Erasmus+ Strategic Partnership
Development of Mediation Network in Civil and Criminal cases to foster European Wide Settlements of Disputes
Project nr.2014-1-LV01-KA203-000506

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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 ad Divorce
!Kids!

Children never win..
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
Positive effects of mediation

Successful parents:
- Are dedicated to their children
- Communicate and cooperate
- See the value of both parents

- Effective marital and parental communication
- Effective parental communication

Happily Married Families
Struggling Families with communication breakdown
Constructive Divorced Families