



Sousa Law



FAMILY MEDIATION

At Sousa Law we have decades of experience guiding couples through divorce and separation. Our trained family mediators take a sensitive and efficient approach in helping couples find workable solutions.

This guide will cover what you need to know about Mediation – what it is, what the benefits are, and how to decide whether it might be the right path for you and your family.



Free NCDR Information Appointment

Sousa Law offer a free 15-minute online appointment to provide you with further information about ways of resolving matters outside of the Court process and how we can help you and your family through a relationship breakdown in the best way possible.

This can be a joint or individual appointment and it will be followed up with an email providing you with information on next steps.

To book your free 15-minute appointment please contact us using the information below.

Contact Us

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About Us

Sousa Law is a specialist law firm with specific expertise in helping families resolve matters outside of the Court process. We understand that a relationship breakdown can be one of the most difficult and emotionally draining experiences for individuals and families, particularly when there are children to be considered.

Sousa Law provide a sensitive and compassionate approach. We often work with other neutral professionals, including Independent Financial Advisors and Family Consultants to ensure that you have full support with the legal, emotional and financial aspects of your divorce and separation.

All of our Family Lawyers are members of Resolution (www.resolution.org.uk). They provide proactive, child-focused advice and solutions, reducing the need for Court proceedings.

Meet our Mediators



Catherine Sousa



Emma Sanders



What is Family Mediation?

Mediation is a confidential and voluntary process that will help couples reach decisions on issues arising from their relationship breakdown.



How does Mediation work?

Mediation is a flexible process, allowing couples to explore and reality test various options that might work for them and their family. This helps couples to reach a fair and sensible solution.

Typically, Family Mediation involves couples sitting around a table with a mediator, who will guide them to find common ground and find workable solutions.

Meetings can be joint, in separate rooms and shuttled, or be held online.



What is the Mediator's role?

The mediator is a neutral third party who will listen, be even-handed and will not take sides. They will guide discussions and help couples explore whether proposals will work for them and their family.

The mediator will not provide legal advice but will provide relevant legal information to help couples reach an informed decision.



How long does Mediation take?

Initially, couples will have separate Mediation Information and Assessment Meetings (MIAMs) to decide whether mediation is right for them.

Couples will then attend one, or more, joint meetings which shall typically last between 1.5 to 2 hours. In these meetings areas of dispute will be identified and the mediator will help them consider potential solutions. Typically there are 2 to 4 joint mediation meetings, depending on the issues that need to be resolved. However, if the issues are complex then more meetings may be required.

Couples can obtain individual legal advice between joint meetings alongside the mediation process.



What happens after Mediation?

The decision reached by the couple will be written into a 'Memorandum Of Understanding' (MOU) by the mediator. This is a without prejudice and confidential document.

Couples will be advised to obtain legal advice on the MOU and they can request that a lawyer draft the relevant legally binding documents.

Whilst couples do not have to use a solicitor, we always encourage them to obtain legal advice during and after the mediation process.



The benefits of Mediation

Mediation provides an efficient and cost-effective way of resolving family disputes by enabling separating couples to explore the options available without costly and emotive Court proceedings. Couples are able to make decisions regarding their children or finances together, meaning the outcome is more likely to work for them and their family.

During Mediation couples can also seek support and guidance from the professionals below to help them make the best choices for their family.

Family Consultants provide emotional support during the mediation process. Having a family consultant is often helpful when there are difficult emotions to navigate and to ensure the needs of any children are comprehensively considered.

Financial Neutrals ensure that couples understand the family's financial circumstances and the practicalities of resolving financial matters on divorce or separation.

Pension Experts provide advice on how pensions may be considered as part of a financial agreement.

Child Inclusive Mediators listen to children and allow for their voice to be heard.