

What is Family Mediation?

Family mediation is a way of resolving disputes after separation or divorce. In mediation, couples are helped to look for their own solutions to their disputes.

Both parties explain their concerns and needs to each other in the presence of a qualified family mediator. The mediator is impartial, which means that they are not on anyone's side. Sometimes the mediator will suggest a way of solving a problem to help them to reach an agreement acceptable to both, but they will never tell either party what to do.

When does Mediation work?

One of the strengths of mediation is that people are offered the opportunity to come together to resolve their disputes in a less adversarial way. This works best when those in dispute are:

- willing to take part;
- prepared to be as honest and open as they can about the situation and the part they have played in it;
- willing to want to work co-operatively with the other person to find a solution;

What are the advantages of mediation?

- it is often cheaper to reach agreement through mediation
- it can reduce hostility, misunderstanding and tension between separating couples
- it can be quicker to reach agreement at mediation than through the court process

Do I still need to use a solicitor?

The mediator can give information about law but cannot give anyone advice about what to do. As solicitors we can give you legal advice both before you go to mediation and in between sessions. Also, when an agreement has been reached we can help you implement the agreement, for example in divorce cases we can draw up the financial agreement into a Court Order so that it becomes a legally binding agreement.