



# 40-Hour Basic Family and Divorce Mediation Training

Feb 2026 Online

Forrest "Woody" Mosten, Principal Trainer

## **COURSE AGENDA (SUBJECT TO CHANGE)**

| <b>Day #1, Wed, Feb 18: Introductions, Overview of Mediation and Initial Consultation</b> |  |
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| 9:00 am PT<br>(12:00pm ET)  | Introduction to the Training   |
|   | Active Listening, Summarizing, Checking for Accuracy<br>Group Exercise: Introductions of Participants Pt 1 – Interviews in Pairs   |
|   | Group Exercise: Introductions of Participants Pt 2 – Summarizing, Reporting, Checking for Accuracy   |
|   | Overview: <ul style="list-style-type: none"><li>• What is Mediation</li><li>• Benefits of Mediation</li><li>• Roles of the Mediator</li><li>• Stages of Mediation</li><li>• Initial Contacts</li></ul> |
| 11:30am-12pm PT<br>(2:30pm-3pm ET)  | BREAK  |
|   | Fact Pattern for Role Plays  |
|   | Demo: Initial Contact  |
|   | Role Play: Initial Contact   |
|   | Getting the Mediation Started: Orientation Joint Session, Preparing for Mediation  |
|   | <b>Guests:</b> Jeff Soilson and Ashleigh Louis<br>Topic: Co-Mediation with an Interdisciplinary Team   |
| 2:30pm PT<br>(5:30pm ET)  | Training Day Ends  |
| <b>Day #2, Thurs, Feb 19: Getting the Mediation Started, Orientation, DV</b>              |  |
| 9:00 am PT<br>(12:00pm ET)  | Highlights   |
|   | Contracting/Agreement to Mediate   |
|   | Confidentiality  |
|   | Getting Paid – Fee Arrangements and Allocation   |
|   | Use of Consultants and Attorneys   |
|   | Role Play: Orientation   |
| 11:30am-12pm PT<br>(2:30pm-3pm ET)  | BREAK  |
|   | <b>Guest:</b> Charmaine Panko, K.C., Collaborative Lawyer and Mediator   |

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|                          | Topic: Domestic Violence in Mediation           |
|                          | <b>Private Preliminary Planning Session</b>     |
|                          | Role Play: Preliminary Private Planning Session |
| 2:30pm PT<br>(5:30pm ET) | Training Day Ends                               |

### Day #3, Fri, Feb 20: Private Preliminary Planning Sessions and Opening the Mediation

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| 9:00 am PT<br>(12:00pm ET)         | Highlights  |
|                                    | PPP: Enmeshment Self-Assessment, Agreements on Dating and Introduction of New Partners After Separation   |
|                                    | Mediator Opening Statement  |
|                                    | Role Play: Urgent Issue in First Session  |
|                                    | Opening Joint Session: Overview and Steps, Who Should Be at the Table, Ground Rules, Opening Comments (Mediator and Parties), Intention Setting, Identifying Issues and Organizing Agenda |
| 11:30am-12pm PT<br>(2:30pm-3pm ET) | BREAK   |
|                                    | Conflict as Opportunity Strategic Mediation   |
|                                    | <b>Guest:</b> Ann Cerney<br>Topics: Discernment and Parenting Issues, Working with Parental Communication and Collaboration   |
| 2:30pm PT<br>(5:30pm ET)           | Training Day Ends   |

### Day #4, Wed, Feb 25: Conflict as Opportunity, Mediation Toolbox

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| 9:00 am PT<br>(12:00pm ET)         | Highlights   |
|                                    | Resolving Conflict   |
|                                    | Demo: Parties are Interdependent   |
|                                    | Mediation Toolbox  |
| 11:30am-12pm PT<br>(2:30pm-3pm ET) | BREAK  |
|                                    | Developing Options and Problem Solving<br>Demonstrate Understanding – Dig for Interests – Develop Options<br>Option Generation and Testing Options<br>Interest Based Negotiation<br><b>Guest:</b> Jim Melamed: Using AI to Develop Options |
|                                    | Group Exercise: Brainstorming and Testing Options  |
|                                    | <b>Guest:</b> Lara Traum, Forest Hills, NY., Lawyer, Mediator and Author<br>Topic: Cultural Diversity  |

