

ALBERTA FAMILY MEDIATION SOCIETY

NEWSLETTER

Edition 13: January 2006

Special points of interest:

- We welcome your input about the newsletters and encourage you to submit articles and features

**Welcoming in a new year...
2006 is here— AFMS wishes you all the best for the New Year.**

The 2006 conference will be held April 20 and 21 in Edmonton.

The Conference is titled **"Narrative Mediation for Collaborative Practices"** and will be presented by Gerald Monk and John Winslade.

This conference is hosted by the Alberta Family Mediation Society and the Collaborative Practice- Association of Collaborative Family Lawyers (Edmonton).

The focus of this conference is to learn how narrative mediation can be used in collaborative processes to help parties eliminate the obstructions that arise from the dynamics of their relationships. Personal and relational strengths and competencies are highlighted in the approach.

A conference brochure will be circulated to AFMS members. You can also access the brochure on line and register there as well.

We hope to see you there!

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Lunch and Learn Sessions

The location is always the Edmonton City Hall in the Heritage Room. Doors open at 11:30 a.m. and the presentations run from noon until 1:00 p.m. There is a question period and mixer beginning at 1:00 to 1:30. This is a great venue to learn, share information and network with colleagues (all over a lunch break). Lunch and Learn sessions are a great way to network, learn and connect with colleagues all at once.

Next Lunch & Learn:

APRIL 1206

See Page 5 for details

There is no cost and you just need to bring your own lunch.

These sessions have been held now for several years.

A.F.M.S. Address Change:

New address:

#1650- 246 Stewart Green SW

Calgary, AB T3H 3C8

[News, Upcoming Events and Other Information](#)

Family Justice Services and Family Law Act brochures are now available on the AFMS Website

AFMS Annual Conference— April 20 & 21, 2006 (Chateau Louis Hotel, Edmonton). The featured speakers are Gerald Monk and John Winslade.

L.Gen Romeo Dallaire (Ret.)- speaking on peace and conflict resolution at the SHAW Conference Centre (Edmonton) February 4/06, tickets available through ticket master.

AFMS Spring Conference: April 20 and 21/06 at the Chateau Louis Hotel— Edmonton, AB

**Presenters:
Gerald Monk and
John Winslade**

We look forward to seeing you there.

From the newsletter Editor— Charmaine Hammond

2006 has arrived, I hope that the New Year is full of new learnings, successful resolutions, peace and happiness.

As we begin to move forward with monthly newsletters, we hope that you will assist us in

providing AFMS with the following to further enhance the newsletters for AFMS members and the public.

- ideas for topics for newsletters
- your favorite links to share with others
- volunteer for an interview
- share what is happening in

your community
You can contact Charmaine at 780-464-3828.

Happy New Year



Building Bridges for Collaboration

"No matter where on the road we are some people are ahead of us and some people are behind us" By Lael Winer-Cyr (a 15 year old student)

Micheal Winer and Karen Ray (in The Collaboration Handbook) suggest that collaborative meetings have four key elements:



The Planning, the Process, the People, and the Paperwork. They indicate that in an era when people are spending more time in meetings than out of meetings, the effectiveness of them is critical. Effective meetings also assist in resolving issues, enhancing relationships and building trust.

Collaboration is more than just effective meetings. Mattessich, Murray-Close and Monsey (in Winer & Ray) state that there are 20 factors that influence successful collaborations. In this newsletter we will focus on some of the first ten that fall under the category

headings: Environmental Factors and Membership Characteristics.

Some of the environmental factors that influence successful collaboration are:

1. A history of collaboration or cooperation (e.g. in the group, community, etc.)
2. Favourable political and social climate for the collaboration.
3. The group is seen as collaborative or leaders.

See below for other factors.

Some of the factors for successful collaboration that fall under the category of Membership Characteristics include:

1. Mutual respect, understanding and trust.
2. There is an appropriate cross section of members.
3. Members in the group view collaboration as in their self interest/best interest.
4. There is an ability to compromise in the group.

Next month the newsletter will speak to the Process and Structure factors, Communication Factors, Purpose and the Resource Factors.

Membership Categories with AFMS

Registered Family Mediator (RFM) specializing in separation/divorce mediation.

Registered Family Mediator (RFM) specializing in General Family Mediation.

Registered Family Mediator (RFM) specializing in Family Business Mediation.

Practicing Mediator (designation for those who are continuing to gain mediation experience or for whom mediation is a small part of their practice.

General Member
Student Member

ALBERTA FAMILY MEDIATION SOCIETY (AFMS)

#1650, 246 Stewart Green SW
Calgary, AB T3H 3C8

Phone: 403-233-0143
1-877-233-0143
Email: info@afms.ca
Website: www.afms.ca



Alberta *family* Mediation Society

*Advancing the practice of
family mediation.*

*We're on the web—
look us up!*

About AFMS

Established in 1984,
the non-profit
society provides
services to family
mediators.

