RICH MAHLER
MEDIATION & THERAPY
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THERAPY

As a Counsellor and Psychotherapist, I provide therapy both in person and by Zoom.

My therapy practice is evidence-based and trauma-informed. I often provide therapeutic support to separated families in high-conflict situations where there is little or no co-parenting in place, including where there have been allegations of domestic and family violence and where family members have been diagnosed with various neurodivergent mental health conditions such as Autism and ADHD.

I'll immediately stop (or adapt) my interventions at any stage if a client or child appears to be displaying a trauma response.

My flagship **Reunification Therapy** process addresses the refuse-and-resist dynamic between a child and rejected parent or caregiver ("unaligned caregiver") and supports the child to have a meaningful relationship with the unaligned caregiver (where this is appropriate). Throughout Reunification Therapy I aim to determine whether the child's resistance to an unaligned caregiver comes from the genuine innate (and appropriate) safety needs of the child, or the child being influenced by the (often well-meaning) aligned caregiver.

My **co-parenting therapy** involves blending my expertise in both family law mediation and psychotherapy to support separated couples with developing respectful parenting relationships free from aggression, coercion, and control.

My **relationship therapy** combines active listening, reflections, and communication skills. It is informed by an understanding of the effects of power imbalances and domestic and family violence in relationships. I also take into consideration the effect of each individual's attachment style.

My **family therapy** includes all family members aged five and above and supports them to navigate their relationships within a family system.

I draw upon several modalities, such as Gestalt (including authentic presence and empty-chair work), existential (meaning making), experiential / felt sense (linking the mind and body for awareness and healing) and psychodynamic (such as exploring the effects of key relationships with caregivers and partners). My therapy practice is grounded upon The Paradoxical Theory of Change.

My aim is to support clients to work through any resistance or blocks that may be preventing their innate capacity to thrive by creating a safe space where every part of the client is welcome. This often involves shadow work and parts integration, exploring and resolving the causes of ongoing unwanted behaviour patterns. I bring warmth and humour to co-create a client-focused healing and growth experience.

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TOP TEN COMMUNICATION TIPS

1. Be aware of your tone of voice (and the other person's)
   - volume, sharpness, inflections
2. Be aware of your non-verbal gestures (and the other person's)
   - eye contact, facial expressions, body posturing
3. Reflect before responding (to ensure you understand the other person)

   SWIHI
   "**S**o
   What
   I'm
   Hearing
   Is _____ "
4. Use "I" language when expressing your concerns
   "When _____ happens, I feel _____" **NOT**
   "When YOU _____, you MAKE ME FEEL _____ "
5. Wait at least 20 minutes before responding when triggered (to avoid a fight / flight / freeze / fawn response)
   - What do your triggers say about you?
   - What can you learn from them?
6. Don't deliberately push the other person's buttons
7. Respect the other person's healthy boundaries (limitations necessary to keep a person safe; not a mere wish-list of wants)
8. Be genuinely curious when asking questions (without an agenda)
9. Be aware of transference (projecting negative thoughts or feelings about a third party or unrelated event onto the other person)
10. Humanise and forgive the other person
    - for your sake, not theirs
    - and at your own pace (be gentle with yourself)

Specialist Family Law Mediator | Child-Inclusive Mediator | FDR Practitioner
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