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The **InMEDIATE** project, funded by the European Commission, aims to strengthen mediation skills in Europe. To this end, a common European standard needs to be developed and a certification system created for the field of mediation and conflict management in Europe.

In a first step, the requirements for the training of mediators were recorded and processed internationally. The following report provides an overview of differences and similarities in mediator training in various countries in the EU. It refers to data from the following European countries: Austria, Belgium, France, Germany, Ireland, Italy, Poland, Spain and Sweden. Non-European data from Australia and Japan were also included in the analysis, as it could help draw valuable comparisons and provide ideas for future pan-EU training development. The data is based on standardised questionnaires sent to international mediation associations, collectives and companies. Participation in the survey was voluntary.

The survey covers topics like requirements for participants and trainers, requirements for mediation training, updating training, training fees and requirements for specific fields of mediation activity. The results are listed below under headings.

1. Subjective Requirements

The requirements for trainers in mediation training vary greatly between nations. While in France, Ireland, Poland and Sweden, as well as in Japan, requirements do not exist or are not specified in detail, in about half of the participating countries there are particular requirements and accreditation specifications for mediation trainers. In Italy, for example, trainers must be certified by the Ministry of Justice. It becomes clear that the requirements are also nationally dependent on the institutions offering mediation. A trainer at a Swedish university, for example, has to be a university lecturer, whereas this is not required at non-university institutions.

In nine of the eleven countries surveyed, there are no nationally uniform requirements for participants in mediation training. However, a higher education degree is often recommended, or relevant work experience and vocational training are required. Here, too, the requirements vary nationally between the institutions. If the mediation training is offered at a university, for example, the country-specific university admission criteria are required. In Italy, participants must have at least a three-year university degree or accreditation by a professional association.



2. Objective training requirements

2.1 Formal regulation of mediation trainings

In two-thirds of the surveyed European countries, mediation training is regulated at the state level. For example, Germany, Ireland, Italy, Spain, Austria and Belgium have corresponding laws. In addition, in Germany, Ireland, Sweden, France and Belgium, there are self-regulatory efforts by local and national mediation associations to establish and develop formal requirements for mediation training. The latter are also reported in Australia. In Japan, on the other hand, there are neither state nor self-imposed regulations for mediation training.

2.2 Training providers

In all participating European countries, mediation training is provided both at universities and by public and private providers. In Spain, training is also offered by professional associations. In Japan and Australia, mediation training is only provided by private or public providers, but not at university. In Japan, the organisers are often associations. In Australia, admission as a mediator is possible without explicit training, provided that the mediator has been able to build up expertise through previous experience, training or expert opinions.

2.3 Duration

Data on the duration of mediation training varies from four hours in Poland to 500 hours in Ireland. Within the respective countries too, the information varies greatly - for example, in Poland information between four and 200 hours can be found. With regard to the duration of mediation training, there is a correlation between the training institution and the duration of the training. Training courses of more than 100 hours are more often offered by university-based training providers.

2.4 Group sizes

The group size of mediation training varies between countries. While in Germany, Spain, France and Belgium there is no information on the group size in mediation training, the values

Country	Duration			
*Australia	5 days			
Austria	365 units			
Belgium	100-130 h			
France	200 h			
Germany	120 h			
Ireland	40+ h, 120 h, 500 h			
Italy	50 h			
*Japan	2 days			
Poland	4-80 h, 160-220 h			
Spain	100-300 h			
Sweden	5-40 h, 120-400 h			
* Information for reference only				

in the other countries range between five and 40 participants. Only in Poland was there information on more than 45 participants. However, these are found again only in the university context.



2.5 Didactics and teaching approach

The data show that in all the nations studied, a methodological mixture of lecture, practice, discussion and role play is used to convey the content of mediation to the participants. Information on the ratios was only provided in Japan, where there is a tendency to use explorative methods that increases with the level of training. For example, about 50% of the training for beginners consists of lecture content, while this only takes up about 20% of the time in the training for advanced learners, and the role-play method, on the other hand, increases to 70%.

2.6 Online training

Whether it is generally possible to offer mediation training online was answered definitively with "no" in Germany and Italy. However, the information also indicates that under the current circumstances of the Corona pandemic, both in Italy and in Germany, face-to-face courses can be transferred to online formats for a limited period of time. In Belgium and Poland, information was also provided that online provision had only developed in the course of the Corona pandemic.

2.7 Subjects

The following table gives an overview on the subjects of mediation training in the respective countries.

