

ADRIAN BARNETT-THOUNG-HOLLAND

Year called 2013

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**Adrian Barnett-
Thoung-Holland**

“... He is highly intelligent and possesses exemplary client care abilities, and in the courtroom, he consistently maintains a courteous and professional demeanour, whilst effectively obtaining the outcomes that clients desire.”

Legal 500, 2026

OVERVIEW

Adrian practises exclusively in financial remedies and matters relating to divorce with particular experience with complex pension assets, the Proceeds of Crime Act 2002 and applications for financial relief after foreign divorce under Part III, Matrimonial Family and Proceedings Act 1984. He also acts in cases involving disputes between cohabitants under TOLATA 1996, claims under the Inheritance Act 1975 and applications under Schedule 1, CA 1989. He appears at all levels of court including the Court of Appeal.

Adrian regularly sits as a private FDR judge and early neutral evaluator in financial remedies, Schedule 1 CA 1989 and ToLATA 1996 cases. He provides a cost-efficient service in all cases, with an emphasis on a practical and personalised approach to help parties narrow the key issues between themselves in an amicable and constructive way.

Described as “heroic,” “advancing his client’s case sensitively but with complete fidelity to his instructions,” possessing “exemplary client care abilities,” and producing “written advocacy of the highest order,” Adrian brings empathy and reassurance, turning down the temperature in even the most acrimonious cases. He is well equipped for matters where immense emotional pressure requires a sensible and empathetic approach to ensure the right outcome. He prepares every case to the finest detail and presents them in court with measured and intelligent advocacy.

In addition to his practice, Adrian is the Divorce and Financial Remedies Content Editor for Family Law Week and an active member of the Working Group on Pets on Divorce and Separation.

Adrian accepts instructions on a Direct Access basis.

PRACTICE AREAS

Finance and Private Client
Direct Access
Dispute Resolution

EDUCATION AND PROFESSIONAL MEMBERSHIPS

Education

BA (Classics), University of Warwick: First Class
LLB, City University London: First Class
BCL, Brasenose College, University of Oxford
BPTC, City University London: Very Competent

Professional Memberships

Lincoln's Inn
Family Law Bar Association
Resolution

SCHOLARSHIPS AND PRIZES

Lord Denning, Lord Haldane and Hardwicke Scholarships (Lincoln's Inn)
First Class Prize (University of Warwick)
Prize for Obtaining First Class Results (City University, London)
Martin Dockray Memorial Fund Prize for top GELLB Student (City University, London)
GELLB Scholarship (EU and Home) for Best GELLB Part 1 Results (City University, London)

PUBLICATIONS AND WEBINARS

Publications

["Lawyers in Lockdown," \[2020\] IFL 265](#)

"Scott Schedules and Coercive Control," [2021] Fam Law 611

["What does F v M mean for Scott Schedules in cases of coercive control?" \(January 2021\)](#)

["What does H-N and others mean for Scott Schedules in cases of coercive control?" \(March 2021\)](#)

[“Qualified Legal Representatives in Financial Remedies Proceedings”](#) - Financial Remedies Journal 2024, Issue 1 (with Alice Thornton).

[‘Charting the History of the Notional Standard Basis of Assessment in Legal Services Payment Orders’](#) – Family Law Week.

[‘Thoughts on Applications to Withdraw Financial Remedy Proceedings’](#) – Financial Remedies Journal Blog (with Sam Watts).

[‘Adventures in Computation and Distribution: “The Pet Problem” in Financial Remedies’](#) – Family Law Week.

[What happens at FDR stays at FDR’: The question of reporting the events of a private financial dispute resolution appointment](#)
– LexisNexis Family Law Journal, November 2025 (with Cason Yong).

[Qualified Legal Representatives: Summarising the Current Position and The Question of Discharge in Light of K v P \(Criminal Solicitor as Court-Appointed QLR\) \[2025\] EWFC 321](#) – Family Law Week (with Beth Payne).

Free Webinars

[“Barber Events, Indirect Contact and COVID-19”](#) (with Rachel Cooper) (2021)

[“A Walkthrough/Talkthrough of a Remote FDR and How They Work”](#) (2021)

[“Scott Schedules and Coercive Controlling Behaviour: “What Now?”](#) (2022)

TESTIMONIALS

“Adrian is a truly exceptional all-rounder in the field and you can have complete confidence in his ability to achieve the best possible outcomes for his cases. He is highly intelligent and possesses exemplary client care abilities, and in the courtroom, he consistently maintains a courteous and professional demeanour, whilst effectively obtaining the outcomes that clients desire.”

Legal 500, 2026. Ranked Tier 3.

“Adrian has an exceptional bedside manner with clients. His preparation is detailed and his approach is methodical.”

Legal 500, 2025. Ranked Tier 4.

“He is very articulate, straightforward, pragmatic and clear with clients. He is very efficient and reliable which puts instructing solicitors and clients at ease during stressful court proceedings.”

Legal 500, 2024. Ranked Tier 4.

“Adrian is an extremely impressive and capable advocate. I can attest to that having seen him in action in a long and difficult case when I was sitting as a Recorder last year... the embodiment of what it is to be a dedicated and immersed member of the family bar...”

Legal 500 and Chambers Ranked Family Barrister.

“Adrian’s meticulous preparation and grasp of complex family law are evident... He combines formidable legal knowledge with outstanding written and oral advocacy skills tailor made for high-conflict cases. His intellectual rigor, strong work ethic, and empathetic client approach makes him an invaluable asset on cases. His poise and professionalism under pressure are outstanding.”

Instructing Solicitor, Legal 500 and Chambers Ranked Partner, HNW Firm, London.

“Adrian was wonderful at my hearing...legally but most importantly, personally. My ex-husband turned up unannounced at the final hearing to obviously intimidate me. Adrian acted in an exceptional way, ensuring I was safe and looked after during the initial shock. He quickly ensured that special measures were put in place. I wouldn’t have been able to continue with the hearing if it wasn’t for him.”

Direct Access Client.

CASES

[D \(A Child\) \(2016\) \[2016\] EWCA Civ 1230](#)

[F v M \[2021\] EWFC 4](#)

[X v Y \[2022\] EWFC 95](#) (shortlisted for Lexis Family Law Awards ‘Case of the Year’ 2023)

[AXA v BYB \(QLR: Financial Remedies\) \[2023\] EWFC 251 \(B\)](#)

[A v B \(Re Matrimonial and Family Proceedings Act 1984\) \[2023\] EWFC 241](#)