40-Hour Basic Family and Divorce Mediation Training
Sept 2026 Online
Forrest "Woody" Mosten, Principal Trainer

COURSE AGENDA (SUBJECT TO CHANGE)

Day #1, Wed, Sept 16: Introductions, Overview of Mediation and Initial Consultation	
9:00 am PT (12:00pm ET)	Introduction to the Training
	Active Listening, Summarizing, Checking for Accuracy Group Exercise: Introductions of Participants Pt 1 – Interviews in Pairs
	Group Exercise: Introductions of Participants Pt 2 – Summarizing, Reporting, Checking for Accuracy
	Overview: • What is Mediation • Benefits of Mediation • Roles of the Mediator • Stages of Mediation • Initial Contacts
11:30am-12pm PT (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
	Guests: Jeff Soilson and Ashleigh Louis Topic: Co-Mediation with an Interdisciplinary Team
2:30pm PT (5:30pm ET)	Training Day Ends
Day #2, Thurs, Sept 17: Getting the Mediation Started, Orientation, DV	
9:00 am PT (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 (2:30pm-3pm ET)	BREAK
	Guest: Charmaine Panko, K.C., Collaborative Lawyer and Mediator

	Topic: Domestic Violence in Mediation
	Private Preliminary Planning Session
	Role Play: Preliminary Private Planning Session
2:30pm PT (5:30pm ET)	Training Day Ends

Day #3, Fri, Sept 18: Private Preliminary Planning Sessions and Opening the Mediation	
9:00 am PT (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 (2:30pm-3pm ET)	BREAK
	Conflict as Opportunity Strategic Mediation
	Guest: Ann Cerney Topics: Discernment and Parenting Issues, Working with Parental Communication and Collaboration
2:30pm PT (5:30pm ET)	Training Day Ends
Day #4, Wed, Sept 23: Conflict as Opportunity, Mediation Toolbox	
9:00 am PT (12:00pm ET)	Highlights
	Resolving Conflict
	Demo: Parties are Interdependent
	Mediation Toolbox
11:30am-12pm PT (2:30pm-3pm ET)	BREAK
	Developing Options and Problem Solving Demonstrate Understanding – Dig for Interests – Develop Options Option Generation and Testing Options Interest Based Negotiation **Guest**: Jim Melamed: Using AI to Develop Options
	Group Exercise: Brainstorming and Testing Options
	Guest: Lara Traum, Forest Hills, NY., Lawyer, Mediator and Author Topic: Cultural Diversity

2:30pm PT (5:30pm ET)	Training Day Ends

Day #5 Thurs, Sept 24: Developing Options and Building Agreements, De-Positioning, Parenting Plans	
9:00 am PT (12:00pm ET)	Highlights
	Guest: Dr. Robin M. Deutsch, Ph.D., ABPP, Topics: Effects of Interparental Conflict on Children Developmentally Appropriate Parenting Plans
11:30am-12pm PT (2:30pm-3pm ET)	BREAK
	Role Play: De-Positioning and Building Options
	Guest: Education Coordinator, Our Family Wizard Advanced Use of Tools for Strengthening Co-Parent Communication and Emotional Regulation
	Role Play: Working Session Co-Parenting Issues
2:30pm PT (5:30pm ET)	Training Day Ends
Day #6, Fri, Sept 25: Mediation of Property and Support	
9:00 am PT (12:00pm ET)	Highlights
	Group Exercise: Demonstrations of Strategies from Role Play Working Sessions
	Guest: Amy Clews Certified Financial Planner Topic: Financial Information in Mediation
	Giving Legal Information Emotional Aspects of Financial Issues Financial Disclosures in Mediation 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 (5:30pm ET)	Training Day Ends
Day #7, Wed, Sept 30: Comprehensive Role Play (3.5 Hour Simulated Mediation)	

9:00 am PT (12:00pm ET)	Coach Introductions
	Comprehensive Role Play (small groups): 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 Each participant is mediator for 45-60 minutes solo **Participants must be present for the entire session.** Breaks to be taken by each group on their own – no regular lunch break this day.
	Coach Comments
2:30pm PT (5:30pm ET)	Training Day Ends
Day #8, Thurs, Oct 1: Stump the Trainer, Practice Building and Professional Resources, Ethics, Closing Circle	
9:00 am PT (12:00pm ET)	Group Exercise: Stump the Trainer
	Bringing in Lawyers and Experts, Use of Consultants in Mediation Co-Mediating
11:30am-12pm PT (2:30pm-3pm ET)	BREAK
	Ethics and Trends in Mediation Profession
	Next Steps: Becoming a Mediator and Practice Building, Continuing Education and Professional Resources Transitioning to a Mediation Practice, **AND** Mediator Self-Survey; Developing a Mission Statement and Business Plan
	What Will You Do Starting Monday?
	Closing Circle
2:30pm PT (5:30pm ET)	Training Concludes