



# HOW DOES DIVORCE MEDIATION WORK?

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DAN'S BLOG, UNCATEGORIZED

The decision to get a divorce and the proceedings that follow can be emotionally—and financially—draining. When the initial decision is made, most believe their only option is to hire a lawyer and slug it out in court. However, there is a more civil, effective, and economically viable choice: Mediation.

Mediation is an alternative method of legal conflict resolution. It's commonly used in divorce, workplace disputes, and other legal discord. Mediation seeks to empower both sides and resolve conflict, rather than taking a side and fighting. It's not therapy and it's not a court date; it's a neutral ground that allows both parties to explore their needs, expectations, options, and solutions.

Mediation can eliminate your need for a lawyer entirely. At the very least, it can significantly reduce the time you spend with a lawyer, and the accompanying stress and expense.

## **How it Works**

In a divorce mediation, one mediator serves both parties. Effective mediators don't give advice or take sides; rather, they guide the conversation and explore areas of strife or animosity, then empower both sides to reach realistic and satisfactory solutions.

Simon Mediation utilizes a unique approach to conflict resolution based on the transformative theory of conflict. This highly effective method enhances the conversation so that both parties feel they are taking good care of themselves while also more clearly understanding each other.



mediators help you find the approach that will serve you best. As a result, each party becomes less defensive and more collaborative, leading both sides closer to a solution, and to peace—with their former partner, and with themselves. Both sides are empowered and move forward.



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### **What to Expect**

Addressing your divorce with Simon Mediation is surprisingly simple:

- First, [call Simon Mediation at 310-954-5401](tel:310-954-5401) to talk about the unique aspects of your divorce.
- Next, based on that conversation, either discuss Simon Mediation with your partner, or arrange for your mediator to reach out to them.
- Your mediator will work with you on scheduling a meeting either at one of our locations, or by video conference.
- Your first meeting may be one-on-one with your mediator or it may include the other party, depending on what you decide.
- Next, a meeting will be scheduled with you and the other party. In this meeting, you'll be welcome to speak your mind, ask questions, and explore possible solutions. Your mediator will help make sure you get what you need out of the conversation.
- In some cases, you may choose to have a follow-up meeting at a later date to confirm that the decisions made in the earlier meeting had the desired effects.
- If you have a legal case pending, your mediator can coach you on how to finalize those details.

Divorce is hard, but fighting against your partner can be harder. A mediator can help you work together and come to a peaceful and satisfactory resolution, saving all parties time, money, and stress.



0 COMMENTS

WHAT DO YOU THINK?

NAME *	EMAIL *
WEBSITE	
YOUR COMMENT	
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SCHEDULE COMPLIMENTARY CALL

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