



CAPE
MEDIATION

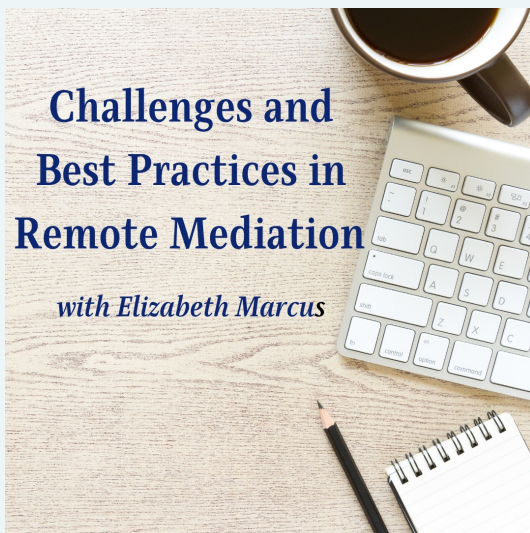
Mediator's Break

Monthly news & updates

April, 2022



EVENTS AND HAPPENINGS AT CAPE MEDIATION



Challenges and Best Practices in Remote Mediation Workshop

We're thrilled to be offering a Remote Mediation Workshop this month. This Workshop, hosted by Elizabeth Marcus, a mediator for the Equal Employment Opportunity Commission (EEOC) in Boston, will focus on the ins and outs of mediating remotely and will spotlight tips, best practices, and things to avoid in a remote setting.

The sign-up form (linked below) asks for your input regarding what you want Elizabeth to cover -- we want the Workshop to be tailored to address challenges *you* run into when mediation remotely!

Please take a few moments to brainstorm challenges you feel are unique to the remote mediation process and share them with us in the form. Some thoughts we had to get your brainstorming wheels turning were: gauging competency in a remote setting, managing time conflicts and time crunches that arise during the mediation for parties or their attorneys, and identifying situations when continuing a mediation to another session might be beneficial.

The Workshop will be held on **Thursday, April 21st, from 4:00 p.m. - 5:00 p.m.**

THE WORKSHOP IS OPEN TO TRAINED MEDIATORS AND CONCILIATORS.

Click on the button below to sign up!

Click Here to Sign Up

The Barnstable County Bar Association has a rich tradition of serving the legal profession and the public on Cape Cod.

The Association aims to further the principles of good citizenship and good government and to encourage and facilitate communication among the Barnstable County legal community. We encourage you to check out their **Newsletter**, *The Barrister*, which includes local legal news, events of interest to the legal community, job opportunities, and more.

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We're on Amazon Smile if you'd like to make donations at no cost to you - just follow [this link](#) and for every purchase you make on Amazon, Amazon will donate 0.5% of the price to Cape Mediation. It may not seem like much, but it all adds up!

Follow us on social media

Want to stay in touch on a platform that isn't email? Follow us on Instagram or Facebook where you'll find up-to-date information, workshop and training announcements, and more!



JOIN OUR DISCUSSION & DEBRIEF ON THURSDAY AFTERNOONS

Whether you are an active remote mediator or conciliator, want to keep your skills sharp, or want to learn more about our remote process, please join us as we debrief our sessions and discuss what is important to you.

During the debriefing we talk about which mediation skills worked best and what other skills might have been used in a mediation. We start by giving a brief summary of the case, and then focus on challenges and skills without rehashing facts and parties in a case.

For those of you who like to plan ahead, debrief dates scheduled for April will be on the 14th and 28th.

National Pet Day is April 11th!

Animals in the Dispute Resolution Field

The secret is out that we have many animal lovers in the Cape Mediation community. And with April 11th being National Pet Day, we thought we'd share a bit about animals in the Dispute Resolution world

– yes, we unearthed some connections!



Karen Green, who has been working in the Animal Welfare world since 1996 created the handbook **Conflict Resolution for the Animal Welfare Field**. The handbook is based on the results of Green's 2009 study, which found that destructive conflict is hurting the people working and volunteering for animal welfare organizations and, therefore, the organizations themselves. She assembled the handbook to serve as a "conflict resolution resource tailored for those working and volunteering in the animal welfare field."

