

# Update

July/August 2010

## A Fond Farewell to Cathy Goldman

After more than 11 years of wonderful service as coordinator of the Bellevue Parent-Teen Mediation Program, Cathy Goldman will retire at the end of August. About 12 years ago, Cathy Goldman proposed that the Bellevue Mediation Program develop a parent-teen mediation service, and we said, "yes!" In the years following, she nurtured this project and guided it along until it became what it is today: a valued and significant service that we offer the community.

She has devoted countless hours and passionate energy to this cause. She has been a mentor, guide, and friend to many teen and adult volunteers. She has conducted an annual training almost every year for the last 11 years. She has put on in-services virtually every month. She has co-mediated numerous parent-teen disputes. Every year she has met with teachers, parents, counselors, administrators, and police throughout Bellevue to tell them about this wonderful service.

Cathy has been the heart and soul of the parent-teen mediation program. We cannot fill her shoes, but we will be carried forward by her inspiration and by her belief that parent-teen mediation can and should be available in our community to help parents and teens negotiate their challenging transitions.

Although she will be spending more time outside of the Seattle area, she will continue to work with the program as a mentor mediator when she's available. After she leaves, Andrew, Cheryl and Gwen will take on Cathy's responsibilities.

-- Andrew Kidde



Cathy Goldman and teen volunteer Weina Chen

### Messages for Cathy from teen volunteers:

Cathy, thank you so much for teaching us the true value of listening, reflecting, and mediating. I will never forget all the great laughs we had during the training (such a long time ago! Can you believe it?) and in-services. Take care of yourself and don't forget to visit us next year!

— Weina

Thank you so much Cathy! You have opened up my eyes to the world of wants and needs, reflecting and reframing, and mediation in every day life. Training was one of the best experiences I had all summer, and I loved coming in recently to coach. All the best,

— Jacob Parikh

Messages for Cathy from teen volunteers continued....

Dear Cathy,

I have to admit, I was surprised when I received your retirement announcement. I instantly thought about what we would all do without you, how the program would go on. You have been the heart and soul of the Parent-Teen Mediation for years. I was not personally there to be a part of your career for all of those years, but I could tell, for the part I was there for, that you truly have a passion for helping people. Before I went to the first day of mediation training, I hadn't any idea what mediation was. After absorbing everything you had to say that week though, I remember getting into the car after our last day and going on and on to my mom about how wonderful the art of mediation was. I continue to be amazed with every in-service, and I have always looked to you for guidance in further developing my skills. Thank you for everything; you have guided me to a new path that may take my life new places as I strive to help those around me. I wish you the best in retirement, enjoy a well-deserved break! And thank you one more time for everything – you truly will be missed next year. Please come by and visit, everyone would love to see you!

Sincerely,  
Maddie Hagen

## Save the Date!

Planning is underway for the celebration of the WMA's 25th year, in conjunction with Conflict Resolution Day. Save the date to join us for the festivities on **Saturday October 23rd.**

## VOLUNTEER NEWS

### *Welcome New Conciliators:*

Asha Nelson  
Farida Hakim  
Irina Aficiuc  
Peter Tran

Dispute Resolution Center of King County  
Presents

### ***Breaking Impasse: Straightforward Strategies for Mediators & Advocates***

by **Sam Imperati**

Nationally Known Mediator & Attorney  
Director, Institute for Conflict Management

Co-Sponsored by  
Bellevue Neighborhood Mediation Program,  
King County ADR Program,  
Seattle Federal Executive Board,  
and Washington Mediation Association

#### **COVERED:**

- The nuts and bolts of breaking impasse
- The psychology of decision-making
- Negotiating the gap between dreams and reality
- Navigating potholes to reach "resolution," not just "settlement."
- Learn reality testing techniques, dance with irrational ideas, and reach closure.
- Explore these topics from both the advocate's and the mediator's perspective and discuss the mechanics of how to ethically deal with the parties' expectations about the mediator's approach and advocate participation.

**Date:** Friday, Sept. 10, 2010 8:30 am - 5:30 pm

#### **Event Location:**

Good Shepherd Center  
4649 Sunnyside Avenue N, Seattle

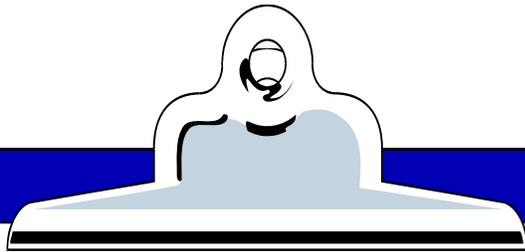
**Cost:** \$95 "Early Bird" rate  
(\$120 - registrations after 08/25)

\$75 "Early Bird" rate for active  
DRC volunteers and students  
(\$100 - registrations after 08/25)

Email [kaseya@kcdrc.org](mailto:kaseya@kcdrc.org) for a registration form.

