

Imagine this scenario.



**This is how our clients often feel
when going into Family Dispute
Resolution.**



better
place

Better Place
Australia

Preparing parents for the challenge of ongoing child focused shared parenting

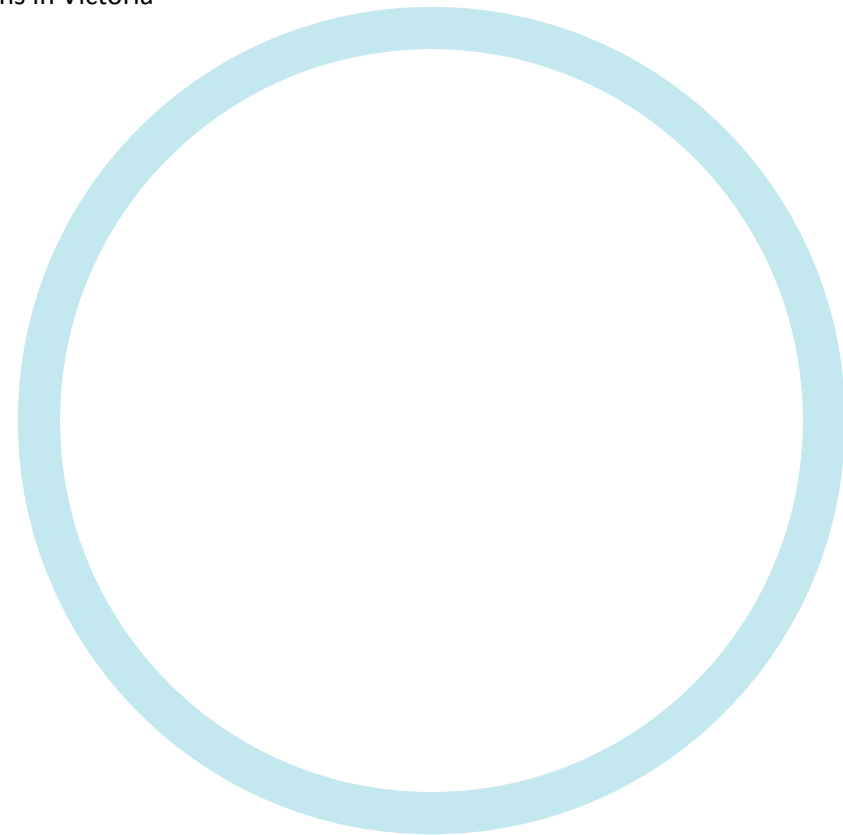
Presented By:
Kristen Poel



Better Place Australia Overview and History

Summary

- **Better Place Australia** was established in 1983
- Not for Profit - Public Company Limited by Guarantee
- Received majority of funding from Commonwealth Government
- Provides a range of Family and Community services across 28 locations in Victoria
- Over 9,000 clients per annum
- Volunteer Board



Our Services

We offer a Customer Support Service 1800, Live Chat, Skype and online information and support service that triages enquirers into:

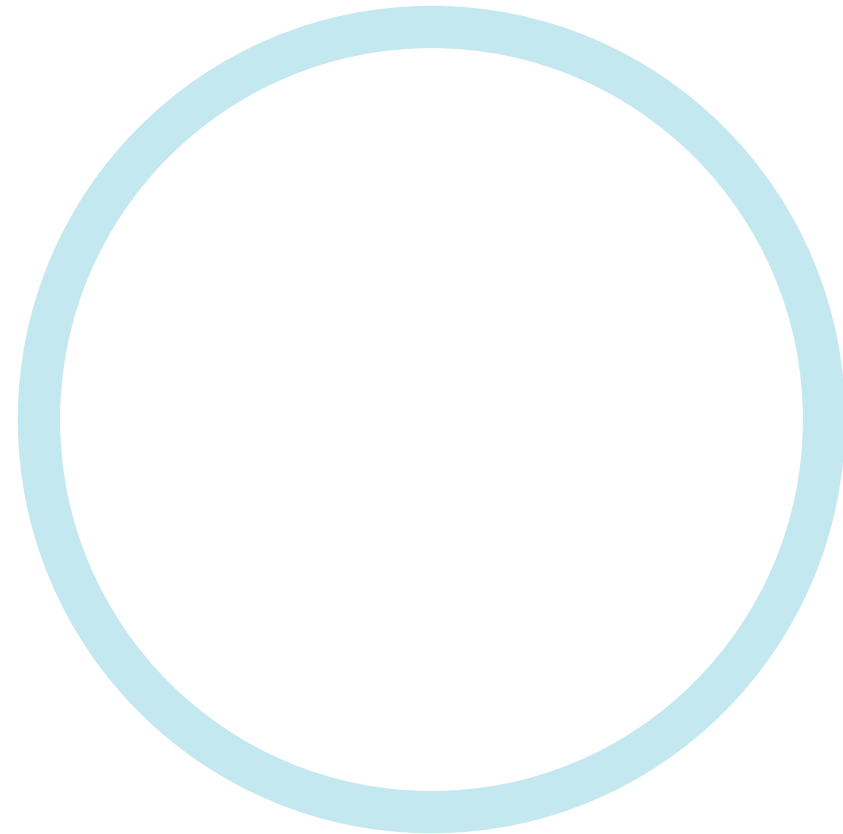
- Family Counselling
- Relationship Counselling
- Individual, Children and Young People's Counselling
- Family Mental Health Support
- Family Dispute Resolution
- Legally assisted FDR
- Respecting Elders service
- Bulk billed psychological services
- Financial Counselling
- Financial Capability development
- Parenting after Separation group education
- Information and Education (workshops and courses) and support
- Training & Skills Building



