

# Find a Mediator



## Mediation

Mediation is an alternative dispute resolution (ADR) process in which a trained neutral mediator facilitates communication between the parties. Without deciding the issues or imposing a solution on the parties, a mediator enables them to understand and reach a mutually agreeable resolution to their dispute. It helps the parties understand and identify their needs, overlapping interests and any areas of agreement.

In Virginia using a mediation process is voluntary. The mediation process is confidential and used in many proceedings.

Courts in Virginia offer a variety of [dispute resolution services](#). Some of these services may be available at no cost. The Judicial Services Department of the state court administrator's office [hosts a general directory](#) of private providers. They also offer a link to [Resolution Virginia](#). Your [local court](#) or [local law library](#) may offer more information about mediators in your area.

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