

What is Mediation?

Mediation is one type of alternative dispute resolution, also known as “ADR”. This video is the first in a four-part series on mediation. This first video discusses what mediation is and its many benefits.

Watch the Video



What is Mediation?

- Mediation is an alternative way to resolve your conflict. Unlike a trial before a court, it gives you an opportunity to control the outcome.
- A neutral person, the mediator, meets with the people involved in the situation. You have a chance to speak, to be heard, and to hear each other’s point of view.
- Mediation can be part of a court process, or you can choose to go to mediation outside of court. In some cases, Courts may require you to go to mediation.
- Mediation is voluntary. If you do not reach a solution that meets your needs, you cannot be forced to agree to anything. When no agreement is reached, you can still have the matter decided in court.

Why Mediate?

- Mediation lets your voice **be heard**. Mediation can help you understand the other person’s perspective and help them understand yours.
- You are **in control** of both the process and the result. You choose what you wish to agree to. You choose what you wish to agree or not agree to. Even though you can end the mediation at any time, give it your best effort and give the process a chance to try and resolve your situation.
- Mediation sessions are **private**. Unlike a trial, mediation is not open to the public and is not recorded.
- Mediation can be **less stressful, faster, and less costly** than having your case decided by a court.
- Mediation can also help **repair relationships** and **create a new foundation** for moving forward.

What does the mediator do?

- The mediator is there to manage the process in an impartial way.
- The mediator will help you talk about the issues, focus on what is important to you, and help you understand the other person’s perspective.
- The mediator will help you discuss difficult topics so that you and the other person can develop your own solution.
- The mediator **will not**: give advice or tell you what to do, take sides or make judgments about who is right and who is wrong, recommend the terms of an agreement, or push you into settling your case

Confidentiality

- Mediation is confidential and protects your privacy. The mediator cannot discuss what happened in the mediation except in very limited circumstances.



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