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| 2:30pm PT<br>(5:30pm ET) | Training Day Ends |
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**Day #5 Thurs, Feb 26: Developing Options and Building Agreements, De-Positioning, Parenting Plans**

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| 9:00 am PT<br>(12:00pm ET)         | Highlights  |
|                                    | <b>Guest:</b> Dr. Robin M. Deutsch, Ph.D., ABPP,<br>Topics: Effects of Interparental Conflict on Children Developmentally Appropriate Parenting Plans |
| 11:30am-12pm PT<br>(2:30pm-3pm ET) | BREAK   |
|                                    | Role Play: De-Positioning and Building Options  |
|                                    | <b>Guest:</b> Education Coordinator, Our Family Wizard<br>Advanced Use of Tools for Strengthening Co-Parent Communication and Emotional Regulation    |
|                                    | Role Play: Working Session Co-Parenting Issues  |
| 2:30pm PT<br>(5:30pm ET)           | Training Day Ends   |

**Day #6, Fri, Feb 27: Mediation of Property and Support**

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| 9:00 am PT<br>(12:00pm ET) | Highlights  |
|                            | Group Exercise: Demonstrations of Strategies from Role Play Working Sessions  |
|                            | <b>Guest:</b> Amy Clews<br>Certified Financial Planner<br>Topic: Financial Information in Mediation   |
|                            | Giving Legal Information<br>Emotional Aspects of Financial Issues<br>Financial Disclosures in Mediation<br>Date of Separation Issues in Mediation |
|                            | Steps in Property Division and Common Ways to Distribute Property   |
|                            | Property and Debts Child Support Spousal Support  |
|                            | Prepare for Comprehensive Role Play   |
| 2:30pm PT<br>(5:30pm ET)   | Training Day Ends   |

**Day #7, Thurs, Mar 5: Comprehensive Role Play (3.5 Hour Simulated Mediation)**

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| 9:00 am PT<br>(12:00pm ET)   | Coach Introductions  |
|  | <p>Comprehensive Role Play (small groups):</p> <p>3 Hour 45 Minute Role Play Discussing and Working Toward Resolution of Issues Including: Child Support, Spousal Support, Family Residence, Retirement Assets, Obligations, Family Business, and Attorney Fees and Costs</p> <p>Each participant is mediator for 45-60 minutes solo</p> <p><b>Participants must be present for the entire session.</b> Breaks to be taken by each group on their own – no regular lunch break this day.</p> |
|  | Coach Comments   |
| 2:30pm PT<br>(5:30pm ET)   | Training Day Ends  |
| <b>Day #8, Fri, Mar 6: Stump the Trainer, Practice Building and Professional Resources, Ethics, Closing Circle</b> |  |
| 9:00 am PT<br>(12:00pm ET)   | Group Exercise: Stump the Trainer  |
|  | Bringing in Lawyers and Experts, Use of Consultants in Mediation<br>Co-Mediating   |
| 11:30am-12pm PT<br>(2:30pm-3pm ET)   | BREAK  |
|  | Ethics and Trends in Mediation Profession  |
|  | <p>Next Steps: Becoming a Mediator and Practice Building, Continuing Education and Professional Resources</p> <p>Transitioning to a Mediation Practice, <b>AND</b></p> <p>Mediator Self-Survey; Developing a Mission Statement and Business Plan</p>   |
|  | What Will You Do Starting Monday?  |
|  | Closing Circle   |
| 2:30pm PT<br>(5:30pm ET)   | Training Concludes   |