We aim to help families understand and resolve conflict, manage their finances, improve communication and grow stronger as a result.

| Agenda

- **What is pre mediation preparation (PMP) and what is its purpose?**
- **A brief history of PMP**
- **When is PMP recommended**
- **What is covered in the session**
- **Current learnings**



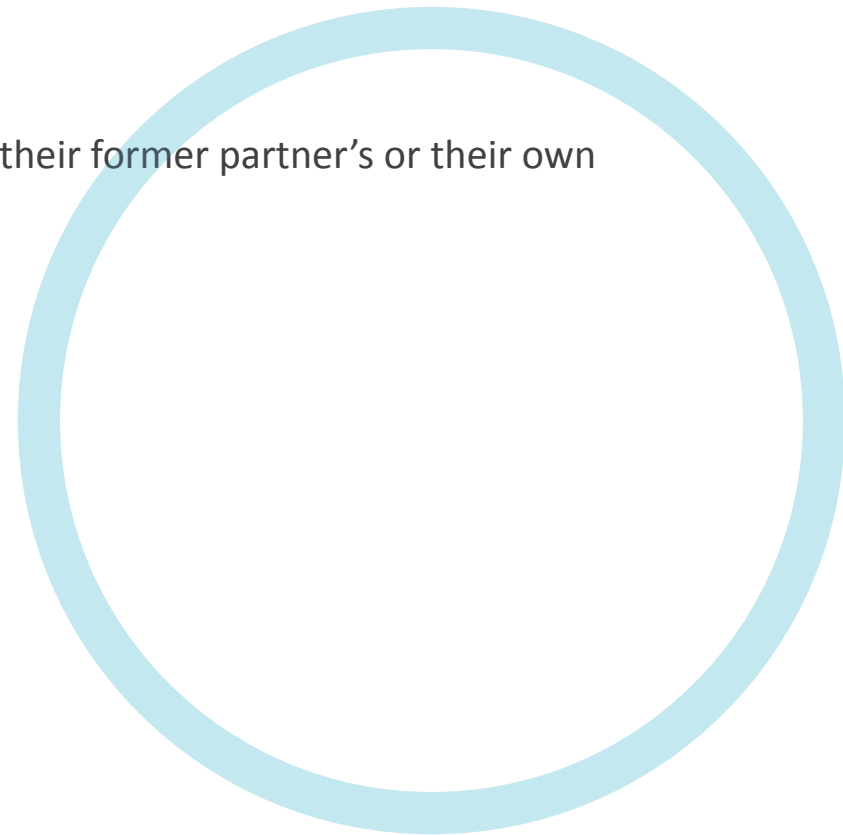
I The Development of Pre Mediation Preparation

- **Pre Mediation Preparation was developed in 2016 by Better Place Australia counsellors and FDR practitioners** as an additional mediation preparation tool in response to increasing case complexity in FDR.
- **PMP is delivered by counsellors and psychologists** to an individual, couple or group depending on the case.
- **PMP is generally provided to individuals who are assessed to be concerned about being in the presence of their former partner or are considering shuttle mediation.**
- **PMP can still be offered to individuals who experience an amicable and child focused relationship with their former partner** but still need to utilize the mediation process.