7.25 CLEs for Attorneys, Licensed Social Workers,  
Licensed Marriage and Family Therapists, and  
Licensed Mental Health Counselors

Sam Imperati, JD is the Executive Director of the Institute for Conflict Management, Inc. Sam has been an attorney for over thirty years. He has lectured nationally on mediation, negotiation, conflict resolution, and ethics.



## Parent—Teen Update

By  
Cathy Goldman

I just finished the 40 hour Parent-Teen Mediation training. It went very well and I am so appreciative of all the help I received from my experienced teen and adult mediators. A special thanks to Jenny Winkler for co-training with me for 2 ½ days. It was a joy to have her at my side as she shared her insights and knowledge with the group. We now have 20 new mediators who are ready to observe cases and practice mock mediations.



I have enjoyed my role as coordinator of this unique model of adult and teens co-mediating! It has been fun to see the growth of each new mediator and mentoring them has been so rewarding for me. I will truly miss coordinating the program, but look forward to mediating and mentoring the new volunteers.

Working with Andrew, Cheryl and Gwen has been a terrific experience for me. I know the program will continue to thrive and grow and the families who use our services will benefit greatly.

Enjoy the summer months!

## **BNMP Training Opportunities For Mediators and Conciliators**

### *Workshop:*

#### **Managing High Conflict People in Mediation**

with Bill Eddy LCSW, Esq.

Wed. July 21st, from 6:00-9:00 PM in room 1E-108

Cost: \$50.00

Issues involving “high conflict” people appear to be increasing in mediation, in our personal lives and in our workplaces. Some of the behaviors may include intense negative emotions, repeated personal attacks, splits in neighborhoods and community organizations, and little apparent interest in resolving the issues at hand. This seminar provides information about predictable patterns of five types of high conflict people with case examples. Ten tips will be provided for mediators to use in managing disputes, such as respect, calming negative emotions, focusing on tasks and setting limits. An opportunity to discuss difficult cases will be provided. This workshop will be helpful to anyone involved in a dispute with someone with a high conflict personality.

**For more information or to register:  
call 425-452-4091 or email:  
gjones@bellevuewa.gov**

### *Joint Neighborhood Parent-Teen In-Service:*

#### **Working with Interpreters in Mediation**

with Martha Cohen

Thurs. Sept. 16th, from 6-8 PM in room 1E-112

### *Parent-Teen In-Service Trainings:*

#### **Nuts and Bolts of the Intake Process**

Wed. Sept. 22nd, from 6-8 PM in Room 1E-112

#### **Family Night: An Orientation to Mediation**

Wed. Oct. 6th, from 7-9 PM in Room 1E-112

### **Program Staff:**

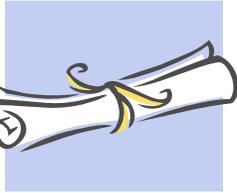
Program Co-Manager:	Cheryl Cohen	-	452-5222
Program Co-Manager:	Andrew Kidde	-	452-5288
Program Assistant	Gwen Jones	-	452-2897
Parent-Teen Coordinator:	Cathy Goldman	-	452-4091

City of Bellevue website: <http://www.bellevuewa.gov>  
(Look for the Mediation Program under “Neighborhood Information”)

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# Parent/Teen Mediation Training

*Congratulations  
Class of 2010!*



In back from left to right: Pam Orbach, Jenny Winkler, Dehlan Gwo, Bonnie Kulinski, Avi Ram, Neema Rostami, Joshua O, David Kim, Taner Kiral, Natasha Daviduke. In the middle from left to right: Inez Caspi, Don Davidson, Chloe Lee, Kristen Porisch, Chloe Gose. In front from left to right: Becca Grotte, Cathy Goldman, Zoe Henderson, Celia Sekijima. Kneeling in front: Nick MacLean, Diane Paquette, Sara Hawley.

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## **BELLEVUE NEIGHBORHOOD MEDIATION PROGRAM**

City of Bellevue Department of Planning and Community Development  
P.O. Box 90012 Bellevue, WA 98009-9012