

RICHARD MAHLER

MEDIATION & THERAPY

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Six things I can do for you (page 1 of 2)

1. Specialist Family Law Mediation

Since 2004 I have been working at various times as a Specialist Family Lawyer, Specialist Family Law Mediator, Child-Inclusive Mediator, and Relationship, Family and Co-Parenting Counsellor / Psychotherapist. I am a registered Family Dispute Resolution Practitioner ([FDRP](#)) and Nationally Accredited Mediator ([NMAS](#)).

As a specialist mediator, I only mediate family law disputes.

I can issue Section 60I Certificates and Certificates of Dispute Resolution under the *Family Law Act* (1975) (Cth) as required by the Federal Circuit and Family Court of Australia ([FCFCOA](#)).

I conduct mediations in person and by Zoom. I also conduct mediations both with and without lawyers. If a party is not legally represented at a mediation and agreement is reached, I prepare a draft Parenting Plan or written Heads of Agreement (for property matters) for that party to then seek legal advice about.

Here are links to my family law mediation [information sheet](#) and [video](#).

2. Child-Inclusive Mediation

I facilitate Child-Inclusive Mediations (**CIMs**) drawing upon my dual qualifications and experience in family law and psychology as a Specialist Family Law Mediator and Relationship, Family and Co-Parenting Counsellor / Psychotherapist.

As a family therapist and child consultant, my child-inclusive mediation (**CIM**) services utilise my dual qualifications and experience in law and psychology.

A CIM empowers school-aged children with a voice to express their lived experience and can involve play or art therapy. I screen caregivers to safeguard against them weaponising the process against each other or the children.

I assess children for signs of trauma, attachment issues and third-party influence such as coaching or [parental alienation](#). I reassure children that the dispute between their caregivers is not their fault, and encourage them to express their needs, concerns, and overall wishes. I discourage children from attempting to make decisions about their relationships with significant caregivers such as how much time they spend in each caregiver's care.

Here are links to my CIM [information sheet](#) (including 'CIM Do's and Don'ts') and [video](#) as well as my CIM Do's and Don'ts [video](#).

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Six things I can do for you (page 2 of 2)

3. Individual Therapy

Since 2018 I have been working as an Individual, Relationship, Family and Co-Parenting Counsellor / Psychotherapist. I am registered with the Psychotherapy and Counselling Federation of Australia ([PACFA](#)) (Provisional 27503).

My therapy practice is trauma-informed, evidence-based, and draws 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).

Here are links to my therapy [information sheet](#) (including 'Top Ten Communication Tips') and individual therapy [video](#).

4. Relationship Therapy

My relationship therapy combines active listening, reflections, and communication skills. It is informed by the effects of power imbalances and [domestic violence](#) in relationships. I take into consideration each individual's [attachment style](#) developed in early childhood (and long-term adult relationships).

Here is a link to my relationship therapy [video](#).

5. Family Therapy

My family therapy includes all family members aged five and above, and often in high-conflict situations. I work with children in supporting them navigate their relationships within a family system. I also offer a 4-Stage reunification therapy process that requires a sensitive and adaptive approach, given that generally at least one party (usually a child of another party) is somewhat reluctant or resistant to this therapeutic intervention (at least at the beginning).

Here are links to my family therapy [video](#), reunification therapy [information sheet](#) and reunification therapy [video](#).

6. Co-Parenting Counselling

My co-parenting counselling 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.

Here is a link to my co-parenting counselling [video](#).