

Family dispute resolution

What the research says and how we know it works








What is family dispute resolution?

Family dispute resolution (FDR), also known as mediation, is a service that helps separating couples to resolve family law disputes. Disputes might be about parenting and the care of children, about property and finances, or all of these issues. In Australia, parents who are separating must try to resolve their parenting disputes through FDR before they can apply to go to court.

More than a 'tick-box exercise'

Clients often come to FDR without knowing much about it or how it can help. Some parents, however, think that FDR is a 'tick-box exercise'; something that they have to do before going to court, and which is unlikely to help them to resolve their disputes. For these parents, as well as separating couples who don't have children, FDR can still be very helpful.

How FDR can help

-  Focus on your children's needs
-  Reduce conflict
-  Avoid acrimonious legal processes and save money
-  Get guidance from someone impartial who won't take sides or make decisions
-  Be able to move forward with life more quickly

'I would recommend anyone who is going through separation to attend mediation.... Having a third party there, who is unbiased and impartial, really helps to sort out the issues.'

- Family Dispute Resolution Client

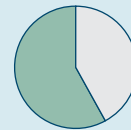
'FDR offers a neutral and dedicated time and space for negotiation that can bring positive outcomes - even where communication has broken down altogether.'

- Dr Genevieve Heard, Manager Research

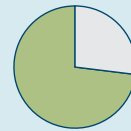
The research shows: FDR works

We looked at whether FDR can help parents who expect to go to court.

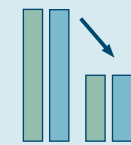
We found that:



Over half (57.5%) reached an agreement on at least one issue.



Almost three-quarters (73.2%) were satisfied with the FDR process.



Hostility and ill-will between parents reduced even if they didn't reach an agreement.

Why choose us?

-  75 years' service delivery experience
-  Leaders in mediation / FDR since pioneering it in Australia in 1984
-  Experienced and skilled practitioners
-  Available across Victoria through a network of centres and telehealth
-  Independent and professional

Get started with FDR

Scan the QR code or visit rav.org.au/FDR



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