

What We Know

ARTICLES & INSIGHTS

ABOUT THE AUTHOR



[Lynn Wilson McNally](#) is a partner in the firm and member of the firm's Family Law practice group. She is a Board Certified Family Law Specialist and certified Family Financial Settlement Mediator by the North Carolina Dispute Resolution Commission. She represents individuals in matters regarding separation, divorce, child custody, child support, alimony, equitable distribution, domestic violence, termination of parental rights, legitimation and other matters pertaining to family law.

Divorcing Doesn't Have to be Destructive

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Several Saturdays ago, I had the pleasure of spending a morning with my friend and colleague, [Jaime Davis](#), to appear as a guest on her podcast, titled "[A Year and A Day: Divorce without Destruction.](#)" Jaime has just begun this podcast endeavor and has some fantastic guests who have participated, and who are in the line up to join. Be sure to check it out!

The title of Jaime's podcast appeals to me. I have been preaching for years there is a constructive way to separate and divorce that preserves as much as possible the parties' mental, physical, emotional, and financial wellbeing. The topic Jaime asked me to discuss with her for her podcast is mediation. [Mediation](#) is a productive way for people who are separating to resolve the issues between them in a constructive, rather than destructive way. Mediation can be very efficient, saving time and money. Mediation is also an excellent way for the people involved in a separation to maintain control over the outcome of their case—over what happens to their children and their money. This approach is far more constructive than the alternative, which in most cases means going to court.

As a family law attorney, I have participated in numerous mediations, counseling my clients through the offers and counter-offers, most times, to a resolution of their case. I am also a Certified Family Financial Mediator who participates in mediations not as the advocate for a party, but as the neutral mediator who helps facilitate a settlement between the parties. I love acting as a mediator in these kinds of cases for so many reasons, but primarily because I appreciate getting to know people and learning about their goals with a view toward helping them constructively resolve their legal issues.

Take a listen to the podcast [Episode 2 titled: Resolving Family Law Issues Amicably](#) for more information about mediation, and another huge thank you to Jaime for having me as a guest. I look forward to our next topic!

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