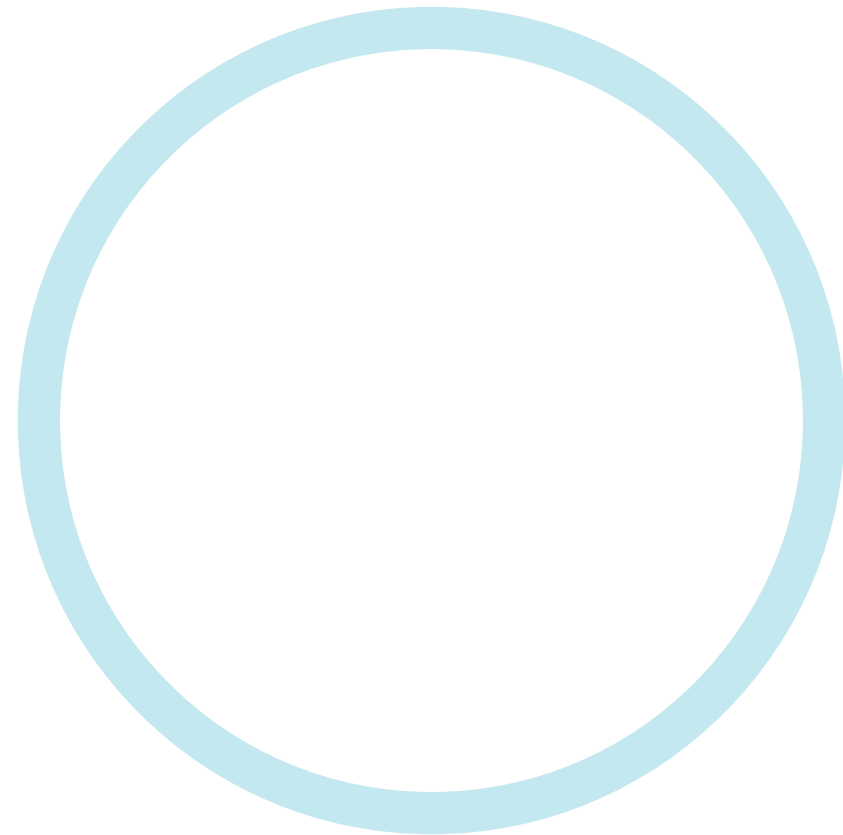
I When PMP is recommended when practitioners identify

- High level, deeply entrenched conflict between parents
- Elevated level of anxiety around FDR
- When clients are uncertain about the goal of mediation
- When a client identifies that they are concerned about their former partner's or their own emotional response during the mediation process
- When clients' may need to increase assertiveness skills
- When clients present with an external locus of control



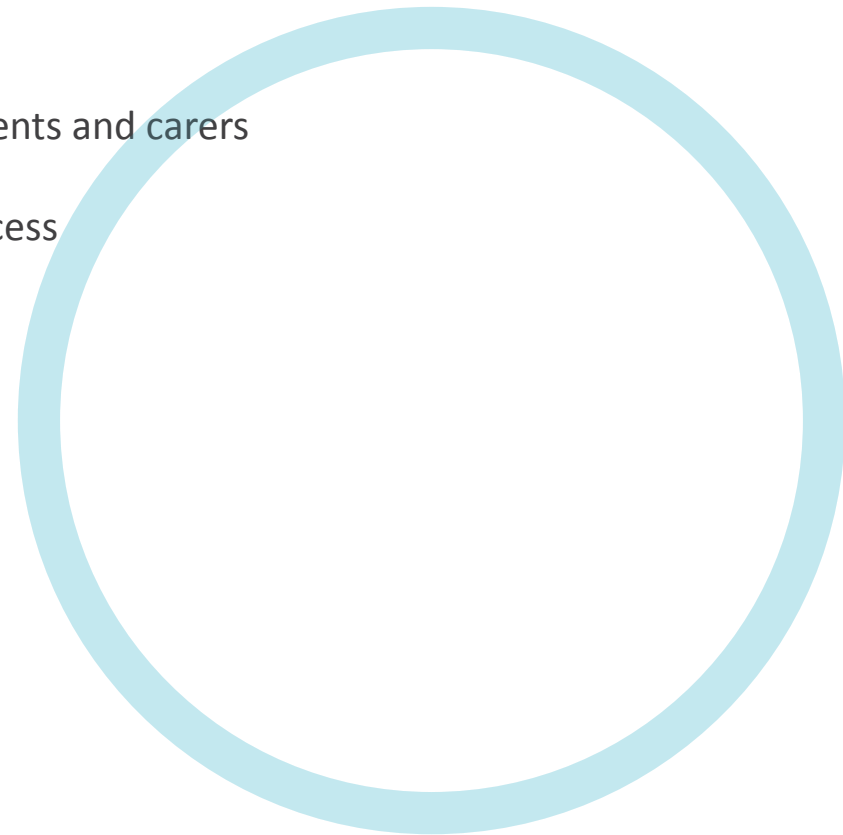
I Skills Training: What is covered in the session

- **Ascertain the nature of the client's specific concerns with going in to the mediation.**
- **Negotiation skills**
- **Visualisation**
- **Cognitive Behavioural**
- **Emotion regulation**
- **Locus of Control.**



I FDRP reported impact on FDR Process and outcome

- The closer the session to the FDR the more impact it does have
- However too close can be detrimental
- Has changed the quality of the discussion between parents and carers
- More prepared to use the supports within the FDR process



I Continued...

- A move away from parties being positional
- Highlighted between parents the need for an ongoing parental relationship
- Also parents recognised that there is a need for the children to have a quality relationship with the other parent even if they don't
- Less escalation of emotions and opportunity to develop effective communication strategies



Questions?

Better Place Australia

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