



MASSACHUSETTS
Collaborative Law Council

MCLC Advanced Training Forum

Keynote Presentation and Workshop: Mindfulness for Dispute Resolution

Ronald Siegel, Psy. D.

Mindfulness—awareness, of the present moment, with acceptance—is a deceptively simple way of relating to experience that has been practiced for over 2,500 years to alleviate human suffering. Through lecture, demonstration and experiential exercise, this presentation by Dr. Ronald Siegel will show you how to:

- Cultivate mindfulness yourself, both inside and outside the office
- Use mindfulness practices to sharpen your conflict resolution skills
- Tailor mindfulness techniques to your particular collaborative and dispute resolution practice

Dr. Ronald D. Siegel is Assistant Clinical Professor of Psychology at Harvard Medical School. He serves on the Board of Directors and faculty for the Institute for Meditation and Psychotherapy. He is the author of the critically acclaimed book *The Mindfulness Solution: Everyday Practices for Everyday Problems*. Dr. Siegel also serves as coeditor of *Mindfulness and Psychotherapy*, and coeditor of *Wisdom and Compassion in Psychotherapy: Deepening Mindfulness in Clinical Practice*. He teaches internationally about the application of mindfulness practice in psychotherapy and other fields, and maintains a private clinical practice in Lincoln, Massachusetts.



Where: Clark University Graduate School of Management
Metro West Campus, Framingham, MA

When: Friday, February 10, 2012

Times: 8:30 - 4:45 pm

*Don't miss this
exciting opportunity!*

*MCLC Member registration	before January 20, 2012 - \$149.00	after January 20th, 2012 - \$185.00
Non-MCLC Members registration	before January 20, 2012 - \$185.00	after January 20th, 2012 - \$210.00

Lunch and snacks provided. Bette Winik Fund Scholarships are available for tuition (see website for more information). For registration, please go to www.MassCLC.org
Cancellation Policy: Registration fees will be refunded less \$20.00 for cancellation before February 1, 2011, after February 1, 2011, there will be a \$40.00 cancellation fee.



Session I

“Who ‘Leads’ in the Collaborative Practice Team Meetings: When, Why and How?”

Karen J. Levitt J.D., Lynda J. Robbins J.D., and Sanford Portnoy Ph.D.

The Collaborative Practice team model creates challenges regarding who “leads”: in the formation and development of the team, and in navigating when, how, and why in “real time” during meetings. This workshop addresses who “leads”, the difference between leadership and management, and effective strategies for common ground among team members.

Your Brain in Conflict: The Neurobiology of Decision-Making

Allison J. Bell, Psy.D.

Contrary to centuries of thinking, recent advances in neuroscience tell us that emotions have much to do with rational thought. Pioneering neuroscientist Antonio Damasio has discovered that the neural circuits responsible for our feelings are also critical for healthy decision-making. This workshop will explore recent research on emotions and the brain, and help participants gain a greater understanding of how the brains of both clients and professionals can get hijacked in even the most thoughtful collaborative conflict resolution process.

Divorce Taxation Workshop

Susan Miller MA, CPA, CFP, CDFA

This workshop is designed to give collaborative professionals an in-depth understanding of some of the key financial and tax issues that practitioners may encounter in their divorce work, and, where appropriate, provides suggestions for options to resolve financial issues that may create friction and/or impasse in the collaborative negotiations.

Session II

The Negotiation Within: How Collaborative Professionals Can Manage their Competing Voices and Help Clients Do It Too

David Hoffman J.D.

Psychologists have long understood that individuals have sub-personalities, each seeking to guide our thinking and behavior. With a particular focus on Internal Family Systems theory, this workshop will help professionals (a) understand and manage this internal negotiation so that we can be more effective, and (b) teach these techniques to our clients.

What Do We Want and Can We Ask for It? Money and the Collaborative Professional

Gina Arons, Psy.D., Doris Tennant, J.D.,
and Adam Waitkevich, CDFA™, CFP®, AIF®

As Collaborative professionals we recognize the complexity of financial issues that impact our clients, but we rarely discuss our own attitudes toward money within the work. We will discuss this issue, our approach to establishing and collecting fees, and our responses to clients’ concerns regarding the cost of our services.

Moving Parties from Positions to Interests through the use of Non-Violent Communication

Scott R. Loring, Executive Coach and Mediator

In this workshop you will be introduced to the tools of Non-Violent Communication (NVC). The strength of NVC lies in its ability to extend empathy in a way that avoids analysis, sympathy, advice, correcting or interrogating. When used effectively, NVC allows everyone to achieve greater understanding of their own and others’ needs and interests. By separating strategy from the needs each party is trying to meet, uncovering options is faster and more effective. This can lead to agreements that satisfy all parties in less time and with greater durability.