

# Family and Divorce Mediation Training Course Agenda

\*Each day will have one 10 minute break in the morning and 15 minutes of break time in the afternoon. Each day will also have an hour break for lunch.

## Day One:

|             |  |
|-------------|--|
| 8:00-8:30   | Introductions<br>Course Overview (Goals and Learning Objectives)<br>Daily Agenda Overview<br>Participants Goals/Expectations |
| 8:30-9:00   | Intro to Family Mediation  |
| 9:00-9:30   | Mediation and Conflict Resolution Theory (A)   |
| 9:30-10:00  | Mediation and Alternative Dispute Resolution (B)   |
| 10:00-12:00 | Mediation and the Courts (C)   |
| 12:00-1:00  | Lunch  |
| 1:00-1:30   | Divorce Mediation Basics (D)   |
| 1:30-3:30   | Divorce Mediation and Family Law (E)   |
| 3:30-4:30   | Family Systems: Divorce and Adults (F)   |
| 4:30-5:30   | Family Systems: Divorce and Children (G)   |
| 5:30-6:00   | Family Systems: Co-Parenting and Divorce (H)   |

## **Day Two:**

|                    |  |
|--------------------|--|
| <b>8:00-9:00</b>   | <b>Communication Theory and Family Conflict (I)</b>      |
| <b>9:00-10:00</b>  | <b>Mediation Theory and the Mediator's Role (J)</b>      |
| <b>10:00-11:00</b> | <b>The Mediation Process (K)</b>                         |
| <b>11:00-12:00</b> | <b>Convening Mediation (L)</b>                           |
| <b>12:00-1:00</b>  | <b>Lunch</b>   |
| <b>1:00-1:30</b>   | <b>Preparing for Mediation/Co-Mediation (M)</b>          |
| <b>1:30-2:30</b>   | <b>The First Joint Session/Opening Statement (N)</b>     |
| <b>2:30-4:00</b>   | <b>Dealing with Feelings and Emotions (O)</b>            |
| <b>4:00-4:30</b>   | <b>The Power of Listening (P)</b>                        |
| <b>4:30-5:00</b>   | <b>Video "The Power of Listening" and Discussion</b>     |
| <b>5:00-6:00</b>   | <b>Negotiation Exercise - Role Play#1 and Discussion</b> |

### **Day Three:**

|                    |   |
|--------------------|---|
| <b>8:00-8:30</b>   | <b>“Mediation and Mindfully Getting in the Middle” Video/Disc</b> |
| <b>8:30-9:00</b>   | <b>Understanding the Parties and Issues (Q)</b>                   |
| <b>9:00-10:30</b>  | <b>Role Play #2 and Discussion</b>                                |
| <b>10:30-12:00</b> | <b>Separating Interests from Positions (R)</b>                    |
| <b>12:00-1:00</b>  | <b>Lunch</b>  |
| <b>1:00-2:30</b>   | <b>Role Play #3 and Discussion</b>                                |
| <b>2:30-3:00</b>   | <b>Use of Caucus in Mediation (S)</b>                             |
| <b>3:00-3:30</b>   | <b>Dealing with Impasse (T)</b>                                   |
| <b>3:30-4:30</b>   | <b>Agreements and Closure (U)</b>                                 |
| <b>4:30-6:00</b>   | <b>Role Play #4 and Discussion</b>                                |

### **Day Four:**

|                    |  |
|--------------------|--|
| <b>8:00-9:30</b>   | <b>Role Play #5 and Discussion</b>                       |
| <b>9:30-10:00</b>  | <b>Domestic Violence and Mediation (V)</b>               |
| <b>10:00-12:00</b> | <b>Ethics in Mediation (W)</b>                           |
| <b>12:00-1:00</b>  | <b>Lunch</b>   |
| <b>1:00-2:00</b>   | <b>Mediation and Professional Conduct (W)</b>            |
| <b>2:00-4:00</b>   | <b>Building the Mediation Practice/Marketing Med (X)</b> |
| <b>4:00-5:30</b>   | <b>Role Play #6 and Discussion</b>                       |
| <b>5:30-6:00</b>   | <b>Professional Development /evaluation (Y)</b>          |