

Helpful Article #3: Mediation Guide

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- Although the length of mediation varies from case to case, we have found that most mediations that involve parenting issues as well as decisions regarding assets, liabilities, and child/spousal support require on average three to four sessions to complete.
- Each session lasts 1 1/2 hours.
- Clients are offered an initial no charge consultation. If you decide to continue your work with us, the mediation may begin immediately after the consultation.
- During the first session, we will share with you important documents to help guide you through the process. We will also gather information from you pertaining to your marriage, jobs, children, and your goals for the mediation.
- We will continue the first session by focusing upon issues that the parties wish to address. Very often that involves assisting you in formulating a parenting plan, which includes sharing time with the children and determining how critical parenting decisions will be made in the future.
- Subsequent sessions will involve fine tuning the parenting plan, calculating child support according to the New York State Guidelines, discussing the issue of spousal support, addressing the disposition of the marital residence, and determining the distribution of all other marital assets and liabilities. In addition, we will also assist you in deciding matters pertaining to medical and life insurances.
- While we are prepared to discuss tax implications of your financial negotiations, we often refer you to your own financial advisor prior to making those decisions.
- Discussions of issues pertaining to children obviously will not apply to cases where the parties have no children or all of the children are emancipated. In those situations, the mediation generally requires two to three sessions to complete.
- The parties themselves always make all of the decisions regarding each and every substantive area addressed during the mediation. As mediators, we will guide you in being thorough and complete and we will provide you with a range of options when they are needed by each of you in the decision making process.
- We recognize the array of emotions that our clients bring to each mediation session. It is our goal to assist you in making objectively based decisions stemming from documented information you share with one another and with us.