

Navigating Dangerous Waters: From Survival Reactivity to Receptive Creativity

Workshop Summary:

Danger automatically triggers survival mode reactions (fight, flight, and freeze). Divorce, as one of the major traumatic life experiences, often triggers the client's most primitive survival instincts.

Moreover, the interaction with the clients might press the team members' "red buttons" and trigger in us a survival reaction as well.

What happens to us when we approach peacemaking processes from a reactive, survival, point of view? How does our culture and collective social memory trigger our survival instincts?

In this interactive workshop we will learn to identify survival voices.

Role plays, self-reflections, small and large group discussions, music and more surprises will help us through this journey.

We will explore ways of uncovering, as well as creating, receptive places within our clients and within ourselves.

We will discuss letting go in order to gain positive control; the dance between mind and heart and collaborating within one's self.

We will explore together the choices we make, and offer learning tools such as the "Johari window", self-reflection and the power of intentional thinking in order to create a strong vision for change.

"He who has a why to live for can bear almost any how." (Friedrich Nietzsche)

About the trainers:

Michal Shaked



Michal Shaked is a Divorce attorney since 1998. She is the vice president of the Israeli Bar Association, and is chairman of the IBA's ADR forum as well as the International Forum.

Michal is co-founder of the "Nifradim" collaborative group (www.nifradim.co.il). She served in the Israeli army as a naval officer. She has her own law and mediation firm

based in Haifa and Tel Aviv, and she teaches family mediation and ADR for Master's degree at the Law faculty in Bar Ilan University.

Michal Served as a legal adviser at women's shelters and after years of litigating and negotiating high profile cases has decided to focus only on DR work with families in her firm, while mainly offering mediation and collaborative work. Michal lectures at Legal Bar conferences, at the IACP conferences, and other forums, and focuses on educating young lawyers about DR and emphasizing collaborative language. She was chief editor of the Haifa Bar Law Review, and wrote a proposal for a bill to change one of the main laws to benefit victims of domestic violence. Michal is a member of the ministry of justice committee, designated to implement the new Israeli law, encouraging families to go through DR process before going to court. Michal studied eastern philosophy and psychology. She is a firm believer in the peacemaking way.

Michal Kaempfer



Michal Kaempfer is a lawyer since 1997. She is a Collaborative lawyer, mediator and trainer from Israel.

Michal is co-founder of the “Divorcing Peacefully” collaborative practice group (www.israeldivorce.co.il) established in 2009, and served as chairman of its managing committee for years. She served in the army in the Israeli Intelligence, was a legal adviser for Na'amat – a women's rights organization and provided mediation services for the court system, including preliminary meetings for parties encouraging them to go through ADR process before continuing the legal process. She has taught basic and advanced mediation courses and has provided Interdisciplinary Collaborative Practice trainings for the Israeli Bar association and for the Ministry of Labor and Social Affairs. She lectures and delivers workshops in many forums including IACP's Forums.

Currently Michal is studying group leadership and facilitation, with an emphasis on parental guidance, at the Adler Institute in Israel. She is focusing on broadening and deepening her trainings and workshops by integration of non-legal disciplines such as Social science, Psychology, Philosophy, Buddhism and Judaism, and makes them applicable and useful for peace making professionals. She dedicates her private practice to peacemaking workshops, trainings and lectures.

Michal and Michal met in Law school more than twenty years ago. Each chose a different professional direction: Michal Shaked developed as a litigator and negotiator and Michal Kaempfer as a mediator. In recent years each of them went through a personal growth process which brought them together to a joint holistic life perspective, that eventually also gave birth to this unique workshop.