

## **Mediation**

The mediator works with the parties involved towards setting ground rules for the mediation process, facilitating productive communication between the parties, and recording any resolutions that are achieved.

There are many benefits to engaging in the mediation process:

- **Less costly**

If parties can agree on how they want to proceed there will be less costs for legal representation and court fees.

- **More time efficient**

Parties can enter into an agreement effective immediately - uncontested dockets in Family Court are less congested and, therefore, hearing times are assigned in a more timely manner.

- **Mediated agreements maintain higher rates of compliance**

Parties are more inclined to comply with a resolution in which they had a voice and were actively involved in than a court-mandated directive.

- **It is an empowering process**

Parties decide how to handle their conflict between themselves, as opposed to a decision made by an outside party, a judge.

- **Mediation is a positive process**

Decisions are made by the involved parties. This preserves the ongoing parental process and due to direct involvement in the resolution the agreement has a stronger likelihood of being sustainable over the long term.

## **Mediation as an Alternative to Litigation**

Divorce is going to force you to make some of the biggest financial and emotional decisions of your life. In partnership with a Certified Divorce Financial Analyst (CDFA), we will help you navigate this difficult life passage. During the initial consultation, we will explain the five options to seeking a divorce – litigation is not your only option! While we can assist with any choice, we prefer a process that allows our clients to make their own decisions regarding their money, their home and their children – we help to restructure the family so that children are shown the love and protection they deserve.

I am a Licensed Marriage and Family Therapist (LMFT), Certified Family Court Mediator and Collaborative Law Professional. I work with each couple conjointly and individually to empower a communication process that is conducive to respect and the resolution of issues that affect the divorce. I provide guidance and support for all of the emotional issues that are so prevalent during this difficult process – before, during and after the divorce. The goal is to assist you to

make the best decisions with regard to the children, the division of money and other assets and parenting plans that will work over time. In working collaboratively, decisions can be made that are less emotional, more productive, fair and in the best interest of all concerned.