

Mediation Information Sheet

Mediation is a voluntary and confidential process.

You make a personal choice to use mediation and at any stage you can withdraw from it. Your personal decision to be present is core to finding a sustainable resolution.

The mediation process is confidential within MNI. We will only breach this where we are required to do so by law, to protect vulnerable people or to prevent crime or violence.

What happens when you say yes to Mediation?

If you say yes to mediation, you will be asked to take part in a private assessment meeting with the mediators; just you and them.

- Assessment

If the case is suitable for mediation you are then invited to take part in the following additional meetings.

- Case Development
- Shared Dialogue
- Agreement Making
- Consolidation & Consideration
- Closing

Saying yes to the assessment meeting does not mean you have yes to the additional meetings. This is your process and so you decide what you will participate to. You can say no at any stage.

What is Assessment?

When people are in disagreement we firstly carry out an assessment meeting. We (two mediators) meet each person separately at their home or workplace (depending on the nature of the dispute) or in a nearby location. We ask each person to tell us about what has happened, how it is impacting on them and what they would like to change.

After the individual assessment meetings we consider if the dispute can be resolved through mediation or not.

What is case development?

After assessment we come back to each person and, if we are going to proceed, invite them to do some preparation work for a shared dialogue. During this we check out what will make it safe and worthwhile for each person to talk openly and honestly with the other person about the issues at the heart of the dispute.

If the dispute is not suitable for mediation we also come back and let you know.

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What is a shared dialogue (mediation)?

In mediation the people sit together with the 2 mediators and the person they are in dispute with to explore the issues that are leading to the disagreement. They talk about the impact of the disagreement on themselves, each other and their work/family/neighbourhood. Together we look for ways to find a resolution to the disagreement that works for everyone and which is achievable and sustainable.

What is an Agreement?

If people take part in mediation there is usually a short written agreement / summary at the end of the process stating what each person has agreed to do in the future. It also says what they will do if they find themselves facing a new disagreement in the future. All people who have participated in the mediation sign off on the agreement.

What does Consolidation and Consideration mean?

Doing things differently can be challenging and so people get time to trial the things that they have provisionally agreed to. In this trial period people get the chance to see if the agreement can really work in the longer term.

What is closing?

At the end of the shared dialogue, agreement making and consideration all of us meet together one final time to sign off the agreement / confirm the intention to do things in the newly agreed way and to say good-bye.

How do I find out more or request mediation?

If you want to know more you can speak to:

Mediation Northern Ireland

83 University Street

Belfast, BT7 1HP

Tel: 028 90 438614

Email: info@mediationnorthernireland.org