1GC | Family Law

Sophie Prolingheuer

Year of Call: 2006

Practice Overview

Sophie has broad experience across child protection matters and all areas of work arising out of family breakdown. She has developed a practice with a strong focus on children work in both the public law and private law field. She has received praise from the Bench on her attention to detail, her thorough preparation and as a *'strong advocate with a pleasingly calm and understated style'*.

Children (Public Law)

Sophie has a busy public law practice and accepts instructions on behalf of local authorities, parents, extended family members and children. She appears in the County and High Court and has experience in complex multi-day fact and final hearings in respect of serious physical injury, sexual abuse, neglect including arising from substance misuse and domestic violence. Her experience, and commitment to representing local authorities, parents and children places her in an excellent position to anticipate arguments from all perspectives and accordingly achieve the best possible result for her client.

Children (Private Law)

In private law proceedings, Sophie has experience across all areas with a particular interest in intractable dispute cases with allegations of parental alienation and emotional and psychological abuse, often where the children are joined as parties and a Guardian is appointed.
Her practice covers:

- Child Arrangement Orders, including Fact Finding hearings;
- Internal and External Relocation;
- Prohibited Steps Orders; and
- Specific Issue Orders

She is recognised for her ability to think creatively to best progress her client's case and provide clear and coherent advice in an empathetic manner.

International Family Law

Sophie's experience extends, both within her children work and her family finance and property work to cases with an international dimension including international placements by local authorities,

relocation applications to Hague and Non-Hague convention countries and dealing with assets in foreign jurisdictions.

Domestic Violence & Injunctions

Sophie has regularly appeared on applications pursuant to the Family Law Act where domestic violence is an issue.

What the Directories Say

"'Sophie is very thorough in her preparation. She is professional and diligent on behalf of the children. Her advocacy is clear and well thought out." Legal 500, 2024

"Sophie is a great barrister. She has undertaken advocacy on highly complex and lengthy matters which have involved issues such as non-accidental injuries and forced marriage. She has brilliant attention to detail, and her written documents in preparation for hearings are persuasive and rely upon recent and relevant case law." Tier 5 – Legal 500, 2023

“Very able and yet her ability is understated. Her style is one of quiet assurance and is all the more powerful for being so. She is always thoroughly prepared.” Tier 5 – Legal 500, 2022

Notable Cases

London Borough of Y v A Mother & Ors [2023] EWFC 104

Re R-B (A Child) [2019] EWCA Civ 1560

Re Q (Child: Interim Care Order: Jurisdiction) [2019] EWHC 512 (Fam)

A City Council v A Mother & A Father & Ors (Care Proceedings: Radicalisation) [2019] EWHC 3076 (Fam)

Re Y (Autism - Care Proceedings - Deprivation of Liberty) [2018] EWHC B63 (23 April 2018)

DA & JA (Children: Non-Hague Summary Return) [2018] EWHC 3429 (Fam) (15 June 2018)

Education

LLB (Hons),English and French Law, First Class, University of Kent

Licence en Droit, Universite Montesquieu Bordeaux IV

LLM, Inns of Court School of Law

BVC, Inns of Court School of Law

Awards

Harmsworth Scholar of Middle Temple

Memberships & Associations

Association of Lawyers for Children

Family Law Bar Association