Country	Subjects
*Australia	Mediation techniques
Austria	Mediation (theoretical and application-oriented part)
Belgium	Mediation techniques, law, psychology
France	Legal framework of mediation, deontological aspects of mediation, conflict knowledge, mediation and communication techniques
Germany	Introduction to mediation, process & framework of mediation, special settings and their particularities, negotiation techniques and competences, communication and conversation techniques, conflict competence, law in the mediation process, mediation law, power and fairness in mediation, neutrality, understanding of the role, attitude
Ireland	(Psychological) basics of conflicts and conflict situations, basics, principles and contexts of mediation as well as the mediation process, mediation techniques and styles, mediation and other conflict resolution approaches, fairness, mediation and law, active listening, questioning techniques, negotiation skills and strategies, case management, formal requirements of mediation, emotions in mediation, balance of power, literature study and self-reflection.



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Italy	Legal framework of mediation and relevant national, European and international legislation related to mediation, mediation technique, rules and procedures, voluntary, compulsory and court-ordered mediation, mediator's liability, negotiation and communication
*Japan	Basic knowledge of negotiation and mediation, intensive listening exercises, media-tion techniques, role-plays, etc.
Poland	Psychological aspects of conflicts, the definition of mediation and its place among other methods of conflict and dispute resolution, types and styles of mediation, the role of the mediator and the rules of mediation, stages of mediation, tasks and strategies of the mediator at each stage, limits to the use of mediation, selected communication techniques, negotiation strategies, emotions in negotiations and mediation, participation and role of lawyers in mediation, legal aspects, documentation of the mediator, conclusions, settlements
Spain	Legal framework of mediation and relevant national, European and international legislation related to mediation, mediation technique, rules and procedures, voluntary, compulsory and court-ordered mediation, the mediator's liability, negotiation and communication.
Sweden	Understanding of conflicts, conflict prevention, methods of conflict management in different situations, conflict resolution styles, principles of mediation as a method, important aspects for successful mediation, phases of mediation, dealing with feelings, assumptions, values and prejudices in mediation, feedback, analysis of recorded mediation sessions, particularities and possible consequences of national and international conflicts, group dynamics, own leadership skills, communication and negotiation, challenges in negotiation situations, intercultural and gender aspects
* Information f	or reference only



2.8 Final skill test

Final examinations or tests to determine skills are only compulsory in Australia, Italy and Belgium. In the other countries there are no binding requirements for an examination of the training participants. The information on whether examinations are carried out varies greatly between the institutions or depends on independently developed quality criteria. The gathered information shows that the examination always includes both practical and theoretical elements.

2.9 Internship

In nine out of eleven countries, no evidence of practical activity is required as part of mediation training. In Germany and Austria, proof of the implementation of a mediation case is required for successful accreditation. In Germany, supervision of this case is also required.

2.10 Updates

In nine out of eleven countries surveyed, no further courses are required to maintain the trainer's activity. In Italy, mediationtrainers have to attend a course of 16 hours every two years in order to maintain their teaching activity. In Australia, on the other hand, proof of 25 hours of mediation in the past two years must be provided regularly in order for trainers to maintain their accreditation.

Regular refresher courses for trainees or future mediators are mandatory in six of the eleven countries surveyed.

2.11 Fees

Regarding the daily fees in training courses for mediation trainers, information was provided for four of the

Country	Updates
Australia*	25 h in 2 years
Austria	50 units each 5 years
Belgium	18 h every 2 years
France	-
Germany	40 h in 4 years
Ireland	-
Italy	every 2 years, 18 h training und 20 h internship
Japan*	-
Poland	-
Spain	20 h each 5 years
Sweden	-
* Information f	for reference only

European countries surveyed. The prices vary from 80 euros/day in Italy, 150 euros/day in Spain to 250 euros/day in Germany and France. No concrete figures are available from Belgium, but a significantly wide price range is indicated. In Japan, fees are around 250 euros/day.

The training fees for future mediators are listed in the following table.

