



‘What is mediation - and why choose The Mediation Space?’

What is Mediation?

You may feel that you should be able to reach an agreement outside of the court process, but you just need some help to get there. If so, mediation can work for you and your family because the process is as robust as that commissioned by the court. It is simply another method of settling a dispute or disagreement. You both decide the outcome together, rather than the judge, but with the same investigation of the issues and full disclosure.

How Does It Work?

One of you will contact The Mediation Space and we will send you a preliminary document to complete with your details. You will then individually see the mediator and if you choose to do so our therapist, to assess whether your matter is suitable for mediation and what support is required. This meeting is confidential and may take place over two sessions.

Once both of you have been seen individually, you both confirm that you wish to proceed and the matter is suitable for mediation then you will be sent the Agreement to Mediate and the first of the joint mediation meetings will take place.

How Long Does Mediation Take?

There are commonly 3 or 4 meetings which last on average between 90 to 120 minutes. You may have more, or fewer meetings and you

may see the therapist in addition to the mediator. The mediator will then draft the proposed agreement (Memorandum of Understanding) for your solicitor to see. Our illustration of costs is based on this timescale.

Will I Also Need A Solicitor?

We suggest that you retain your own solicitor to advise you at the outset of the mediation and as negotiations progress. You may need them to assess the extent and accuracy of the financial documents and approve the Memorandum of Understanding. They can then convert this into a Consent Order to be endorsed by the court.

What Issues Can Mediation Deal With?

The mediation process can be used for all types of family cases, married and unmarried and same sex couples. It may be used for property and money disputes or disputes concerning arrangements for the children. It can also be used for disputes between family members arising out of inheritance or community-based problems such as neighbor disputes. It is most useful when there is a desire to maintain an ongoing relationship.

Why Choose The Mediation Space?

The breakdown of a relationship and the separation and loss that follows can be painful. Mediation is not an easy option. You will have to 'sit' in the same room as your former life partner and work with them to reach a resolution, during one of the most difficult times in your relationship. The process will involve making difficult decisions, where you may have to compromise. The psychoanalytic training of the mediators and therapist at The Mediation Space can literally give you the emotional space to be able to do this and to enable you to work out what solutions might work best for your family, giving you the chance of having a constructive future relationship.