



Perspectief
herstelbemiddeling

Restorative Mediation

How contact with the other person could help

Perspectief Herstelbemiddeling guides the contact between those directly involved in a criminal offence. It is also possible to arrange contact after another serious event, such as a road traffic accident. We call this restorative mediation. The people involved could be victims and/or surviving dependents, suspects, offenders or the people who caused the event. Perspectief Herstelbemiddeling bases its approach on the assumption that people can contribute to their own recovery. In this leaflet we explain our working method and how contact can help to move things forward.

Why restorative mediation?

How restorative mediation can help differs between individuals. In our experience, mediation helps people to come to terms with what has happened. You can ask questions and give answers to the other person. This allows those involved to gain a clearer understanding of how things turned out the way they did, and what the consequences of the event are. Participants often feel relieved, or less anxious or angry. It helps them to move on with their lives and to avoid repetition. That's how restorative mediation creates new prospects.

How does restorative mediation work?

There are various ways for you to be in contact with the other person. In all forms of contact, you will receive personal guidance from a **Perspectief Herstelbemiddeling mediator**. Three examples:

- **You have a meeting.** The mediator prepares this meeting together with you and will do the same with the other participant. The mediator will attend the meeting.
- **You write a letter,** or the other person writes you a letter.
- **Exchange of messages through the mediator.** You do not meet the other person. You inform the mediator of what you want to ask or say. The other participant gives his or her reply to the mediator, who passes it on to you.

Three basic rules for mediation

Contact between the people involved is often emotional, for everybody. **Perspectief Herstelbemiddeling** applies three basic rules:

1. **The contact is always confidential.** Everything you discuss with the mediator and the other participant remains confidential, unless you both agree otherwise.
2. **The mediation is always on a voluntary basis, for both.** Neither party is put under pressure to participate. You and the other person may end the mediation at any time.
3. **The mediator is independent and neutral.** This means that he or she is there for you as well as for the other participant. One of the tasks of the mediator is to assess whether mediation is possible. The mediator will then prepare you and the other person for this as well as possible.

Mediation is available for all sorts of offences and accidents and can be arranged at any time: shortly after what happened or years later. Restorative mediation via Perspectief Herstelbemiddeling is free of charge for participants.

How to register?

You can register through the registration form at www.perspectiefherstelbemiddeling.nl. If you want, someone else may register you. After the registration, a **Perspectief Herstelbemiddeling** mediator will make an appointment with you. You will talk about why you want mediation and about your expectations. If you still want to establish contact, the mediator will contact the other party.

Who are we?

Perspectief Herstelbemiddeling is a not-for-profit foundation. The organisation is designated by the Dutch Ministry of Justice and Security to provide restorative mediation in the Netherlands. The national office is located in Utrecht. Our mediators work throughout the Netherlands.

More information can be found on www.perspectiefherstelbemiddeling.nl

You can also ask your questions to a **Perspectief Herstelbemiddeling** staff member. We can be reached on working days at **+31(0)30-2340045**. Or send an e-mail to info@perspectiefherstelbemiddeling.nl