

Contact us

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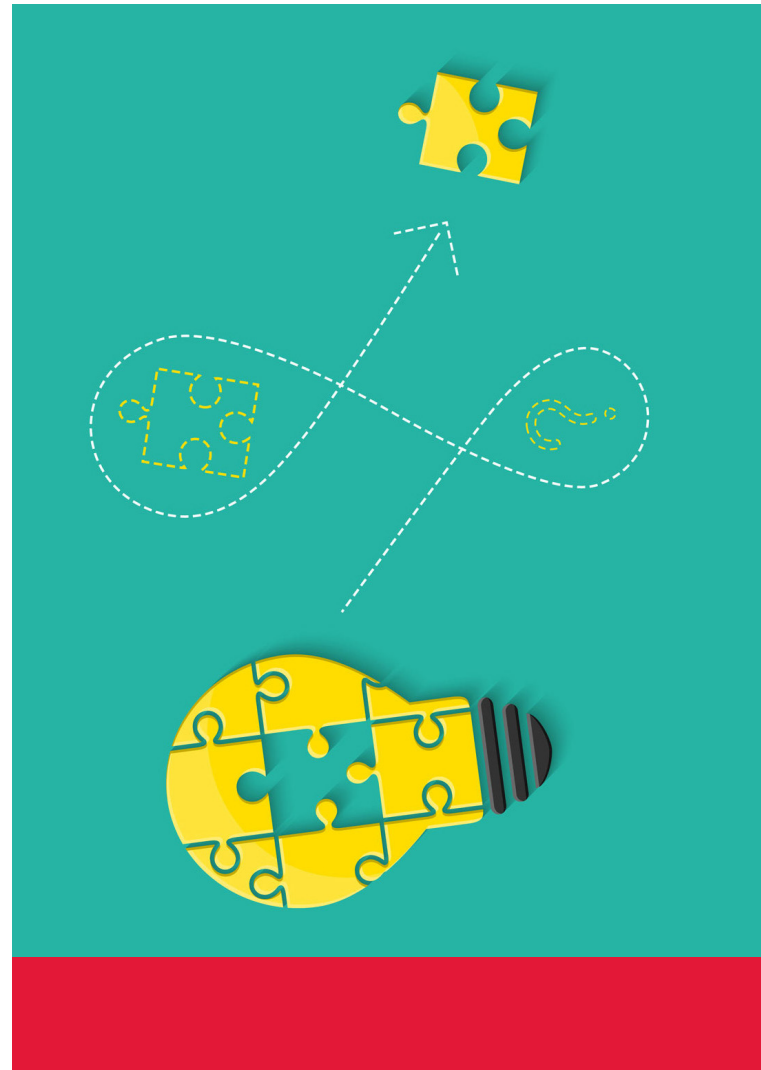
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mackillop.org.au/FRC



Problem Solving for One



Mackillop Family Services acknowledges the Traditional Custodians and their Elders in each of the communities where we work.



Mackillop celebrates and draws strength from diversity and respects the dignity of all people. We value an inclusive culture where lesbian, gay, bisexual, trans, queer, gender diverse, intersex and asexual people (LGBTIQIA+) have the right to be safe.



An Australian Government Initiative

Problem Solving for One

Problem Solving for One offers you the opportunity to explore the parenting problems you are facing and develop a plan to move forward. It is usually offered over a 60-90 minute single session and can be offered before, during or after your mediation process.

The session will be facilitated by a practitioner who has been trained as a mediator and Problem Solving for One facilitator. Problem Solving for One can only be offered as part of a mediation process and cannot be offered as a standalone session for clients who are not undertaking mediation.

What does Problem Solving for One offer?

Problem Solving for One is tailored to meet individual needs. These include:

- Coaching and education
- An exploration of the underlying issues
- An understanding of what is causing the problem/conflict
- Preparation for mediation
- Strategies and ideas for next steps
- Resources and referrals

Regardless of the content, we aim for you to leave your session with a practical plan to move forward.

How does Problem Solving for One work?

If your mediator thinks that you may benefit from Problem Solving for One, they will refer you to a session with a Problem Solving for One practitioner. If you agree, the practitioner will contact you to arrange an appointment. This appointment is for you individually. It is confidential and will not be discussed in your mediation.