Country	Fees
Australia*	2550 - 2750 EUR for 5 days of training



Austria	major differences, no precise data	
Belgium	major differences, no precise data	
France	250/day	
Germany	66 - 733EUR/day, depending on the provider	
Ireland	295 - 4740 EUR for the whole course	
Italy	80/day	
Japan*	-	
Poland	130 - 190 EUR/day, 500-1500 EUR for the whole course	
Spain	150 /day	
Sweden	194 - 1.261 EUR/day, free for Swedish students	
* Information for reference only		

2.12 Specific requirements

In four of the countries surveyed, information was provided on specific requirements for international mediators. In Germany, for example, internationally active mediators must have completed at least 90 hours of training and at least four mediations in order to be allowed to call themselves "certified mediators". In Italy, on the other hand, knowledge of a foreign language is a prerequisite for working internationally as a mediator. Belgium also has regulations, but these are not further specified. In order to work internationally as a mediator in Australia, further training as a mediator is required. In all other countries there are no special regulations for international mediation, or no information is available.

In order to work in the field of consumer mediation in France, an additional certification by a public commission (CECMC) is required. In the remaining ten out of eleven countries, there are no further requirements for consumer mediators besides a standard training. In Germany, Ireland and Australia, however, topic-specific, advanced courses and training are offered.

In about one third of the countries surveyed, further qualifications are required to work in the field of family mediation. In Ireland, such courses consist of 32 hours of divorce training. More comprehensive courses with theoretical and practical content, on the other hand, comprise 240 hours over three years in Italy, 100 hours in Spain and 595 hours over three years in France, which include 105 practical hours. In Sweden, special requirements are only required in court custody cases. In these cases, three and a half years of university education is required. In addition to the general mediator training, further courses on family law are offered in Belgium and Australia. In just under half of the eleven countries surveyed, no specific requirements are imposed on mediators who work or would like to work in the field of family mediation beyond the general requirements.

In none of the countries surveyed was it stated that specific requirements beyond the



general mediator training had to be met in order to work as a business mediator. However, further courses are offered.

The same applies to working as a group mediator.

2.13 Comments on the improvement of training in general

Three comments were made in the survey regarding the improvement of training. Firstly, it was pointed out that the quality standards of the training should be ensured by limiting the number of participants. In addition, it was pointed out that the training could be improved by focussing on cultural behaviour and ensuring the relevance of the training content in relation to its applicability in mediative practice.

Concluding remarks:

The report gives an overview of the similarities and differences in nine European and two non-European countries. It becomes clear that there are considerable differences in the framework conditions of mediation training both between and within countries. Nevertheless, the study also shows that there are similarities between the countries, especially in terms of content, but also formally, despite the high variance. These similarities form a basis on which a European, cross-border mediation training can develop and establish itself.

Author's notes:

The data was collected in a voluntary, international survey. This report is based on individual responses that refer to national standards. However, a strong reference of the statements to one's own institution cannot be excluded. The values should therefore not be interpreted as standards of the respective countries. Rather, they represent an orientation for the Europe-wide and international comparison that we want to achieve within the framework of the project.





<u>Organisations:</u> Resolutia (Italy), Steinbeis-Beratungszentrum Wirtschaftsmediation (Germany), Mediatorzy (Poland)

<u>Dates:</u> 12, 19, 20, 22, 27 January 2021 (average duration : 2 hours)

Focus group composition: 40 people; (17 women, 8 men – to be updated)

In the Polish focus group, the participants differed in terms of mediation training and years of practice – more detailed information is in the appendix of the report. They were mainly from civil, family and commercial mediation fields, with a minimum of 3 and maximum 5 years of practice experience.

For the Italian focus group, the participants were all experienced mediators, as it was considered that no added value could have been given by newly trained mediators. This is because of the Italian Law on mediation training: the duration and most of the contents are provided by law, and the training standars are not changed since 2010.

The German Focus groups consisted of experienced mediators with diverse portfolios.

The International focus group also consisted of experienced mediators from various backgrounds and nationalities like Germany, Poland, Italy, France and Austria.

A complete participant list is to be added to the Appendix.

Summary of the meeting

In a pre-focus group meeting, the organisers discussed potential questions and scenarios on which the participants could be invited to share their thoughts. The segment belows tries to present the various reponses from Germany, Italy and Poland together.

Question 1: How well did you feel equipped for your own mediation practice on completing your training? On a scale 1 to 5 (not equipped at all to fully equipped)

Response: Quantitatively an average score of **2,5 or 3** was achieved.

