



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-WAolrlr>

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

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

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