

# Family Reconciliation Mediation



**For 25 years, Innovative Alternatives, Inc. has offered some of the most cutting edge applications of mediation on the market—with your needs in mind and kept front and center!**



**Innovative Alternatives, Inc.**

*Serving our community through mediation, counseling & training since 1989.*

***We find solutions to life's most difficult people problems!***

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Information on all of our mediation services available at:

[www.innovativealternatives.org](http://www.innovativealternatives.org)

**Family Reconciliation Mediation** promotes peaceful, effective and thorough conflict resolution.

IA developed a process for disputing families that rapidly identifies core issues - within one, three-hour session in fact! Not only do we identify the problem issues in need of resolution, but also the strengths of each person and of the relationship in that period of time as well!

We are very often able to mediate at least one of the issue areas to solution within that first session! The total number of sessions needed to complete the entire mediation varies based upon the number and complexity of the issues.

This can take months in counseling, but the structure of mediation does not allow couples or families to go in circles as they can in counseling without a process to keep them focused! The resulting agreement is created by you, yours to keep and fits the needs of your family!





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1335 Regents Park Dr. Suite 240; Houston, TX 77058 P: (713) 222-2525 F: (281) 480-4815

***FAMILY PRESERVATION PROGRAM***

***is now offering***

# **Family Intervention Mediation**

**Providing early intervention services to  
families to stop the escalation to domestic violence!**

With the help of trained mediators and mental health providers, couples voluntarily participate in mediating a plan to make family relationships safe and healthy by taking the following steps:

- Assess the desire for reconciliation of the relationship.
- Identify strengths and problem areas in the relationship needing solutions.
- Express perspectives on problem areas and the willingness to resolve them.
- Express the impact of the unresolved problem areas on each family member.
- Determine whether to reconcile or to dissolve the relationship peaceably.
- Establish safety plans with living and support arrangements when indicated.
- Establish treatment plans to address problem areas and heal the relationship.
- 'Natural Consequences' for honoring or failing to honor written plans are developed by the couple & built into written agreements. These help to keep motivation to save the family high & to uphold safe & appropriate boundaries to allow each person to make changes in their own behavior. Partners/family members work together create real change.

**Some advantages to participating in mediation for the purpose of  
resolving domestic relationship issues are listed below:**

-Determine very quickly if your partner is unwilling to negotiate important issues, so wasted time & energy and risk are decreased.  
If you & they are willing:  
-Create joint safety plans where needed  
-Identify & uphold boundaries.  
-Decrease feelings of helplessness.  
-Prevent further disruption of family.  
-Learn effective conflict resolution skills to de-escalate aggression. In yourself & others  
(Does not assign fault, but helps to protect)

-Demonstrate through constructive actions, a willingness to change.  
-Overcome guilt & shame, & gain pride in healthy change & new skills.  
-Learn effective anger management skills as alternatives to aggression/explosions or passivity/avoidance  
-Construct a written plan for FAMILY change & model positive behaviors for your children.  
-Receive real support for change and build in accountability for unhealthy behavior.  
-Create contingencies for set-backs to keep them temporary.  
**-ENJOY YOUR RELATIONSHIPS!**