



Erasmus+

Strategic Partnership

Development of Mediation Network in Civil and Criminal cases  
to foster European Wide Settlements of Disputes

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**Family Mediation**

*“[A] process in which a mediator, an impartial third part, facilitates the resolution of family disputes by promoting the participants’ **voluntary agreement**. The family mediator assists communication, encourages understanding and focuses the participants on their individual and common interests. The family mediator works with the participants to explore options, make decisions and reach their own agreements.”*



## Psychological aspects of Separation and Divorce



**!Kids!**



## **Theory and practice: What is Family Mediation?**

“When people come to mediation they want to be right, your work is to stimulate reflection about family happiness and reject feeling about revenge and violence against the partner”





Do you want to be  
**RIGHT?**

or do you want to be  
**HAPPY?**



## Positive Psychological Theory and Family Mediation



[http://www.ted.com/talks/martin\\_seligman\\_on\\_the\\_state\\_of\\_psychology](http://www.ted.com/talks/martin_seligman_on_the_state_of_psychology)



## Positive effects of mediation