The organization has a
part time administrative
assistant and is managed
by a volunteer board of
directors, with
representatives across the
province.

The society is dedicated to
both professional and public
education regarding family
mediation.

**" When you make an efficient choice in
moments of indecision, you establish
more effectiveness within a given time
span, saving energy and stress. That's a
time shift."**

-Doc Childre

**"You are writing
the story of your
life one moment
at a time"**

**Doc Childre and
Howard Martin
(Heart Math
Solution)**

**"The bend in the road is not the end of the
road unless you refuse to take the turn."**

-Anon

**The most basic of all human needs is the
need to understand and be understood.
The best way to understand people is to
listen to them. "**

-Ralph Nichols

ONCE AGAIN, MARK YOUR CALENDARS
ALBERTA FAMILY MEDIATION SOCIETY
PRESENTS
A NEW SERIES OF
LUNCH AND LEARN SESSIONS
In Co-operation with
Mediation and Restorative Justice Centre
(NO COST / BRING YOUR LUNCH)

PLACE:
TIME:

EDMONTON CITY HALL, HERITAGE ROOM
11:30 AM (doors open) to 1:30 PM
(Presentation begins at noon to 1:00 PM.)

WEDNESDAY, APRIL 12

**Brad Kring (Legal Counsel and Senior Program Coordinator of the
Family Law Information Centre)**
An overview of the New Family Law Act

WEDNESDAY, MAY 10

Dianne Dalley (Project Coordinator with MRJC)
**An Overview of Research Project: Assessing Domestic Violence and
the Dynamics of Restorative Justice Mediation**

WEDNESDAY, JUNE 7

Gordon Andreiuk (Lawyer with Laurier Law Office)
**Summary, insights, funny stories of
"Changes in Retroactive Child Support"**

Contact: Barbara Bishop at Barbara.Bishop@gov.ab.ca or Sue Bedier at info@afms.ca
Visit our website: www.afms.ca

Resiliency is a quality that is often described as bouncing back after challenge or adversity. As professionals working with families experiencing high degrees of stress, change, loss and fear, we often see families move forward in a resilient manner showing adaptability, flexibility and commitment to their agreements.

Al Siebert states that highly resilient people seem to have many similar qualities:

Playful, childlike curiosity. Ask lots of questions, want to know how things work. Wonder about things, experiment, make mistakes, get hurt, laugh. Ask: "What is different now? What if I did this? Who can answer my questions? What is funny about this?"

Constantly learn from experience. They quickly integrate new or unexpected experiences and facilitate being changed by them. Ask "What is the lesson here? What early clues did I ignore? The next time that happens I will...."

Adapt quickly. They are both mentally and emotionally flexible. They are able to think negatively to reach positive outcomes. "What could go wrong, so it can be avoided?"

Have strong sense of self-esteem and self-confidence. Self-confidence is your reputation with yourself. It allows you to take risks without waiting for approval or reassurance from others. You expect to handle new situations well because on your past successes. "These are my reliable strengths...."

Have both good friendships, loving relationships. Research shows that people in toxic working conditions are more stress resistant and are less likely to get sick when they have a loving family and good friendships.

Express feelings honestly. They can experience and express the entire range of emotions honestly and openly. Can also choose to suppress their feelings when they believe it would be best to do so.

Expect things to work out well. They are optimistic and are guided by their own internal values and standards. They are tolerant of ambiguity and uncertainty. They have a synergistic effect, brings stability to crises and chaos. Ask "How can I interact with this so that things turn out well for all of us?"

Read others with empathy. See things through the perspectives of others, even antagonists. Win/win/win attitude in conflicts. Ask "What do others think and feel? What is it like to be them? How do they experience me? What is legitimate about what they feel, say, and do?"

Use intuition, creative hunches. Accept subliminal perception and intuition as valid, useful sources of information. Ask "What is my body telling me? Did that daydream mean anything? Why don't I believe what I'm being told? What if I did this?"

Have a talent for serendipity. Learning lessons through life's experiences is the antidote to feeling victimized. Resilient people can transform a situation that is emotionally toxic for others into something positive for them. They thrive in situations that may be distressing to other people because resilient people learn positive or important lessons from negative experiences. They convert misfor-

tune into good luck and gain strength from adversity.

A good indicator of good mental health is when a person talking about a difficult or painful experience says "I would never willingly go through anything like that again, but it was the one of best things that ever happened to me." Ask "How can I turn this around? Why is it good that this happened? What is the gift?" They look for the learning.

Adapted from the work of Al Siebert (The Resiliency Centre). www.theresiliencycentre.com