Much of what she discusses is universal to mediation, but with an animal focus. For example, she discusses how in the animal welfare field, things often seem black and white (think Dalmatians!), but how this good vs. evil framing of disagreements sets the stage for destructive conflict.

We highly recommend checking out Green's handbook, which is sprinkled with many furry friend photos and entertaining anecdotes. Her work is a reminder that Dispute Resolution goes beyond our own human communities and programs.

Another interesting animal connection to the field of Dispute Resolution comes from Robert Benjamin's article, **Dogs As Conflict Mediators**, on Mediate.com, Benjamin, a professional mediator who co-mediate with his dogs, states that "Dogs have a capacity to trigger a human response and dissipate stress in ways unavailable to other humans." Benjamin has found that, irrespective of whether his clients are animal lovers or not, "At the very least, their presence helps divert the clients' attention away from all the negative stuff that is preoccupying them."

So whether it's in a Cape Mediation meeting, or on a Zoom call for your day job, or during a family & friends Zoom social, we can all agree that catching a glimpse of a meandering cat in the back of someone's screen or scrambling to mute yourself when your dog goes on a barking spree humanizes us and brings some humor to our otherwise restricted remote interactions.

If your cat is snuggled up in your lap as you read this, your dog is incessantly nudging your leg because dinner time was 20 minutes ago, or you're busy nesting for a dog or cat adoption in your future, thanks for indulging us in this quest to connect animals and Dispute Resolution.

And remember to have extra cat treats and dog bones on hand come April 11th!



"Now Tom, you agree to warm your hands before milking ... and Janet, you promise not to wander."



Remote
Training Program

We're even closer to launching our Remote Mediation Basic Skills Training Program!

We're thrilled to share that the "Friends and Family" soft launch of our Remote Mediation Basic Skills Training was a resounding success. The accessibility of the platform, the revised instruction format, and the updated content all exceeded expectations.

After making some tweaks in the coming months, we're eager to start offering the Training to the public.

Visit **our website** to
learn more or
to submit a
Training Inquiry.

Most importantly, we'd like to extend a HUGE thank you to everyone involved in the development and launch of the training.

And as icing on the cake, we're pleased to share that we have four freshly minted mediators in the Cape Mediation community!

A NOTE FROM THE TRAINING TEAM:

CONGRATULATIONS TO THE CLASS OF MARCH 2022!

March saw a terrific full run of the new remote Basic Skills Training, with the help of many! Thanks to Anne and Donna and Pete, Ella and Julia, Kathy and Nancy, Marc Goldberg, Debbie and Janie and all of the role play coaches. And a very special thanks to our 'first' class, for their grace and patience. Congratulations on your hard work and outstanding achievements, Gennie, John, Ella and Pete.

We are looking for folks interested in joining the CM training team. We've still got work to do on the Basic Training, we are getting calls for our workshops, and our youth program is blossoming. Please reach out to **Anne** if being a trainer or role play coach might be good work for you.

SUPPORT CAPE MEDIATION

Your donations help us continue to provide high quality dispute resolution services to our community. For a small organization like Cape Mediation, the cliché "every dollar counts" holds true.

[Click Here to Donate](#)



MEET THE BOARD

Cape Mediation has welcomed several new members to the board this year. We have asked each of them to share a little about themselves each month in our newsletter. This month, we would like to introduce you to Adrienne Watson.



Adrienne Watson

I am a life long resident of Cape Cod, growing up in the Lower Cape area and graduating from Nauset High School and then Cape Cod Community College. I have worked for First Citizens FCU for 20 years serving members in the Lower Cape and Mid to Upper Cape areas. In my family life and in my work I strive to bring assistance and reduce conflict as needed which led me to learn more about Cape Mediation and the work that they do to serve our community. I reside in Yarmouthport with my family and love spending time at the beautiful Cape beaches in the summer.

