



CORK COUNSELLING CLINIC
PSYCHOTHERAPY · MEDIATION · COACHING



SEPARATING COUPLES MEDIATION



Separating Couples Mediation

Mediation is a vital service provided by the counselling clinic to assist couples during the challenging period of separation or divorce.

Emphasizing a non-adversarial, collaborative approach, mediation under the framework of the Irish 2017 Mediation Act offers a structured yet empathetic method for couples to discuss and resolve the terms of their separation or divorce amicably. This process covers essential matters such as financial arrangements and child custody, promoting mutual respect and constructive communication, even amidst significant life changes.

Understanding Mediation Under the 2017 Mediation Act

The 2017 Mediation Act encourages the resolution of disputes outside the courtroom, aiming to facilitate smoother, more confidential, and less adversarial separations. This legal framework not only helps to reduce the financial and emotional strains associated with legal disputes but also promotes cooperative dialogue between the parties involved. The Act mandates solicitors to inform their clients about mediation as a viable option before proceeding with court actions, thereby integrating mediation into the family law system alongside the Family Law Act 1995 and the Family Law (Divorce) Act 1996.

Benefits of Mediation for Separating Couples

Mediation offers numerous advantages over traditional legal proceedings:

- **Reduced Costs:** It is generally less costly due to concise timelines and reduced legal fees.
- **Confidentiality:** Ensures that discussions and outcomes remain private.
- **Control:** Couples have full control and influence over the outcomes than in court-determined judgments.
- **Speed:** Agreements can often be reached quicker than typical court cases.
- **Reduced Stress:** The non-confrontational nature minimizes emotional strain.
- **Relationship Preservation:** Promotes communication and respect, beneficial when children are involved.
- **Flexibility:** Sessions can be scheduled around the couple's timetable rather than the court's schedule.



The Principles of Mediation

Our clinic's mediation process adheres to foundational principles ensuring fairness and effectiveness:

- **Voluntary Participation:** All parties can enter and exit the process as they wish.
- **Impartiality:** Mediators facilitate the process without taking sides.
- **Confidentiality:** A contract secures the privacy of the discussions.
- **Self-Determination:** The parties make decisions to effect their own workable agreement with the mediator acting as a facilitator.

The Mediation Process

The typical steps in the mediation process include:

1. **Initial Contact:** Each party expresses their desire to partake in mediation, setting expectations.
2. **Joint Sessions:** The mediator facilitates meetings to negotiate a resolution.
3. **Exploration of Issues:** Parties identify disagreements and explore solutions.
4. **Negotiation:** With assistance, parties directly negotiate their own proposals.
5. **Drafting the Agreement:** A formal and binding document is prepared once an agreement is achieved.
6. **Final Agreement:** The document is reviewed, and with consent, can be made legally binding.

Qualifications of Mediators

Our Mediators are certified by the Mediators' Institute of Ireland (MII), adhering to the highest standards of practice. Many professionals also have backgrounds as family psychotherapists, providing them with deep insights into family dynamics and enhancing their mediation capabilities. Though the mediator is at all times adhering to the principles and practice of mediation, we believe this added experience can enhance the mediation process.



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Mediation in Ireland is an invaluable tool for managing separation and divorce with dignity and mutual respect. It offers a pathway to navigate these transitions smoothly, reducing stress, and fostering cooperation. By focusing on collaboration and mutual respect, mediation helps parties maintain control over their outcomes and reduce the emotional and financial costs associated with more adversarial legal proceedings.

With the added benefit of confidentiality mediation provides a comprehensive approach to resolving disputes that can pave the way for healthier post-separation relationships.

Whether you are considering mediation or are in the midst of a separation, embracing this approach can facilitate a significant life transition with clarity and confidence. It keeps the separating couples wishes foremost and provides a process that empowers the couple to manage their own workable agreement regarding their separation or divorce. The couple determine the outcome of their own agreement which means that adherence to the agreement is very high simply because it is easier to uphold your own agreement rather than an imposed order made by the courts. This creates a win-win outcome for the separating couple and also any children involved.

At Cork Counselling Clinic we are passionate about the advantages that mediation provides.

If you would like further information on mediation please feel free to call and ask to speak to one of our mediators who will be happy to assist you.

**You can contact us by phone 089 600 9460 / 021 439 7552 or
through our website www.corkcounsellingclinic.ie**

We will be happy to take your call and look forward to working
with you in creating a harmonious and strong relationship.

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