



Rachel Alexander, Esq., FOP\*, CFT\*\*

Rachel Alexander, Esq., FOP\*, CFT is a focusing-oriented family law attorney and mediator, in New York and New Jersey, specializing in divorce and separation.

After completing her two-year training in [Focus Oriented Therapy](#) in New York City with Charlotte Howorth, LCSW through the [Focusing Institute](#), Rachel was [certified as a Focusing Oriented Professional and Certified Focusing Trainer](#). Ms. Alexander continues her studies in focusing with leading focusing professionals including Ann Weiser Cornell and Lynn Preston. Rachel is active in the Northern and Central New Jersey and New York City focusing communities. This spring 2018 she will begin providing courses and workshops in focusing.

By integrating the focusing model into divorce mediation, Rachel invites clients to interact with one another while maintaining inner awareness. In this new kind of conversation, clients can explore options which resonate authentically with each of them.

As a professional divorce mediator and family law attorney, Ms. Alexander is acquainted with the adversarial litigation system and fully understands the destructive effects and exorbitant costs to clients subjected to the rigors of a contested divorce. She is committed to protecting clients from the emotional, psychological, economic, and even physical toll that an adversarial divorce can take.

Rachel received her Juris Doctorate from the **Benjamin N. Cardozo School of Law at Yeshiva University (2002)**, where she participated in its extensive alternative dispute resolution curriculum. She attended the prestigious Kukin Mediation Clinic, co-founded Cardozo's ABA accredited Alternative Dispute Resolution Society, and co-created an ***Introduction to Conflict Resolution*** program for school children. Ms. Alexander completed her legal studies as a visiting student at **Vanderbilt University** in Nashville, Tennessee.

In 2008 Rachel Alexander founded **Alexander Mediation Group** to serve couples throughout New Jersey and New York facing separation or divorce. Alexander Mediation Group is dedicated to mediation as the most effective process to resolve conflicts.

Rachel became the director of **The Center for Mediation Solutions** in Metuchen, New Jersey (2011) and began an affiliation with The Center for Mediation & Training of New York, New York.

Before attending law school, Ms. Alexander studied at **Columbia University School of Social Work**. Her studies of family systems, early childhood development, personality development and disorders, addiction, and the effects of crisis and trauma on individuals and families. This course work was instrumental in her becoming an effective professional divorce mediator and family law attorney.

Ms. Alexander graduated *magna cum laude* with a Bachelor of Arts in English Literature from **Barnard College of Columbia University**. Additionally, she received her Masters of Fine Arts from **The Actors Studio**, as a member of their first graduating class.

A court appointed mediator and mentor on the New Jersey family rosters, Ms. Alexander is a member of the [New Jersey State Bar Association](#), Family Law Section, [Morris County Bar Association](#), [New York State Bar Association](#) (past), [Independent Ombuds Services](#), founding member of the [Academy of Professional Family Mediators](#), member of the [New York State Council on Divorce Mediation](#) (past), and served on the Nominating Committee of the [New Jersey Association of Professional Mediators](#) (past).

Ms. Alexander also offers [a complementary monthly divorce support group](#) to clients and the general community.

Ms. Alexander is a member of the New York, New Jersey and Maryland Bars. She serves as of counsel to the firm of Gruber Colabella Liuzza and Thompson.

*	Focusing Oriented Professional		
**	Certified	Focusing	Trainer

### **Professional Accomplishments:**

- Member of the Bar (New York, New Jersey and Maryland)
- New York Certified mediator
- New Jersey Court approved mediator and mentor
- [International Focusing Institute](#), Certified (2017)
- [The Center for Mediation Solutions](#), Director (beginning 2011)
- Northern New Jersey Focusing Trainers, member
- New York Metro Focusing, Planning Committee (Beginning 2017)

### **Civic Activities**

- [Monthly divorce support group](#), Founder and Facilitator. Open to clients and the community. [Learn more.](#)

### **Education Background:**

- Benjamin N. Cardozo School of Law at Yeshiva University, Juris Doctor 2002 (Kukin Program for Conflict Resolution; Co-founded ABA accredited Alternative Dispute Resolution Society; Co-created *Introduction to Conflict Resolution* program for children)
- Vanderbilt University School of Law in Nashville, TN (visiting student year three)
- Columbia University School of Social Work, course work and field placement
- Barnard College of Columbia University, BA In English Literature 1994, *magna cum laude*
- The Actors Studio, MFA
- [International Focusing Institute](#), Certification as Focusing Oriented Professional and Focusing Oriented Trainer

### **More Information:**

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