



# DR WADE HAMPTON, PhD, LCC

CONSULTING **MEDIATION** COUNSELING

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## **GENERAL RULES TO HELP GOVERN A MEDIATION SESSION**

1. Everyone will have the opportunity to speak and tell their side of the story so we should all agree ahead of time that we will take turns speaking and not interrupt one another.
2. Even though we may not agree with each other, each person is entitled to their own perspective. We should try to respect that.
3. In order to establish communication it is important for everyone to listen respectfully when the other person is speaking.
4. It is very important for us to respect each other; therefore, I would ask both parties to refrain from using “put-downs” or verbal attacks. I would also ask that we try to refrain from unproductive arguing so that we can use our time in mediation in the most constructive way possible.
5. Everyone has the right to speak up if something about the mediation is not working.
6. Everyone has the right to request a break if they need one.
7. There will be no audio or video recording of the session(s). Therefore, all electronic devices of the participants shall be removed from the room. We can take breaks to check for messages on our devices.