

B.P.R. Therapy & Mediation Services

Introduction to Mediation

Welcome. In this document, you will find the definition of mediation, the difference between mediation and therapy, components of the mediation process and the difference between the traditional legal process and the traditional mediation process.

What is Mediation?

“Mediation is a structured process whereby an impartial mediator facilitates communication between those in dispute in order for them to understand each other better and for them to come up with mutually acceptable solutions that will improve the working relationship in the future.”

- Nora Doherty, Managing Director, PMR Ltd

“Mediation is when parties agree to resolve problems by mutually agreeing to work with a neutral third-party or facilitator, the mediator, to resolve their dispute. The mediator helps the parties to identify the issues, search for solutions, and facilitate voluntary agreements between the parties. The mediator’s job is to be fair, neutral, and creative.”

- Greenwood, M. (2008). *How to mediate like a pro.*
Lincoln, NE: iUniverse

What is the Difference between Mediation and Therapy?

Mediation is results-orientated. Therapy is more feeling-oriented

Mediation deals with solving problems. Therapy deals with pain, hurt and changes in behavior.

A trained therapist can be a trained mediator. A trained mediator cannot be a therapist and mediator at the same time.

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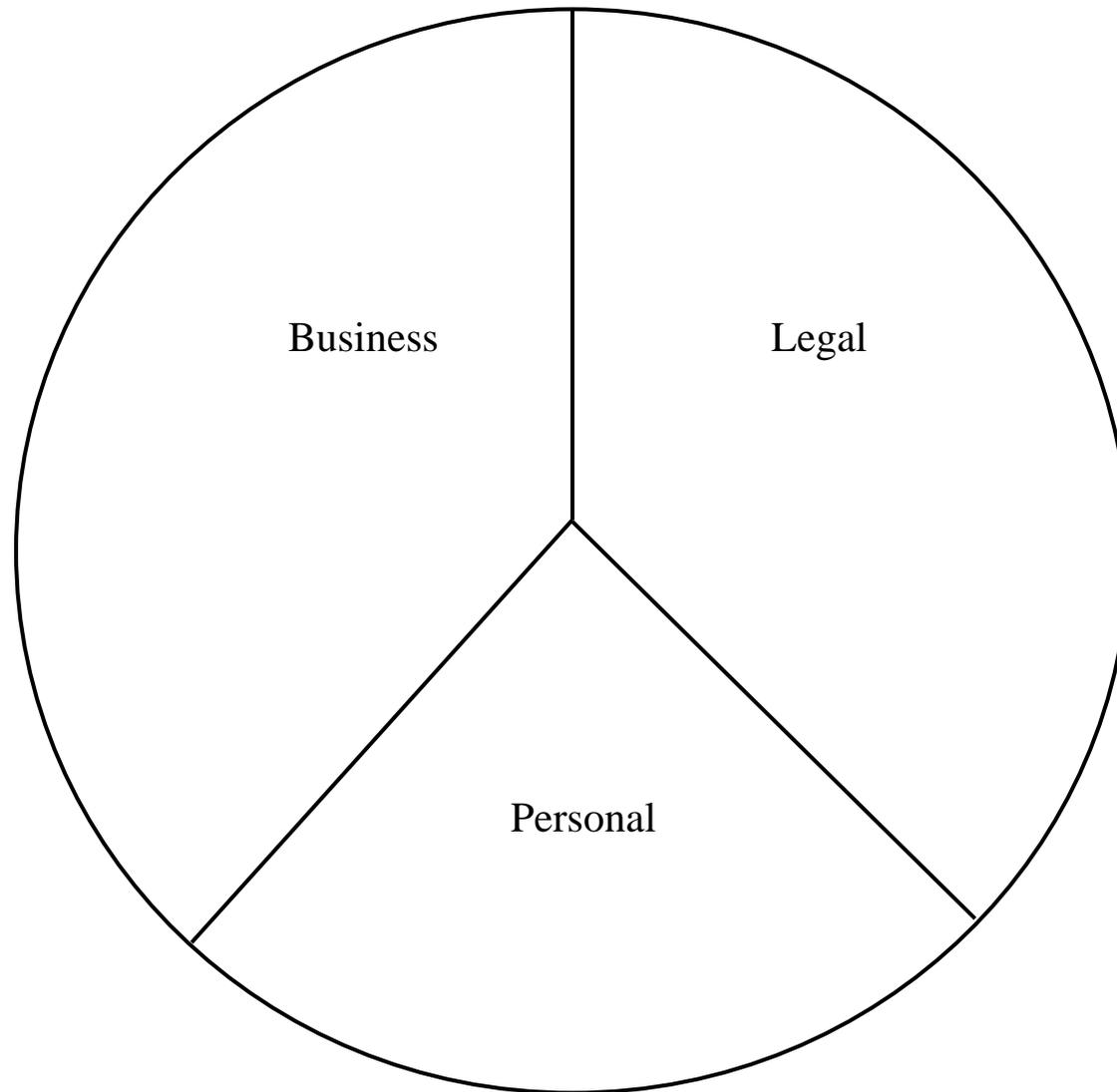
The mediator mostly resolves issues in the present and future.