Some qualitative responses were –

- ✓ In the Polish group, half of the group (4 people) did not feel equipped (estimation 1/2), two people felt ambivalent (3 and 3/4), two people felt equipped (4/5 and 5). The mediators' confidence in running the mediation process at the start of their mediation practice was in most cases low. Additional training or apprenticeship was needed.
- ✓ The participants spontaneously distinguished self-confidence in conducting the mediation process from self-esteem, which was based on a more holistic view of their resources.
- ✓ All participants reported problems with starting their mediation practice. The main difficulties were no access to mediation cases, no substantive support, no place to conduct mediation generally difficulties with access to an internship. Two people were / are on paid internships in training organizations, with rather poor experience.
- ✓ Some participants, immediately after the primary training, were looking for further trainings that could help them to go into the practice.





Question 2: What knowledge and skills did you lack when starting your own mediation practice?

Response:

- ✓ Mediation internship with experienced professionals as well as supervised development after starting their own practice. The participants indicated that the training was useful in preparation for the profession of mediator in terms of transferring knowledge and skills, but not in introducing them to practice.
- ✓ The possibility to see the entire mediation process during the training through:
 - demonstration of mediation acted out by trainers during the training
 - mediation simulation with feedback and proposed directions of action from the trainers to the trainees
 - the possibility of watching "live mediation" on film
- ✓ Learning skills through:
 - feedback from the trainers during / after simulations (role play)
 - feedback from the trainers to each trainee, indicating strengths and weaknesses
- ✓ Skills to deal with parties' emotions use of an empathetic communication
- ✓ Ability to write mediation agreements
- ✓ Abilities to cooperate with courts accounting, knowledge of administrative and legal procedure

Also, <u>communication skills and mock mediations</u>, <u>different mediation approaches</u>, <u>negotiation skills</u> emerged as top deficiency areas.

Interestingly, in their mediation training, participants <u>did not</u> find any component for reflection on their personal resources, challenges or deficiencies that affected their position or attitude as a mediator.

Question 3: What kind of dissatisfaction did you end your training with?

Response: The basic training provided interesting insights but lack of time for practice and not enough time for deepening certain contents were pain points.

Question 4: Which elements of your mediation training did you find particularly valuable for your practice?

Response:

- ✓ The examples from the trainers' own practice were valuable creating clinical illustrations for the topics presented in the lectures.
- ✓ An important element of the training (at least two people spoke about it, although the impression was that it was an important aspect for everyone) was the attitude of the lecturer/trainer ("passion"). It was mainly manifested in how much the participants feel that trainers want to share their know-how.
- ✓ The use of communication techniques in mediation.
- ✓ Negotiation role-playing games.
- ✓ Knowledge of the psychology of conflict.
- ✓ Classes with practitioners showing various applications of conflict resolution skills various





mediation specializations.

✓ The role of the third neutral.

Question 5: How would you estimate the proportions of knowledge and skills training in the training you had completed? Do you feel that the proportions of knowledge versus practice were well balanced? Was the mediation training long enough? How long did it take?

Response: An average ratio of knowledge to skills was 70% -30%.

More time for practice during the training was strongly highlighted.

- ✓ Only two participants mentioned the opposite, namely 70% of skills and 30% of knowledge. Further discussion concentrated on the importance of training practical mediation skills.
- ✓ Participants noted that not only the proportions of theory-practice, but the quality of skills training the possibility of real learning, also from the trainers who introduce a new quality to the participants' own work through feedback is relevant and important.

Question 6: Is the country you mediate in culturally homogeneous? Was that question of cultural diversity covered in your mediation training?

- ✓ Half of the Polish group said that their training also included topics related to cultural differences. All these people had the reflection that it was only "mentioned" there were no practical references to mediation practice.
- ✓ In Italy this topic was not covered in basic training.
- ✓ German group stated they need this type of training.

Question 7: If were to advise someone who wants to become mediator, what would you recommend her or him as a best way to start?

- ✓ Participants mentioned that it would be difficult for them to propose something specific they would not be able to recommend any organization.
- ✓ Attending a basic mediation skills training and identifying a field of practice.

Concluded recommendations for training content

- 1. The recommended proportion of knowledge to skills training is 30% to 70%.
- 2. The trainers of skills should share their "know-how" provide participants with **practical tips** for conducting mediation.
- 3. Participants should get **individual feedback** from the lecturers regarding the skills acquired during the training
- Training parts should be based on negotiation games, demonstrations of mediation conducted by the trainers, and mediation simulations conducted under the supervision of the trainers.
- 5. Theoretical parts should be illustrated with **examples** from the teachers' own practice.
- 6. Issues on **intercultural differences** should be presented in depth and refer directly to mediation practice.
- Methodology of cross-border cases step-by-step guide to case management (for example pre-mediation questionnaire, contract, contact procedure, mediation platform, follow up procedure)
- 8. Culture and communication how culture shapes communication and negotiation





processes, emotional expression.

