

1GC | Family Law

Rachel Chisholm

Year of Call: 2010



Practice Overview

Rachel is a specialist family barrister, splitting her practice between financial remedy and private law children matters. Rachel has a unique blend of skill sets which make her highly effective in court as well as client care. Rachel combines her expertise in family law with her training in psychotherapy and experience as a mediator to provide a holistic approach across complex family matters.

Rachel undertakes work at all court levels, representing clients from all backgrounds. She is a determined advocate who applies calm, focused advocacy with practical and sensible advice.

Rachel believes strongly in the benefits of mediation and accessing non-court dispute resolution. Rachel is a skilled mediator and she understands the demands and impacts of litigation on parties. She works hard to help participants reach sustainable outcomes through non-court dispute resolution, including early neutral evaluation, mediation and private FDRs.

Rachel is also a co-founder and Partner in the multidisciplinary mediation provider, [The Mediation Space](#).

Family Finance & Property

Rachel is instructed across the entire spectrum of financial remedy disputes. Rachel has expertise in matters involving business assets, dissipation of assets, conduct issues and matters involving children with complex needs. Rachel is regularly instructed in complex financial matters through the Official Solicitors which involve confiscation orders, international elements and vulnerable parties.

Children (Private Law)

Rachel's private law children practice focuses on particularly complex cases, including those involving serious allegations of domestic abuse and coercive control, sexual assault, alienating behaviours, addiction, as well as issues concerning mental health and capacity. Rachel's many years of experience representing parties in Public Law proceedings involving significant harm caused to children gives Rachel the edge in Private Law proceedings which involve Local Authority involvement.

Rachel's breadth of experience and training in psychotherapy uniquely equips her to represent clients dealing with the most high conflict of matters. She is known for her sensitive approach to clients as well as her firm and robust representation in court.

Non-Court Dispute Resolution

Rachel's interest and expertise in non-court dispute resolution is wide ranging. Rachel is always looking for unique and bespoke ways to help clients resolve disputes through combinations of early neutral evaluation, mediation and private FDRs. Rachel brings her experience in psychotherapy to her non-court dispute resolution practice which gives her a unique insight into complicated and entrenched matters.

Notable Cases

CB (Financial Remedies: Antisuit injunction), Re [2025] EWHC 427

Roxar v Jaledoust [2017] EWHC 977

In the matter of A (Children) (2013) [2013] UKSC 60

What the Directories Say

'Rachel is a very compassionate barrister who is always completely on top of the detail and any complexities. She is extremely generous with her time yet manages to be incredibly efficient with it.'
Legal 500, 2026

'Rachel is attentive, bright, well prepared and personable.'
Legal 500, 2025

Education

Inner Temple Exhibition Scholar 2010-2011

BA (Hons) Classics, University of Bristol

GDL, City University

BVC, BPP Law School

MA, The Foundations of Psychodynamic Psychotherapy, The Tavistock and Portman NHS Foundation Trust

Awards

Highly Commended for Lexis Nexis Family Law Innovation of the Year 2023 with The Mediation Space

Shortlisted for Lexis Nexis Family Law Innovation of the Year 2022 and 2024 with The Mediation Space

Memberships & Associations

Inner Temple

FLBA

FMC

Resolution