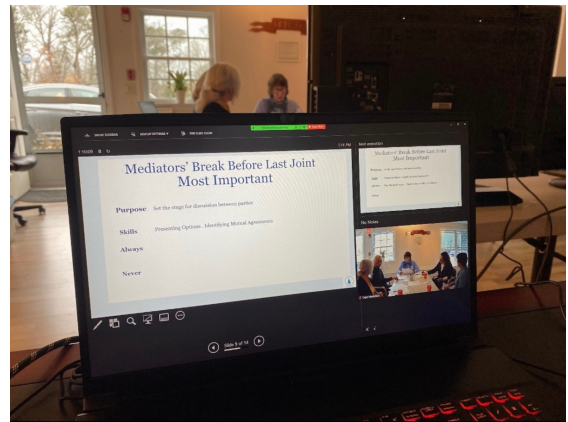
THE BOARD'S CORNER

The Board is pleased to report that it is now comprised of seven members - with John O'Toole as our fearless, extremely dedicated leader. At the March meeting John reported on the solid state of Cape Mediation's finances and Anne reported on the status of our various funding sources, staffing, programs and upcoming programming/trainings. Anne also presented an overview of Cape Mediation to the Board as some members have not had a previous relationship with Cape Mediation. John pointed out that Cape Mediation seems to have weathered the pandemic storm and for this much gratitude to Anne and her staff.

Welcome spring!

A FEW WORDS FROM THE EXECUTIVE DIRECTOR

March has been an exciting month for Cape Mediation!! On March 26th, we wrapped up the first ever remote mediation skills training. The training, offered only to friends and family, provided an excellent opportunity for our coaches to prepare for the first official offering of the Mediation Training soon! We offered our first hybrid workshop, The Process is your Friend, on March 31st. It was great to welcome Debbie Fish and our participants back into the office and finally get to work face to face. (Everyone was fully vaxed and masked for safety of course!) Other participants "zoomed" into the workshop to learn more about how to utilize and strengthen the mediation "process" in action. Cape Mediation is thankful to all of the wonderful faculty, coaches, staff and participants that helped to make these two events possible, and we are looking forward to begin the new trainings in the coming months.



A behind the scenes shot from The Process is Your Friend Workshop



APRIL 2022

Cape Mediation Discussion & Debriefs are offered on Thursday afternoons at 4:00 PM.

Thursday, April 14, 2022, 4:00 PM - Discussion & Debrief for Mediators and Conciliators. Whether you are an active remote mediator or conciliator, want to keep your skills sharp, or want to learn more about the remote process please join us. **Contact us** to join the discussion or look for the notice in your inbox.

Thursday, April 21, 2022, 4:00 PM - 5:00 PM - Challenges and Best Practice in Remote Mediation Workshop.

This Workshop, hosted by Elizabeth Marcus, a mediator for the Equal Employment Opportunity

Commission (EEOC) in Boston, will focus on the ins and outs of mediating remotely and will spotlight tips, best practices, and things to avoid in a remote setting. *The Workshop will be held on Zoom.*

Thursday, April 28, 2022, 4:00 PM - Discussion & Debrief for Mediators and Conciliators. Whether you are an active remote mediator or conciliator, want to keep your skills sharp, or want to learn more about the remote process please join us. **Contact us** to join the discussion or look for the notice in your inbox.

VOLUNTEER AVAILABILITY FOR APRIL

If you have not already signed-up, please send us your available volunteer dates by clicking the button below. We offer mediations and conciliations remotely Tuesdays through Fridays.

If you have not mediated or conciliated remotely, consider giving it a try. We will pair you with an experienced remote volunteer and we are sure once you try it, you'll like it!

MY APRIL AVAILABILITY DATES



BUILDING BRIDGES NOT WALLS **WORKSHOP**

In March we offered our first in-person Building Bridges Workshop since March 2020, and we couldn't be happier with how it went.

We're pleased to share that we'll be hosting three more Building Bridges Workshops at the Truro Public Library in the coming months -- so stay tuned for dates and we



CAPE COD TRAIL RACE

Does this spring weather have you itching to get outside?! If so, check out the **Cape Cod Trail Race**, hosted by the Falmouth Running Club and located in the scenic Frances A. Crane Wildlife Management Area. Participants have the choice to take part in either a 10k or a 20k race length, and the event offers both competitive and recreational running opportunities for all ages and abilities.

hope to see you there!

To learn more about the Workshop, visit
our website.

In addition, the Race is proud to support
The Natural Heritage & Endangered
Species Fund and The Massachusetts
Outdoor Heritage Foundation.



