

## Jodie Myintoo

Counsellor & author specialising in relationship breakdown, separation, family law, grief, trauma & managing stress.



### The challenge of separation

Breakups are hard – and the Family Law Court system makes it even harder. No one knows this better than Jodie, having witnessed her own husband navigate the system. “I found myself struck by the lack of support there was for him,” says Jodie.

“I wanted to offer a service that could help all separating parents who are struggling to work through a break-up.

I truly believe that sourcing a counsellor with specific knowledge in this area, who understands the Family Law court system, can guide people where to go next, what services are available, help explain your rights, as well as support you through the grief and loss of a relationship breakdown is invaluable. It can certainly save confusion, frustration and stress of trying to go it alone.”

### The issues:

- The average length of a marriage in Australia is 12 years <sup>(ABS)</sup>
- In 2018 there were 49,404 divorces in Australia <sup>(ABS)</sup>
- Relationship breakdown brings a raft of challenges from emotional to navigating Family Law courts & child support
- Divorce can trigger: anger, fear, resentment, sadness
- Divorce tends to increase the risk of men developing anxiety, depression, loneliness and mental health issues
- Complicated Family Law process & long wait times



## The solution



### Jodie Myintoo, Family Law specialist

Jodie understands that often, when new relationships form after a separation, the complexities of two adults with children from another relationship can also be stressful. *"I've raised our blended family along with my husband for 16 years," she says. "I've made myself an expert in this field both through studying and living it. Second and third marriages have a higher percentage of failure than first. When you look at the dynamics of a blended family, you can see how much pressure there is inside this unit. Two adults forming love together, children have new siblings and there are ex-partners to cope with too."*

Jodie is passionate about working with couples that find themselves on this blended family journey.

*"Counselling is my passion. I love working with clients, helping them to navigate the system. At the same time, we work through the grief, loss and sometimes trauma that comes from a separation. I work hard with clients to build a proactive plan for the future to ensure that they, and their children, get the very best version of themselves."* – Jodie Myintoo

Jodie Myintoo is a leading counsellor specialising in relationship breakdown and family law based in Melbourne, Australia. She consults privately from her clinic in Melbourne, specifically focused on separating men and women, and family law.

She also focuses on a wide range of associated psychological issues including grief, trauma, resilience and effectively managing stress.



## Jodie's services



- Counselling sessions  
(Individual or couple/currently Skype/Zoom due to COVID-19 restrictions)
- Counselling/advice phone calls
- Self representation litigants assistance  
(applications/affidavits/notices/typing)
- Assistance with contravention matters
- Consent orders (children)
- Parenting Plans (mediation children)
- Court day support
- Child dispute matters
- Counselling: victims of crime/trauma/grief

Jodie is also an upbeat engaging speaker and author.

- DIPIC qualified counsellor, studied with Government Accredited School.
- Specialist in supporting fathers through the process of separation and guide for those self-representing in court.
- Tools and resources to deal with relationship breakdown.
- 10 years as a mentor for Encouragement for Men.