

Referral List 2025

Family Law Professionals in Support of Parents & Kids

Choosing a Divorce/Co-Parenting Professional

As every family moves into separation/divorce, each member feels the impacts of this difficult decision – will experience stress and loss, and when handled thoughtfully with adequate support, will grow in resilience and adjustment.

The professionals that you add to your divorce team will either help you and your family establish a new equilibrium, new skills, design a constructive future plan, or stir the pot – add to the tensions, escalate the conflict, and so forth. Adversarial, win-lose approaches to conflict resolution results in increasing disequilibrium not only for you, but for your children. Choose wisely.

Keep in mind that healthy grief and loss includes a series of emotional stages on the way to acceptance of a new normal. Most of us will experience a period of anger – this anger gives you energy, can serve to protect while you find your footing. But this anger can also lead to destructive decisions and irreversible damage when used unskillfully. You want to be making family decisions from a clear head – not from reactive or punishing anger. Act wisely.

If you are struggling, consider talking with your primary health care provider. Please do what you can to eat healthy and to get a minimum of six hours of sleep. Putting your own oxygen mask on first is an important part of being able to support your children and to planning for a future where everyone lands in a safe and secure place.

In choosing a professional, please do them the courtesy to review their website (easy to Google). You may have many questions, but taking a moment to get some of your questions answered before emailing or calling is respectful of their time.

Questions when you interview a professional:

- How long have you been providing these services?
- May I see your resume or CV (if it's not on the website)?
- Do you have any particular specialties that I should know about?
- What is your process? Do you offer a brief introductory session w/o charge?

In talking with a professional, you will get a “gut feel” for personality match. The effectiveness of any relationship is a big part skill/training/expertise, and an important part match/comfort/sense of trust. When you and your co-parent can interview a professional together, this is ideal!

Hope this information has been helpful. Wishing you the right professional at the right time on your journey.

Warm regards, Karen

Parenting Plan Mediation

Ann Robinson Lucas, MA, LMHC anne@annerobinsonlucas.com
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Sheri Vernon sherivernoncoaching@gmail.com
Stephanie Brownell hello@stephaniebrownell.com

Co-Parent Coaching (Parents learning together)

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Individual Divorce/Co-parent Coaching

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Post-Decree Conflict Resolution

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Stepfamily Coaching / Mediation

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Meg Merrill (Oregon/Washington) megmerrillmediation@gmail.com
Leslie Blankman, JD leslie@blankmanlaw.com (financial mediations involving stepfamily issues)

Child - Teen Specialist / Child - Teen Therapy

Kristin Little, LMHC, Child Specialist kristinlittlecounseling@gmail.com
[Toni Evans](#) Child Specialist/Child-inclusive mediation
Ursula Hildebrandt, PHD, MSW developingfams@gmail.com (infant mental health specialty)
[Evidence-Based Treatment of Seattle](#) (DBT for Teens & Adults)
[Arboretum Psychological Services](#)
[ABCD Seattle](#)
[Center for Relational and Family Therapy \(CRAFT\)](#)
[Cooper House](#) (infancy and early childhood intervention)
Amy Rinde www.amyrinde.com
Leah Koenig leah@bellevuecounseling.net

Parent – Teen Mediation

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Parenting Coordination – Parent Skills Coaching

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Financial Mediators

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