

Douglas Allen

Call: 1995



Doug is an experienced specialist family law barrister practising in relationship breakdown, financial remedy and private law children cases. He is recognised as a Leading Individual by the Legal 500. Doug began his career at the Criminal Bar. He is now well known for his discreet, straight forward and unassuming approach, as well as his ability to establish trust and rapport with his clients. Doug is a formidable advocate in court but also strong believer of the merits of negotiation in even the most entrenched cases.

Family Finance

Doug's matrimonial and financial work covers all levels but he is mainly instructed in high value cases involving complex legal or factual issues. He has considerable expertise in cases involving third party interests, particularly family trusts. Doug is known for his thorough and forensic approach to preparation, with an attention to detail. In every case, he is committed to finding constructive and effective solutions for his client.

Notable Family Finance cases

- **HJB v WPB (financial remedies - separation agreement - application to show cause) [2024] EWFC 187**
Application by husband to show cause why the parties should not be held to terms of a separation agreement.
- **MR v EF [2024] EWFC 144 (B)**
Financial remedies application.

London

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Barristers regulated by the Bar Standards Board.

Oxford

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Private Law Children

Doug is accomplished at handling complicated disputes over contact, residence and other welfare issues concerning children, including domestic and international relocation. He has extensive experience of cases involving serious allegations of abuse and intractable disputes (including parental alienation), many of which have a fact-finding element. Always quick to get to the heart of a case, Doug is sensitive to the needs and objectives of his client, yet realistic and robust in his approach. He is regularly instructed in cases concerning Schedule 1 applications.

Direct Access

Doug is qualified to accept instructions directly from members of the public under the Direct Access Scheme in appropriate circumstances.

Publications

- [‘Douglas Allen talks about post separation accrual, the principles and practical considerations’](#) – Blog February 2025
- Doug writes the Private Law Children Update for the Family Law journal (continuing)
- He also co-wrote the family law pensions sections (with Fiona Hay) and contributed to the nuptial agreements section (with David Marusza) in Thomson Reuters Practical Law (both continuing)

Memberships

- Family Law Bar Association
- Association of Lawyers for Children

Education

- History (First Class Honours), Birmingham University

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Prizes

- Thomas More Scholar, Lincoln's Inn
- Hardwicke Scholar, Lincoln's In
- Pegasus Scholar, Inner Temple

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