- 9. Legal framework, especially **settlement enforcement** in cross-border cases
- 10. Technical aspects of **Online Dispute Resolution**, including safety issues but also visualization or translation tools
- Code of conduct in online cross-border mediation mediators' ethics with thorough understanding of fundamental mediation principles (applicable in different contexts), mediators' responsibility (in mandatory or voluntary context)
- 12. Co-mediation practice
- **13.** Practical advice on how to deal with **unexpected situations**

The German focus group had a clear focus on intercultural issues, which play a prominent role from the mediators' point of view. In addition to the other systematically relevant topics such as legal issues, this topic was assigned high significance. Some other points that, according to the participants, still need refinement in the training process are-

- 1. Cultural stereotypes
- 2. Learning about national jokes and humour from different countries and cultures.
- 3. Integrating images of women and men in cultures
- 4. Cultural ambivalence of migrants (culture of origin country alongside culture of the country they live in)
- 5. Facial expressions and gestures in mediation with a cross-border context (non-verbal language)
- 6. Co-mediation concepts analogous to the family mediation organization MiKK
- 7. Legal framework of mediation in the international context

Additional comments

Participants suggested that the InMEDIATE training programme should enable networking activities, e.g. depositing a business card to form training groups or to find colleagues to work on a case. The formation of culturally/nationally mixed groups should also be made possible.

Some other desirable activities were suggested, such as-

- 1. Exercises on case collections with an international aspect
- 2. Gamification integrated into the learning concept
- 3. Make the training offer interesting also for managers, e.g. by teaching to deal with interculturality-based conflicts.
- 4. The legal dimension of the disputes must be addressed, also by linking the respective mediation laws of the countries concerned.
- 5. A Certification with the title "European Mediator" / "International Mediator" / "Cross-Border Mediator" could be a good incentive.
- 6. Various legal background information regarding mediation training (eg. in Italy it's highly formalized, while in Poland quite discretionary) and therefore different qualifications of mediators entering cross-border practice and diverse training needs.
- 7. Adopting an organizational practice of co-mediation with a more experienced mediator as a means of guiding mediators with no former international experience.





APPENDIX

1) List of participants in Polish focus group

Participants		Information on basic mediation training			Mediation practice	
		Organization conducting the training	Year	Duration (hours)	Year	Mediation type
1.	Woman	PCM	2016	28 + 78	2017	Civil, family
2.	Man	PCM	2015/2016	190	2021	Civil, family
3.	Woman	Fundacja Pracownia Dialogu	2017	70	2018	Civil, family, commercial
4.	Man	UW WPiA	2017-2018	190	2019	Civil, family
5.	Woman	Akademia ADR- J. Śliwa	2015	60 +20	2016	Civil, family, commercial
6.	Woman	WPiA UW	2017-2018	190	2019	Civil, family
7.	Woman	SWPS Warszawa	2016	180	2018	Civil, family
8.	Woman	CMPP	2014	40	2015	Civil, family

- 2) Additional questions on Mediation Association
- a. Which (conflict) competencies were particularly emphasized in your MedA? What effect did the MedA have on you? How was mediation carried out?
- What does it mean for you to deal with your own conflicts independently?
- What do you consider to be the key conflict competencies, and which ones should be particularly strong in a mediator?

Increase awareness in dealing with personal, interpersonal and business conflicts. Enhancing effective listening skills and being impartial.

- b. What should be emphasized in the MedA in the future? What did you feel was missing? What challenges did you face entering the profession?
- What knowledge and skills did you lack when you began your work as a mediator?
- From your perspective, what is the foundational content that made up your mediation training? (3-5 keywords)
 - What do you understand by emotional competence and what role does it play in your mediation work?

Foundational content: Understanding the key role the mediator plays in helping resolve disputes

Challenge: Overcome social skepticism in considering mediation a profession.



Combined Focus Group Report (National and International)



- Germany, Italy and Poland c. How do you assess your competencies/skills acquired through MedA,

c.1 to work interculturally?





c.2 to work cross-border?

Through practice.

d. In your view, what is cross-border mediation?

Cross border mediation helps resolve a conflict/dispute between parties of which one resides in a Member State other than that of any other party. (EU Dir. 2008/52 art. 2).

e. To what extent is your mediation training based on cross-border content?

None