GOING FAST AND GOING SLOW: TIME AND ITS IMPACT ON PARTIES IN MEDIATION

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TODAY’S FOCUS

• Why talk about time perception of parties?
• What concepts could be useful when considering time perception in mediation?
  • Emotional stimuli and arousal
  • Time perspective preferences
• What time perspective is helpful for parties in mediation?
• What tools could mediators use to assist parties in mediation?
TODAY’S FOCUS

Why talk about time perception of parties?
ADJUSTIVE DISSONANCE

Figure 4.1 Separation process

Source: Developed by Tony Gee, Jane Picton, Walter Ibbs and Diane Gibson, Family Court Mediation Section.

(Source: Mediating with Families, Fisher and Brandon)
TODAY’S FOCUS

What concepts could be helpful when considering time perception in mediation?

• Emotional stimuli and arousal

• Time perspective preferences
TIME PERCEPTION IN MEDIATION

EMOTIONAL STIMULI AND AROUSAL

INDIVIDUAL TIME PERSPECTIVE
TIME EMOTION PARADOX
(DROIT-VIOLET ET AL.)
EMOTION — VALENCE AND AROUSAL

Unpleasant Valence – High Arousal
Upset / distressed

Unpleasant Valence – Mid-Arousal – miserable / displeased

Unpleasant Valence – Low Arousal
Lethargic / depressed

Pleasant Valence – High Arousal
Elated / Thrilled

Pleasant Valence – Low Arousal
Serene / Calm

Pleasant Valence – gratified / pleased

(Source: Feldman Barrett, How Emotions are Made)
ZIMBARDO TIME PERSPECTIVE INVENTORY

Past Positive
Past Negative
Present Fatalist
Present Hedonist
Future
Transcendental Future
Future Negative

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What time perspective is helpful for parties in mediation?
BALANCED TIME PERSPECTIVE
TODAY’S FOCUS

What tools could mediators use to assist parties in mediation?
INTAKE

- Assessment
- Education
- Normalisation
TIMING IS EVERYTHING

• Consider where the parties may be in terms of their adjustment. Are the parties able to:
  • Mediate?
  • Seek legal advice?
  • Make short term decisions? Medium term? Long term?
• Discuss with parties realistically - how prepared is everyone to come to mediation?
You can choose how you reconstruct the past, interpret the present and construct the future

• REFRAMING

• METAPHOR
RELATIONSHIP CIRCLE OF TIME — FAMILY SEPARATION

(adapted by Sala Sihombing from the Relationship Circle Robyn Hooworth)
TIME FOR MORE TOOLS
MY TIME’S UP!

Thank you!
USEFUL READING

Mediating with Families, Fisher and Brandon

How Emotions are Made: the Secret Life of the Brain, Dr Lisa Feldman Barrett


How we feel is a matter of time: relationships between time perspectives and mood, Maciej Stolarski et al., J Happiness Stud (2013)

Time perspective, emotional intelligence and discounting of delayed awards, Maciej Stolarski et al., Time and Society (2011)

Broadening the TP Profile: Future Negative Time Perspective, Maria Grazia Carelli et al., Time Perspective Theory: Reviews, Research and Application: Essays in Honour of Philip G. Zimbardo, (2015)

USEFUL READING


