

**Wendy A. Campbell, MFT  
Counseling & Mediation**

Research shows that children can tolerate most any parenting plan solution that settles the conflict between their parents far better than they tolerate ongoing conflict. Because of this, I believe it is best for children when their parents agree on a custody/parenting plan rather than remain in conflict. It is also best for children when their parents share post-divorce parenting responsibilities. I will make every effort to assist you in finding solutions to your conflicts so that you can provide your children with a tension free atmosphere in which they can thrive. Please read the following ground rules and allow each one to be a guide so that our mediation can be as productive as possible.

**MEDIATION GROUND RULES**

1. TALK TO THE MEDIATOR, NOT EACH OTHER
2. DO NOT INTERRUPT EACH OTHER, YOU WILL EACH BE HEARD
3. TREAT EACH OTHER WITH COURTESY AND RESPECT
4. MAKE GOOD USE OF YOUR TIME HERE, STAY ON THE ISSUE
5. FOCUS ON IMPROVING THE FUTURE FOR YOUR CHILD(REN)
6. NO BLAMING, SWEARING OR NAME CALLING
7. ABSOLUTELY NO YELLING OR RAISING OF YOUR VOICE
8. WHILE YOU DON'T HAVE TO AGREE, I DO EXPECT YOU TO MAKE AN HONEST EFFORT TO LISTEN & UNDERSTAND EACH OTHER
9. IF YOU FEEL OVERWHELMED, OR UNABLE TO CONTINUE PRODUCTIVELY, ASK FOR A BREAK
10. OTHER GROUND RULES AS DECIDED BY THE PARTIES: