



Co-parent Mediation

Alexander Christian

www.alexanderchristian.co.uk

Co-Parent Mediation

Why this may be the solution for you!

Introduction

Separation and divorce can be a challenging time for families. While it is often an emotional and stressful experience, it is important to remember that it is possible to navigate this process in a way that minimises conflict and prioritises the well-being of your children.

One effective approach is ***Interpersonal Co-parent Mediation***.

What is Interpersonal Co-Parent Mediation?

Co-Parent Mediation is a voluntary process where a neutral third party, known as a mediator, helps separated or divorced parents **communicate** on issues related to their children. This includes matters such as: parental communication, reducing conflict, discussing where the children live, and how much time each parent spends with the children as well as other issues.

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What are the Benefits?

The Benefits of Interpersonal Co-Parent Mediation

There are many benefits to choosing **Co-Parent Mediation**:

- **Reduces Conflict:** Mediation creates a supportive environment for parents to discuss sensitive topics
- **Empowers Parents:** It empowers parents to make decisions about their children's future, giving them a sense of control and ownership over the process.
- **Prioritises Children's Well-Being:** Mediation focuses on the best interests of the children, with the view to ensure that their needs are met and to promote their emotional well-being.
- **Cost-Effective:** Interpersonal Co-Parent Mediation can be more affordable than traditional legal battles, as it avoids the costs associated with court proceedings.
- **Flexible:** The process is flexible and can be tailored to meet the specific needs of each family.
- **Confidential:** Allowing parents to discuss sensitive matters without fear of public disclosure.
- **Avoid the Long Wait and Late Encouragement:** Court cases can stretch to 12-24+ months before a final hearing. A judge often urges parties to settle. Co-Parent Mediation thus offers the potential of a significantly faster, collaborative path to resolution, right from the start.
- **Shifting from Conflict to Cooperation:** Moving from positional conflict to collaborative solutions, Co-Parent Mediation offers a child-centric and future-oriented approach, contrasting sharply with the adversarial entrenchment often seen in litigation.

- **Common Ground, Shared Goals:** A key benefit of Co-Parent Mediation is its emphasis on identifying common ground and shared goals. This process allows parents to rediscover their shared interests, which litigation often obscures by focusing solely on points of conflict.

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How Alexander Christian Can Help

We at Alexander Christian understand the significance of **communication and collaboration** after separation and divorce. Using the Interpersonal Mediation model, we aim to empower parents to reach mutually beneficial agreements, with a non-judgmental and supportive approach that places the children's best interests first.

Because Co-Parent Mediation is a **voluntary process**, both parties enter with a shared understanding and commitment to collaborate towards a joint resolution. This voluntary participation fosters an environment where **mutual trust** can begin to develop from the outset.

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Our Approach

Our Approach

Our Co-Parent Mediation process typically involves:

- **We facilitate Interpersonal Mediation:** Interpersonal Mediation can foster respectful communication, it is forward focused and child centred.
- **In-person Session:** We offer in-person sessions.
- **To schedule intake sessions:** Both parties are required to complete our firm's on boarding process separately, before separate intake sessions are offered.
- **Initial Fixed Fee Intake Sessions:** We will meet with both parents separately to discuss their concerns and expectations for mediation. If the parents jointly agree to Interpersonal Co-Parent Mediation, parents can proceed to joint mediation sessions.
- **Joint Mediation Sessions:** We can facilitate a series of sessions where parents can discuss issues related to their children's well-being.

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Start Your Collaborative
Co-Parenting Journey

Reach Out Today

Let's explore how **Interpersonal Co-Parent Mediation** can guide you towards a more collaborative co-parenting relationship.

Alexander Christian offers supportive guidance to help you **focus on child-centered solutions**.

Find out more: www.alexanderchristian.co.uk



Note

We understand the challenges of separation and divorce. Interpersonal Co-parent Mediation provides an opportunity for parents to explore collaborative pathways toward a child-focused future, striving to reduce conflict and foster better communication. At Alexander Christian, we focus on interpersonal mediation, supporting the development of communication skills, with the aim of creating a foundation for potentially more amicable outcomes

Important: *Alexander Christian specialises in Interpersonal Co-Parent Mediation, focusing on collaborative solutions outside of court. We do not provide MIAMs, which are required for initiating court proceedings. If you need a MIAM certificate, you'll need to contact a Family Law Mediator who offers that service, for which they will charge a fee.*

Find out more: www.alexanderchristian.co.uk



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Website
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We do not offer legal aid. We do not accept service by email.

We do not offer remote Mediation (such as Zoom or Teams Mediation). We do not offer Family Mediation or MIAMs.

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