

MYL Mediation Practice, SUGGESTED PROTOCOL*

I. Getting Connected -- About 10 min.

Choose a Facilitator [optional, and can rotate each time].

Self-Connection Practice (SCP). Group does silent SCP together (e.g. for 1-2 minutes).

Facilitator or someone else keeps time. decides how many minutes and

Check in. Each person checks in for 1-2 min about how they are doing and if they have anything they want to “put into the chairs” and what map(s) want to work with.

II. Mediation practice – 1-1.5 hrs. (cycles of 10-15 min w/ 5-10 min debrief and feedback)

Determine roles: Person A (who is putting a situation of theirs into the chairs) gives a phrase (other relevant info) to the role-player (Person B). A 3rd person plays mediator role.

[If the group wants to practice the 5-step Mediation Model and 9 mediation skills, the person playing Mediator dials level of difficulty, and the other two people agree that the main focus will be on the mediator practicing the skills.

Someone takes the role of timekeeper.

Before starting, everyone can do a brief SCP.

After 10-15 min, pause the role play and do debrief and feedback.

Rotation of roles: Next 2nd round begins: Person A takes B’s role, B becomes the mediator, mediator takes A’s role.

In the 3rd round, the person with the issue can be in the mediator role.

3rd rounds begins – Now the person with the issue becomes the Mediator of A & B.

Follow the steps above for 1st and 2nd rounds ending in debrief.

III. At the end, when the role play is over: Debrief the whole process with the person that brought the issue to see how they are doing now around the issue.

Check out: Closing sharing of how the session was for everyone, 1-2 min each.

Confirm date/time for next practice time.

**Originally this Facilitator Protocol was written up by Maria Teresa Alvarez and distributed by Linda Clopton per their triad practice group. It was updated 10/4/17 by Angela Riewe, and this version is by John Kinyon.*