

5 Benefits of Using Mediation when Going Through a Divorce



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Welcome



I am a family attorney and mediator who help families through various legal issues. My goal in mediation is to help facilitate an agreement between the parties that each party can feel content with for many years to come.

In times of family turmoil, it is important to have someone helping you through it who will be empathetic to the situation. I strive to build lasting relationships with my clients and offer personalized services. In addition, I aim to be easily accessible to my clients through offering convenient office hours and locations. That is why in addition to in-person visits, I also conduct meetings over the phone and through FaceTime and Skype.

I have been mediating since 2009 and strongly advocate for the mediation and collaborative process. While this book discusses five of the benefits to using mediation in a divorce, there are many more that I would love to talk with you about. To discuss the mediation process further and how I can be of service, please contact me today.

Please feel free to check out my website as well, CKCampbell.com, for a list of upcoming speaking engagements and educational webinars that I offer.



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Divorce is a difficult transition for couples and families, but it is possible to make the divorce process easier. Avoiding the frustration, expense, and contention of a lengthy court battle is one way to ease the emotional impact of divorce.

An alternative to litigation and divorce court is mediation. Mediation makes it possible to end your marriage without creating any more damage than you already have on hand. It is a peaceful process by which couples work in a controlled environment to create the best scenario possible. For many, mediation is a way to protect their family, even when their marriage is ending. It helps repair some of the tears in the broken relationship and it makes it possible to move forward without viewing one another as enemies.

What are some other benefits of using mediation when going through a divorce?

Mediation is Less Expensive



Mediation generally costs less than ending your marriage through litigation.¹ Couples maintain control of the process, so it is unlikely to get out of hand unless they allow this to happen. They gather all the information needed to complete their divorce, so there is no lengthy discovery process and no reason to pay attorneys tens of thousands of dollars to build a case against a former spouse. Though attorneys are allowed to participate in mediation and many couples choose individual representation, it is possible to mediate your divorce without attorney representation. For many, the majority of the cost associated with their divorce is the fee of the mediator.

¹[Citation to a credible source that backs up this allegation.](#)



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Mediation Hastens the Transition

In most cases, the sooner a divorce is final the better. Both spouses and any other family members affected are able to move on and begin building a new life outside of the marriage. Unfortunately, if one or both spouses feel betrayed there is a tendency to seek retribution through the court system. Mediation can help to diffuse negative feelings and guide divorcing spouses toward a sensible resolution. Despite the emotional complexities of divorce, it is better for everyone when the process can be wrapped up as quickly as possible.

Mediation Gives Control to the Divorcing Couple

One of the most important benefits of mediation is the control it puts into the hands of those most affected by the divorce. Each spouse is a participant in the process and both have the final say. If they are unable to reach an agreement, mediation is unsuccessful and other avenues of completing the divorce can be pursued.

This level of control is especially important for divorcing spouses with children. Mediation puts parents in charge of making important decisions that affect their families, so the court is not forced to figure out the best option in a situation it does not fully understand.



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Mediation Creates a Sense of Teamwork

Mediation brings two people who might be struggling to communicate with one another into a setting where they are supported and directed to discuss the issues. A neutral mediator meets alone and together with divorcing spouses to examine the issues at hand and discuss potential outcomes. He or she creates a spirit of teamwork, as opposed to the combative environment of a courtroom.

Spouses maintain complete control over their situation and are given the ultimate say as to whether a resolution is going to work for them or not. They are also allowed to speak their minds during the process and offer ideas for potential solutions. Mediation allows couples to take a creative approach in settling their divorce, which makes a peaceful resolution far more likely. And for many, this spirit of teamwork carries on into the relationship that remains after divorce, which is especially important when spouses share parenting responsibilities that do not end with the divorce.

Mediation is Easier on Children

Protecting a parent's relationship with his or her child is one of the main goals in a divorce – whether it takes place in a mediation office or in the courtroom. Provided there are no issues that would put a child at risk, most everyone agrees that children benefit from a relationship with each parent and parents have a right to a healthy relationship with their children. Unfortunately, divorcing couples sometimes lose sight of what is best for their children and the focus becomes revenge on a spouse that caused emotional damage.



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Successful mediation requires both spouses to put aside their differences in order to do right by their children. A skilled mediator will help couples understand the importance of making the best decisions for their families, even if it means setting aside pride and feelings of resentment. In the long run, this makes a divorce much easier on children. They feel safe and secure, and are not forced to view either parent as the reason for the divorce. There are even instances in which children are given the opportunity to offer their opinions during the mediation process.

Have you considered ending your marriage? Has your spouse requested a divorce? Do you want to make the process seamless and avoid additional damage for you and your children? Cindy Campbell can help.

Cindy has a great deal of experience helping couples resolve their divorces in the most efficient, practical, and sensible way. She has seen how legal issues can divide a family and wants to provide friendly, quality, and trustworthy guidance for those going through a divorce. By using various forms of technology and virtual offices, she attempts to make the divorce process as quick, easy, and convenient as possible.

If you would like more information or you are ready to schedule a consultation with Cindy to discuss divorce mediation, contact her at 773.360.1928 or by email at Cindy@CKCampbell.com.

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