



# Community Solutions of Central Oregon

## **MODULE 3 Videos**

### ***Stages of Mediation***

**Videos:** Conflict Negotiation

<https://www.youtube.com/watch?v=6xCkhV7zhuw>

**Message:** Go to the balcony.

**Videos:** Underlying Interests

<https://www.youtube.com/watch?v=uNx-WAollrl>

**Message:** Great example of finding the underlining interests.

**Video:** Interests and Positions in Negotiations

<https://www.youtube.com/watch?v=EOfr0V5381k>

**Message:** The position is what is expressed. The interest is the reason underlying the expressed position.

**Video:** Mediation Skills: Reframing

<https://www.youtube.com/watch?v=us3jWEy0yqY>

**Message:** Notice the way the speaker reframes a toxic comment.

**Video:** Finding Solutions Through Mediation

<https://www.youtube.com/watch?v=056fV4hj02A>

**Message:** The role of the mediation is to help the parties come up with creative solutions to their problem.

**Video:** Activity 9.2 Brainstorming

<https://www.youtube.com/watch?v=TNDZEpeLkic>

**Message:** Great example of how to set up a brainstorming session.

**Video:** Brainstorming: Is Your Mind Wild Enough to Make a Conceptual Leap?

<https://www.youtube.com/watch?v=WLF-0tDz3Ro>

**Message:** Ideas are usually clustered around themes. Put the ideas into framework.

**Video:** Brainstorming Done Right

<https://www.youtube.com/watch?v=9K8W4ooygUU>

**Message:** Capture everything anyone says. Don't evaluate anything. Encourage participation. Ask clarifying questions.

**Video:** Creative Thinking: How to Get Out of the Box and Generate Ideas

<https://www.youtube.com/watch?v=bEusrD8g-dM>

**Message:** A mediator needs to get the parties to think beyond their own positions.

**Video:** Scenes from a Mediation: Opening a Caucus

<https://www.youtube.com/watch?v=pdKI2kuTTwQ>

**Message:** Mediator explains everything that will happen in the caucus and reminds the party that everything is confidential.

**Video:** Caucus with Emily

<https://www.youtube.com/watch?v=pQ0OMPS7PYM>

**Message:** Mediator reminds Emily that the caucus is confidential. The mediator asks permission to get together with the other parties.

**Video:** A Caucus with Daniel

<https://www.youtube.com/watch?v=QUQwTkpV42c>

**Message:** You will often get conflicting stories. That's because each party sees things only through their own eyes.

**Video:** Validation Elicits Participation

[https://www.youtube.com/watch?v=mgmF\\_OrKaow](https://www.youtube.com/watch?v=mgmF_OrKaow)

**Message:** People have a need and desire for respect, love and importance.

**Video:** Validation Communication through Empathy

[https://www.youtube.com/watch?v=ESqfW\\_kyZq8](https://www.youtube.com/watch?v=ESqfW_kyZq8)

**Message:** Use Empathy Not Sympathy to validate. Validate through listening and reframing.