Hand-out

Dr. Beloff’s Thoughts and Reflections To Consider for Collaborative Divorce Professionals:

1. Have you noticed that something is missing in our modern, secular, collaborative world when it comes to healing from the wounds of divorce?

Have you noticed, that in our world, there are rituals for almost everything, for births, deaths, high school graduations, confirmations, even kindergarten graduations, but nothing for the profound death of a marriage? Have you noticed that there is no place, and no community coming together to support a family facing the end of family life as they knew it, that there is no elder stepping in, nor no place to say good-bye and move forward?

1. What have I discovered through my own experience and through my doctoral research?

I remember after 23 years of marriage, I received my final divorce decree in the mail, along with my hydro bill and add for pizza delivery. I remember standing there, alone, and devastated, with no one to hold me, and help me face my pain.

The fact that I was a marital therapist and divorce mediator only added to my feelings of shame and pain. Despite having gone through therapy and having received my legal divorce I still felt that I was unable to move forward. I felt that I was walking through a dense fog, neither single nor married.

With nowhere else to turn, I turned to my own tradition, for help. I knew there was something called a *GET* that people in my own tradition went through when divorcing. Although I knew nothing about it, I felt that I had nothing to loose and decided to give it a try.

As a result, over 25 years ago, I participated, along with my former husband, in the ancient archetypal divorce ritual, the *Get*, with three witnesses and officiated by an elder,

I will never forget the visceral experience within this powerful healing ritual, nor the surprising feeling of freedom I experienced as I walked out into the sunshine after the ritual.

I did move forward, and began my doctoral research several years later. Needing to choose a topic for my research, I began to wonder if others had found the profound healing I experienced, and if so, what it was that created this healing.

I formulated my research question: How can I mine this ancient, archetypal divorce ritual for it’s gold (wisdom) in healing the wounds of divorce in the secular world? How could divorce professionals make use of this wisdom when working with families struggling to heal from the wounds of divorce?

I was blown away by the wisdom of the ancient sages, and the deep wisdom of my ritual participants.

I learned what was healing within this ritual, and what was not. I learned the wisdom of the ancient sages that could be brought into our modern, secular world, regardless of ethnic origin, and could apply to anyone within our secular world. Mostly, I learned how to fill the void in our modern world for those still struggling to heal from their wounds of divorce.

Being a collaborative practitioner, I began to explore how we, within the collaborative practice, might make use of this learning to deepen the healing of our clients, friends, family and ourselves.

3. Why have I written my book, *Moving Forward*?

I wrote this book with the intention of sharing the wisdom I learned with as

many people as possible. I hope to teach collaborative divorce

professionals how to make use of this wisdom within their practices. It is my hope that sharing this wisdom with the collaborative community will help many individuals and families within our modern culture heal from their wounds and move forward.