The therapist considers the past more for resolving issues in the present

Mediation can be therapeutic. Mediation is not therapy.

- Greenwood, M. (2008). *How to mediate like a pro.*
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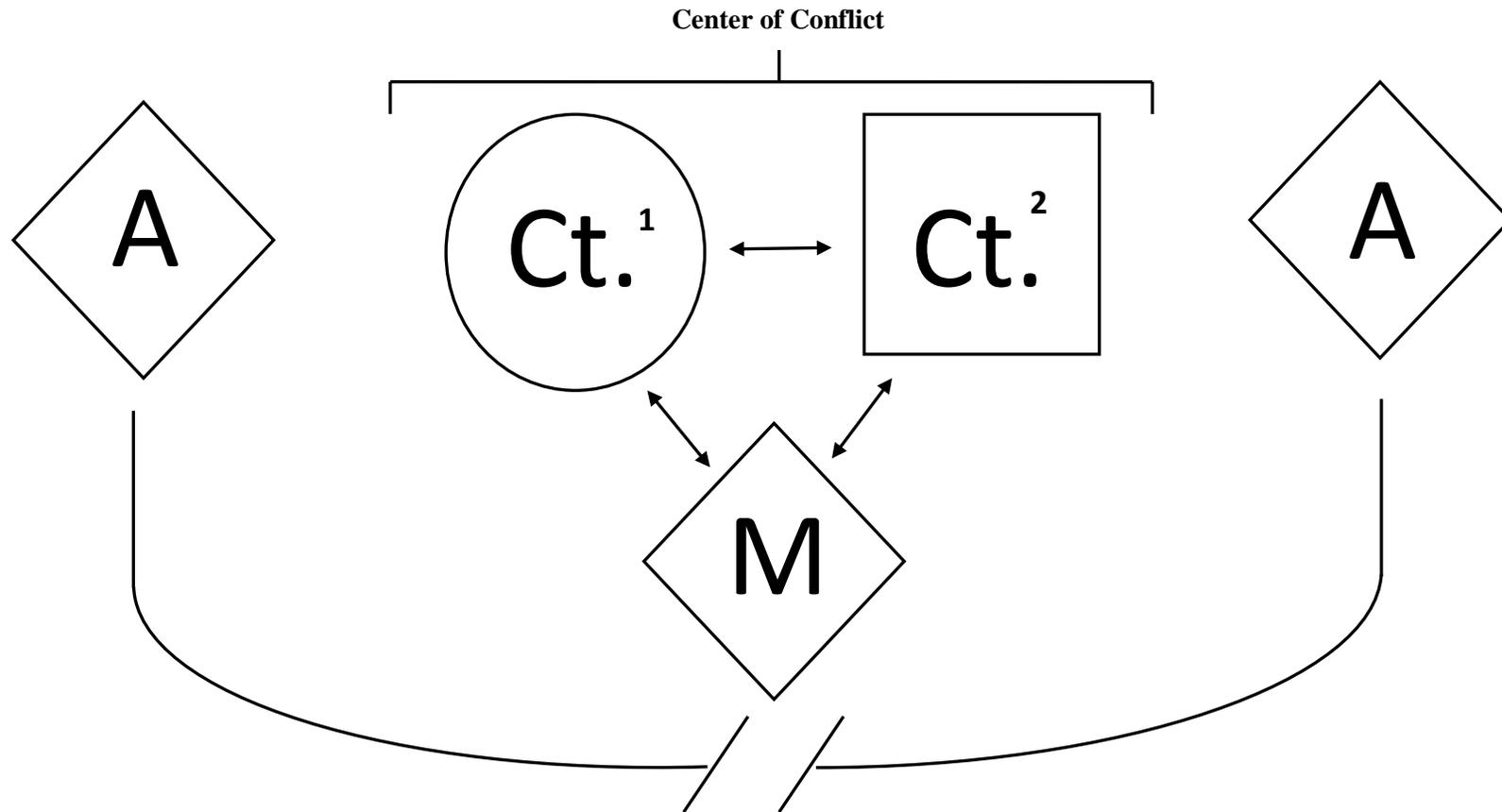
COMPONENTS OF MEDIATION PROCESS



The business component refers to making vital decisions such as time and transportation arrangements. Legal refers to due process or normal judicial processes such as court hearings and meeting with your attorney. Personal refers to the emotional and psychological divorce. Understanding the mediation process in this way will save you time, energy and money.