YOU CAN NOW SUBMIT YOUR REQUEST FOR MEDIATION OR CONCILIATION SERVICES ONLINE

Submitting a request to schedule a Mediation or Conciliation is now easier than ever, just visit our website at **CapeMediation.org** and fill out a **Request for Services** form. After we receive your request, one of our experienced case coordinators will contact you to learn more.
*You may also reach us by phone at 508-240-1717 or by **email**.*



BOOKS & BEYOND

We encourage you to watch this short interview (**click here to view**) hosted by the Ethics Institute at Dartmouth College, featuring Ken Feinberg, who is among the best-known figures in the field of dispute resolution. The video is broken into a number of short “chapters” that center around insightful questions posed to Mr. Feinberg.

When asked what he has learned about human nature in the course of his work, Mr. Feinberg shared: “People who are innocent victims of tragedy react in thousands of different ways. Reaction to tragedy is as diverse and complex as human nature itself.” This reverberated with us

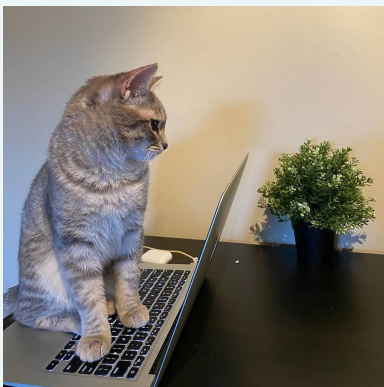
as a compelling reminder that, as mediators, we need to give people the opportunity to react in whatever way they need to, without judgment.

Mr. Feinberg also acknowledges that the “approach of trial by battle is so ingrained in the history of our country, that it will always be a major part of dispute resolution” but emphasizes that mediation has an ongoing and increasing role to play.

If you’re interested in more of Ken Feinberg’s work, check out his book **What is Life Worth?**, which chronicles his time serving as the Special Master of the U.S. government’s September 11th Victim Compensation Fund, a role in which he served pro bono for almost three years.

*Have you read any good books or online articles lately? Do you have a favorite book or article on Dispute Resolution? If so, please **contact us** and we’ll share it in the next issue of Mediator’s Break.*

Please visit **CAPEMEDIATION.ORG** for up-to-date information, current job openings and more!



INTERESTED IN BECOMING MORE INVOLVED?

If you are interested in becoming more involved in any of our programs, please **reach out!**

Additionally, if you are interested in volunteering in our Remote Dispute Resolution programs, but are unsure about the process or technology, we want to help! We will schedule you for to observe or pair you with someone with experience in telephone and videoconferencing to help. **Contact us.**

JOIN THE DISCUSSION ON CAPE MEDIATION'S GOOGLE GROUPS DISCUSSION BOARD!

We invite you to join our virtual Dispute Resolution email discussion group where we share information about job opportunities, news and articles about the world of Dispute Resolution with the volunteers, mediators, conciliators and staff at Cape Mediation. This group is open to all Cape Mediation staff and volunteers. If you have not already joined, please **contact us to join.**

Not Receiving Our Email Notices?

We send out notices during the month including our monthly volunteer sign-up sheet and workshop updates, and we share other news and information that arises. If you are not receiving these emails, try checking your Email Promotions and Spam settings. If that doesn't do the trick, let us know, so we can be sure you are on the right lists. **Contact us.**

More Information

Quick Links

About Us

**National Association
for Community Mediation**

**Community Action Committee of Cape Cod
and the Islands**

Resolution Massachusetts

Mass Law Libraries

COVID-19 Information on Cape Cod

Barnstable County Helpline for COVID-19

Related Questions: 1-774-330-3001

Monday through Friday, from 8 AM to 4 PM

Barnstable County Medical Reserve Corps.

Information Surrounding the Pandemic

For up-to-date information on changes as a result of circumstances surrounding the pandemic, visit the **Mass.gov** website.

Court System Resources

COVID-19 Eviction Information

Protect Your Information Online

Donate Today

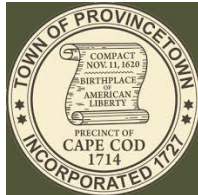


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