

ALBERTA FAMILY MEDIATION SOCIETY

NEWSLETTER

Edition 9: September 2005

Special points of interest:

- Newsletters will be distributed six times yearly
- We welcome your input about the newsletters and encourage you to submit articles and features

Fall is almost here, another summer has passed and the children are back to school.

Homework is often a dreaded time for children (and sometimes parents). In families that are adjusting to new parenting schedules, new living environments and other family changes, homework can become a challenge. Consistency between parental homes is an important element of helping children develop effective study habits. What can separating parents do to reduce the stresses that go along with homework routines:

- Be positive about homework (it is not a punishment)

- It is an opportunity to help your child learn time management skills
- Ensure the child has the necessary supplies and resources at each home
- Develop similar homework expectations at each home to promote consistency and to help the child develop study routines
- Stay informed and communicate with one another and the school.

Inside this issue:

<i>Falling into helpful study habits</i>	1
<i>Ethics in Family Mediation</i>	2
<i>Narrative mediation</i>	3
<i>Lunch and Learn sessions</i>	2
<i>News</i>	6
<i>Quotes</i>	4

Attached PDF flyer re: conferences

AFMS Board of Directors

Dr. Kent Taylor (President)

Ms. Geeta Bharadia (Vice President)

Ms. Bonnie Murray (Secretary)

Ms. Barbara Acton (Treasurer)

Ms. Barbara Bishop

Ms. Jane Warren

Dr. Trevor Neil

Ms. Lorri Yasenik (past president)

Mr. Michael Porter

Ms. Kim Rieger

Ms. Shelley Taggart

Kate Wood

Lynn Parish

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.

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

These sessions have been held now for several years.

Keep watching the newsletter for the upcoming fall and winter sessions.



Lunch and Learn

Ethics— dealing with dilemmas in practice

Ethical dilemmas are bound to happen in practice however, even by anticipating the situations in advance it can often be difficult for mediators to deal with these challenging situations. Ethical dilemmas can result from blurred boundaries, conflict of interest situations, confidentiality (or limits of), role confusion, to name a few. Some of the research on the topic suggests that in these situations, we are wise to: consider and clarify our personal and professional values, ensure awareness of the influencing factors and barriers, check with the Code of Ethics and Standards of Practice, analyze all alternatives, choose a course of action and evaluate it. There are many tools... **See Page 5**

**“I hear and I forget.
I see and I believe.
I do and I understand.”**
-- Confucius (551 BC - 479 BC)

From the newsletter Editor— Charmaine Hammond

The fall brings about a number of changes for families— children going back to school— families resuming their fall/school routines and schedules and preparing for the holidays that are just around the corner. Sydney Harris once said “Our dilemma is that we hate change and love it

at the same time; what we really want is for things to remain the same but get better.” Change is difficult, even it is exciting and positive. William Bridges suggests that there are 3 stages to change: the beginning, ending and middle zone, and that change begins with an ending.

How true this is of families experiencing separation. The beginnings start with the ending and likely the most difficult time is the transitions (middle zone). **See Page 5**



News and updates for Members

Added Membership Benefit:

Master & Scribes Bookshoppe— Intercultural & Community Development Resources (ICDR) is generously offering AFMS members a 15% discount on books and resources at the April Conference.

Additionally, they will provide a discount to AFMS members at their upcoming conferences

(please see attachment to this newsletter or the AFMS website) and a discount on resources throughout the year.

Please make sure to check out their on line library/catalogue, there are a number of valuable tools for practitioners.

www.icdr.com

If you are planning on attending the Intercultural sensitivity series of workshops (see PDF flyer attached to newsletter), you will receive \$15 off the registration— a generous discount for AFMS members provided by ICDR.

Narrative Mediation—a glimpse into the 2006 AFMS Conference

John Winslade and Gerald Monk will be the featured speakers for the April 2006 conference. Monk and Winslade are known and respected for their work in the Narrative Mediation approach. Narrative mediation builds upon the metaphor of storytelling (T. Hansen, 2003). Hansen (2003) describes the narrative mediation process as having three distinct stages: engagement, deconstructing the conflict saturated story and constructing an alternative story. As in Interest Based Mediation, the stages are not always linear in practice. Narrative mediation focuses on outcomes that reach beyond simplified agreements or settlements and offers opportunity for individuals to experience change and transformation through this process of conflict resolution.

For more information on this article by Hansen, visit http://www.adr.gov/approach_mediation.pdf

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)

#405, 918-16 Avenue NW
Calgary, AB T2M 0K3

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

The only way to discover the
limits of the possible is to go
beyond them into the impossible
(author unknown)

Change. It has the power to
uplift, to heal, to stimulate,
surprise, open
new doors, bring fresh
experience and create
excitement in life. Certainly
it is worth the risk.

--Leo Buscaglia

*To listen fully means to pay
close attention to what is
being said beneath the
words. you listen not only
to the music but to the
essence of the person
speaking. you listen not
only for what someone
knows, but for what he or
she is. ears operate at the
speed of sound which is far
slower than the speed of
light the eyes take in.
Generative listening is the
art of developing deeper
silences in yourself so you
can slow our minds hearing
to your ear's natural speed
and hear beneath the
words to their meaning.
by Peter Senge*

Change continued:

The middle zone, where Bridges says the transitions occur, can be difficult for family members. Some families describe this like “we are in limbo, the new way hasn’t settled in yet” and the old way is still very much in the present. Creating new routines, new rituals and traditions becomes an important part of the change process for many families. We are interested in featuring practitioner perspectives in the next issue: tips, strategies and tools to help families bridge the journey that happens during change and tips to share with families to help them cope with the holiday season.

Ethics continued:

and approaches that mediators can effectively deal with these situations in a competent manner.

News, Upcoming Events and Other Information

Workshop: Culture, Creativity, Conflict

Featuring Michelle LeBaron

October 3, 2005 Edmonton, AB

contact: www.programs.icdr.com/calendar or call 437-8013 (780)

Presentation: Multicultural Training: Developing Awareness, Knowledge and Skills

Featuring Paul Pedersen

September 16, 2005 Edmonton

contact: www.programs.icdr.com/calendar or call 437-8013 (780)

Diverse Voices is presenting a conference on December 4, 5, and 6, 2005 (in Edmonton) that considers the impact of Family Violence across generations, from various multicultural perspectives as well as in the workplace and the health care systems. There are several keynote speakers that will discuss:

- the impacts of family violence on children
- working with abusers
- impact of family violence on the workplace
- and much more

Registrations can be found at www.diverse-voices.com

AFMS Annual Conference— April 2006

Watch upcoming newsletters for details. The conference is a collaborative effort of AFMS and the Collaborative Law Lawyers Association. The featured speakers are Gerald Monk and John Winslade.