TRADITIONAL MEDIATION PROCESS

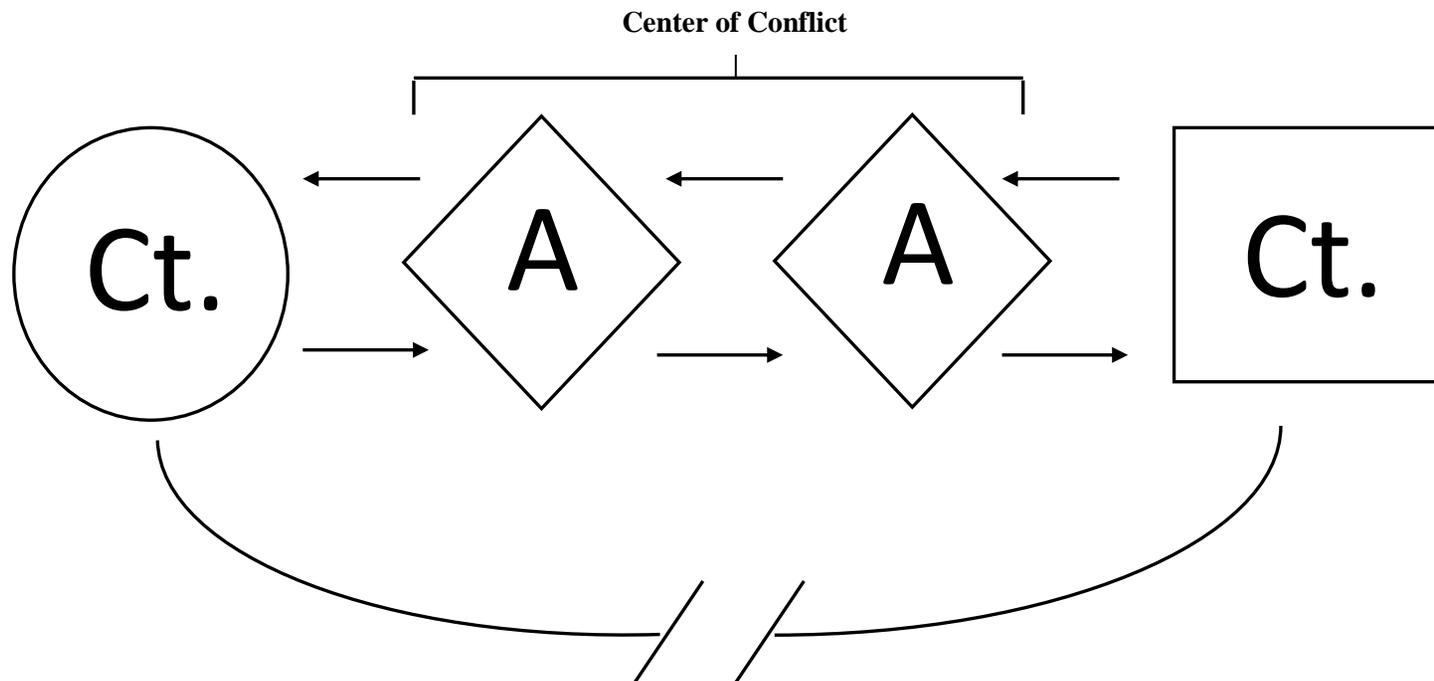
Traditional mediation process places the clients or parties in the center of the conflict as oppose to the attorneys. There are benefits and challenges to this kind of arrangement. The benefits may include the parties spending less of their time and money on divorcing as well as avoiding the lengthy and often complex dynamics that accompany the traditional legal process. The challenges of mediation is differentiating and balancing the components of mediation.



M = Mediator
A = Attorney
Ct. = Client or Party

TRADITIONAL LEGAL PROCESS

Traditional legal process often places parties or clients outside of the center of the conflict. There are benefits and challenges to this kind of arrangement. The benefits may include guidance through the legal system as well as the legal system serving as a buffer between parties. The challenges may include the parties being unhealthily disconnected and further disempowered from making difficult yet necessary decisions for themselves and their children.



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