ABBIE “NIEHOFF” FRISHMAN, MPS, CFP®, CDFA®

Manager - Divorce Financial Planning Services

Major life transitions are often anxiety provoking and emotional. Empowering individuals and couples to make informed financial decisions through education, curiosity and compassion while navigating these transitions enables clients to take the next step feeling confident and ready to face the next chapter of life on the right financial foot.

Contact

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Qualifications

- CERTIFIED FINANCIAL PLANNER™ (CFP®)
- Certified Divorce Financial Analysis (CDFA®)

Expertise

- Financial Planning
- Litigation Consulting

Education

- B.S. Sociology and Anthropology (concentration in Criminal Justice), Minor in Psychology, Towson University
- M.P.S. Paralegal Studies, George Washington University
- Training: Introductory Interdisciplinary Collaborative Practice Training; Mediation and Interest Based Negotiation Skills Training

Abbie “Niehoff” Frishman considered several careers, including legal services and law enforcement, before finding pre-marital and divorce financial planning as the most fulfilling. She enjoys guiding clients, especially those beginning their journey into marriage or those experiencing the challenges of divorce, to develop meaningful plans for a sound financial future. Although it was numbers more than law that stirred her interest after college and set her down the financial planning path, she knows that behind each set of numbers is an individual or family striving to make the best of their financial situations – whether that means helping clients consider the role of money (as well as romance) going into a marriage or identifying the means to take the next steps in life while navigating the hardships of a marital split.

As a millennial professional, Abbie has witnessed the approach her peers often take to relationships and wants to contribute her expertise to helping them secure a strong financial foundation and the most satisfying and happy futures possible. She takes a holistic, collaborative approach to service, drawing upon her expanding network of mental health and legal professionals to ensure the journey her clients take can benefit from the support of other experts to help them reach their financial goals.

Abbie recognizes each client situation is different, and she applies custom solutions to fit the goals of each. Her most rewarding engagements occur when she knows she is helping an individual or family in a particularly tough situation. Providing guidance to help them navigate the complexities of a strong emotional situation while also accounting for the needs of children who may be involved brings out her deepest commitment.

A native to Frederick, Maryland, Abbie has sights on world travel and experiences. She loves to be outdoors and active, spending time in Ocean City, New Jersey where her parents have a home, and her new gardening hobby. Abbie also enjoys reading historical fiction (she hopes a European tour of World War II sites is something in her near future) and spending time with her fiancée and dog.

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Professional Associations and Activities

- Financial Planning Association (FPA) (Member)
- The Institute for Divorce Financial Analysts (Member)
- International Academy of Collaborative Professionals (Member)
- Howard County Collaborative Professionals (Member, Membership Chair)
- Collaborative Dispute Resolution Professionals (Member)
- Virginia Collaborative Professionals (Member)
- Collaborative Professionals of Northern Virginia (Member)
- D.C. Academy of Collaborative Professionals (Member)

Community Involvement

- Collaborative Dispute Resolution Professionals (Treasurer)

Recent Presentations and Articles

- Divorce Financial Considerations in Maryland (3.12.24)
- Framing Questions and Gathering Information: the Roles of the Financial Neutral (for the University of Maryland School of Law) (2.9.24)
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- 2024 Vision: Set Yourself Up for Financial Success This Year (1.16.24)
- Grow Your Net Worth: Starting Your Career on the Right Financial Foot (9.20.22)
- Grow Your Net Worth: Top Strategies and Opportunities for Younger Professionals (8.10.21)
- Creating Financial Harmony: Living Together, Engaged & Newlyweds (2020)
- "SECURE 2.0, Divorce, and Retirement Asset/Distribution Considerations – Top 5 Items to Consider" (for Collaborative Professionals of Northern Virginia) (9.21.23)
- "Collaborative Divorce: Not the Happily Ever-After You Were Looking For" (2019)

Read more about “Abbie Niehoff” Frishman at www.cbmcpa.com/people/abbie-niehoff/.