

The Center for Alternative Dispute Resolution
and the Maryland Chapter of the Association for Conflict Resolution

present

“An Evening With David Hoffman”

on

October 28, 2010

from 7:00 - 8:30 p.m.

at the Maryland Fire and Rescue Institute, University of Maryland
4500 Paint Branch Parkway, Classroom 4
College Park, Maryland

Discussion Topic:

“The Negotiation Within: How Mediators Can Manage Their Competing Internal Voices and Help Disputants Do It Too”

Mediators often work with people who are profoundly ambivalent about settlement. One voice inside them urges them to be practical and to compromise. Another voice urges them to stand up to the other party. We too, as mediators, have competing voices inside us – each one pointing us in a different direction. Psychologists have long understood that individuals have sub-personalities, each seeking to guide our thinking and behavior. A new method of psychotherapy, Internal Family Systems (“IFS”), uses a systems-theory approach to this subject, providing therapists and professionals of all kinds (including mediators) with tools that help people understand and manage the negotiation within. One of those tools involves getting in touch with the Self – that part of us that is curious, calm, courageous, compassionate, confident, connected, creative, and centered. The Self is the mediator inside us, enabling us to reassure each of our competing parts that they will be heard and will continue to have a role in our lives. IFS techniques are used outside the realm of psychotherapy – they are tools for living, and for mediating. David will lead a discussion about the value of the IFS model for better understanding and working with the parties for whom we mediate and for better understanding ourselves.

David Hoffman is an attorney, mediator, and arbitrator. His work as a neutral ranges from employment and commercial cases to family and community disputes. He is the founding member of Boston Law Collaborative (BLC), a multi-disciplinary firm that includes lawyers, mediators, mental health professionals, and a financial professional. During the last seven years, BLC has grown from a two-person office to more than a dozen people and in 2009 and 2010 received awards for innovative multi-disciplinary methods and for excellence ADR. David is past-chair of the ABA Section of Dispute Resolution and the New England Chapter of ACR. He is a founding member of the Massachusetts Collaborative Law Council and co-chairs the Section’s Collaborative Law Committee. David teaches the Mediation course at Harvard Law School, where he is the John H. Watson, Jr. Lecturer on Law. He is an honors graduate of Princeton University and Harvard Law School, where he was an editor of the Harvard Law Review. His writings include *Bringing Peace into the Room* (Jossey Bass, 2003, with co-editor Daniel Bowling) and numerous articles and book chapters on alternative dispute resolution. He is listed in *The Best Lawyers in America* in the categories of ADR, Collaborative Family Law, and Family Mediation, and he has been listed as a New England SuperLawer since the inception of that list.

For questions or to R.S.V.P., please contact the Center at (301) 313-0800.