



Advanced Mediation Training  
April 30 - May 1, 2026  
Forrest “Woody” Mosten, Principal Trainer

## **ADVANCED MEDIATION TRAINING COURSE AGENDA**

Day #1, Thursday April 30, 2026	
9:30am PT (12:30pm ET)	Welcome, Introductions, and Goals for Advanced Practice
	<b>The Advanced Mediator Mindset</b> <ul style="list-style-type: none"><li>• Moving from competent mediator to master practitioner</li><li>• Use of self in mediation</li><li>• Managing strong emotion without losing neutrality</li><li>• Strategic vs reactive interventions</li></ul>
	<b>Advanced Process Design</b> <ul style="list-style-type: none"><li>• Joint session vs caucus vs PPP – strategic choices</li><li>• Designing the mediation before the mediation begins</li><li>• Preliminary Private Planning Sessions</li><li>• Limited scope mediation and litigation freeze agreements</li><li>• Closing mediation to ensure informed consent and durable agreements</li></ul>
	<b>Trainer Demonstration</b> <ul style="list-style-type: none"><li>• PPP focusing on differentiation, enmeshment, and new partner dynamics</li><li>• Managing high emotion using self-regulation and mediator self-confrontation</li></ul>
11:30am-12pm PT (2:30pm-3pm ET)	BREAK
	<b>Guest Presenter – David Hoffman</b>

	<p><b>Breaking Impasse at the Advanced Level the art of impasse breaking in mediation</b></p> <ul style="list-style-type: none"> <li>• Diagnosing types of impasse</li> <li>• Emotional vs legal vs identity impasse</li> <li>• Micro-impasse vs hard impasse</li> </ul> <p>Tools for breaking deadlock:</p> <ul style="list-style-type: none"> <li>• Mediator proposals</li> <li>• Conditional offers</li> <li>• Brackets</li> <li>• Decision-tree analysis</li> <li>• Reality testing without coercion</li> </ul>
	<p><b>Advanced Techniques for Moving the Case Forward</b></p> <ul style="list-style-type: none"> <li>• De-positioning and reframing at a high level</li> <li>• Working with values vs positions</li> <li>• Micro-interventions that change the room</li> </ul>
	<p><b>Guest Presentation - Erin Birt</b></p> <ul style="list-style-type: none"> <li>• Building a Successful Mediation Practice</li> <li>• Developing a niche</li> <li>• Referral networks and professional identity</li> <li>• Moving from training to sustainable practice</li> </ul>
2:00pm PT (5:00pm ET)	Training Day Ends

<p>Day #2, Friday May 1, 2026 Impasse, High Conflict, Lawyers and Settlement Strategy</p>	
9:30am PT (12:30pm ET)	Highlights and Questions from Day #1

	<p><b>Working with Lawyers as Allies in Advanced Mediation</b></p> <ul style="list-style-type: none"> <li>• Selecting consulting lawyers during mediation</li> <li>• Lawyer disqualification agreements</li> <li>• Maintaining mediator neutrality with strong attorneys present</li> <li>• Structuring mediation when attorneys participate actively</li> </ul>
	<p><b>Advanced Caucus Strategy</b></p> <ul style="list-style-type: none"> <li>• When to caucus and when not to</li> <li>• Information control and ethical limits</li> <li>• Sequencing conversations across rooms</li> <li>• Preparing parties before returning to joint session</li> </ul>
	<p><b>Guest Presentation – Bill Eddy</b></p> <ul style="list-style-type: none"> <li>• Working with High-Conflict Personalities in Mediation</li> <li>• Recognizing high-conflict patterns</li> <li>• Managing escalation cycles</li> <li>• Setting boundaries while maintaining rapport</li> <li>• Practice tools for mediators</li> </ul>
11:30am-12pm PT (2:30pm-3pm ET)	BREAK
	<p><b>Tools for Managing Emotional Escalation and Power Imbalance</b></p> <ul style="list-style-type: none"> <li>• Recognizing subtle power imbalance</li> <li>• When neutrality must yield to process fairness</li> <li>• Working with shame, identity threat, and fear</li> <li>• Trauma-informed mediation beyond domestic violence</li> </ul>
	<p><b>Use of Apology, Forgiveness, and Narrative Shift</b></p> <ul style="list-style-type: none"> <li>• Helping parties move past stuck stories</li> <li>• Restoring dignity without forcing agreement</li> </ul>

	<b>Final Reflection</b> <ul style="list-style-type: none"><li>• What will you change in your practice starting Monday?</li></ul>
2:00pm PT (5:00pm ET)	Training Day Ends

**PRACTICUM Friday May 8, 2026**  
**Open Only to Advanced Mediation Training Graduates**

9:30am PT (12:30pm ET)	Introduction to the Practicum
	<p>Guided skills practice with coaching and feedback</p> <p>Conducting a Preliminary Private Planning Session (PPP)</p> <p>Using caucus to manage emotion and transition back to joint session</p> <p>Facilitating Selection of consulting lawyers during mediation</p> <p>Using a mediator proposal to break impasse</p>
11:30am-12pm PT (2:30pm-3pm ET)	BREAK
	<p>Advanced skills practice</p> <p>Managing impasse in real time</p> <p>Maintaining neutrality while addressing power imbalance</p> <p>Helping parties move from positions to agreements</p>
	Debrief and discussion
2:00pm PT (5:00pm ET)	Training Day Ends