

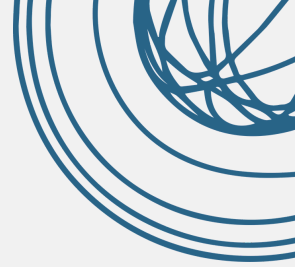


THE SECRET MAJORITY

Case Study Series

PETER





THE SECRET MAJORITY

Holding the human experience of divorce so
family lawyers can lead the process





Peter

“You respected me as the expert in my life and validated my experience.”

Peter was experiencing a family separation and was finding things emotionally overwhelming. He was referred to me through his employer, and we worked together over a number of months.

As our work came to a close, Peter kindly offered feedback for a case study. What follows are his anonymised reflections, shared in his own words.

Setting the Scene & First Impressions

Seeking support was suggested by my manager and colleague as they could see I was distressed. I had not considered that my employer would fund support for a personal issue.

Prior to our work together, I was in a really difficult situation that I felt unable to emotionally manage. I was anxious and finding it hard to cope. After the first session I felt less burdened and saw that there was hope that I could improve my situation.

Talking to you felt easy, you helped me to organise my thoughts and experiences into a coherent order. Prior to talking, my thoughts were erratic and unordered. I really liked being asked what we called “the bloody obvious”. This helped, as sometimes we can know something / the answer, but actually putting it into words makes it more real and clears the thought up, and we can then discuss the why. It was also reassuring to know you are not making assumptions – and now I’m sure there are times when the “bloody obvious answer” is sometimes actually not the answer.

Also, knowing your background as someone who specialises in divorce / families and couples reassured me. Knowing this is your area of expertise made me feel I know she will have the skills and will have seen what I am going through before.

I felt respected, listened to, and valued; you made it easy.





The Experience of Working With Nina

What stood out the most was the nature of the relationship we built; we were working together on an equal footing, co-producing results. It very much felt like a shared mission with mutual respect rather than the classic doctor-patient relationship.

You remained neutral and asked the right questions, pushed back on some thoughts and got me to reflect on them, and in the right areas I felt backed up. I valued the free flow of our conversations; that I could have said anything and not feel judged. When I had counselling in the past, while it was helpful, the dynamic was less co-productive and I did not feel fully understood.

When I spoke about the same topic with you, you were able to just sit in the reality of the situation with me and talk about what I do have available to me and how to utilise and grow what I do have.

Over all, this comes back to the running theme of you treating me as the expert in my life.

The Changes You Have Noticed

Since the start of our work, what has changed the most were the elements of self-doubt I was wrestling with – doubt of what I was feeling, wanting, my actions, and intentions. I feel more confident in myself – but most of all, trusting my instincts and intuition.

You suggested some tools that I have found useful, partially around managing challenging conversations, keeping the conversations on track, and when to disengage.

Boundary setting has been the most useful. But in particular, not just knowing how to set boundaries, but knowing it is okay to do it, how to meaningfully do it, and also how to manage the situation when a boundary is set and then crossed or pushed back on. But also us discussing some of the possible reactions to boundary setting and how to deal with them. Many people discuss boundary setting, but people rarely ever discuss how other people respond to a boundary or a change in your own behaviour that is unexpected.





You would always say things to remind me about my values. Sometimes the words you said rang in my ears all week and really helped me stay grounded in who I am; I genuinely believe it prevented me from acting in a way that does not align with me.

On a very few occasions you shared some experience from your own life which I found helpful; I feel it helps to develop trust and makes me feel trusted and valued.

Final Reflection

I would say to anyone that you will be able to talk about anything with Nina and feel respected and safe. That you will feel able to manage what you are going through with someone walking beside you, guiding in a way that works for you. You will learn skills and ways to cope and gain tools you can use. But Nina will show you that you already have the answers to many of your questions and know what to do, but Nina will be there to find those answers with you. If you are having issues with family dynamics, a relationship breakdown, or questions about yourself, Nina will address these needs.

If I were to sum up Nina in a few words, I would say she is:

Caring and empathetic and, most of all authentic in every aspect, with a genuine passion to support you to navigate your challenges in a way that suits you. A reflective co-pilot that will get you to your destination safely.



Working with Peter was a privilege. It's something I see as always earned, never assumed. Being allowed to walk beside someone on their journey is something I never take for granted; it requires that person to show such trust, openness, and courage at a time when things can feel so uncertain and utterly overwhelming.

Through my upcoming training with Resolution, I will soon be expanding my work into family mediation so that this support can extend beyond reflection and coaching into structured conversations to support families navigate separation in as collaborative and constructive a way as possible.



CONTACT US



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