? Yes. Mediator handles logistics; therapists handle emotional healing.
- What does it cost? Flat-fee packages start around \$1250 depending on sessions.

How long should we separate? Typical range is 3–6 months, but it's flexible to your needs.

NEXT STEPS

Interested in exploring a mediator-guided therapeutic separation? Book a 30-minute consult or email questions—no pressure, just information.

[CLICK HERE TO SCHEDULE A CALL](#)

“*Sometimes the most loving thing we can do for a relationship is to step back, breathe, and give it room to heal.*”

Liz Merrill



970.818.2239
liz@openspacemediation.com
www.openspacemediation.com

