



UNIVERSITÀ
CATTOLICA
del Sacro Cuore



STUDI
E RICERCHE
SULLA FAMIGLIA

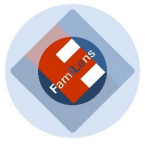


UNIVERSITÀ CATTOLICA del Sacro Cuore
 **ASAG**
ALTA SCUOLA DI PSICOLOGIA
AGOSTINO GEMELLI

A Family Impact Checklist for Family Mediators: A Tool to Help Practitioners Think Family

Matteo Moscatelli, Elisabetta Carrà, Anna Bertoni

ESFR Madeira, 25-27 June 2025



Why a checklist about the family impact for family mediator?

- Because families change and professional practices change (e.g. digitization trends);
- For a space for reflection and supervision of practices;
- To focus on relational results: the repercussions on partners, parents, children, intergenerational relationships, not only partners;
- To assess the family impact of mediation by involving mediators from all over Italy through a survey.



Family Mediation (*Cigoli & Scabini, 2003*)

- A space to reorganize family relationships in crisis
- Focus on symbolic meanings, not just practical agreements
- Conflict as a structural element of family life
- Goal: mutual recognition and relational continuity, especially for children
- Mediation = rite of passage and co-construction of a new balance



The FamLens framework: a participatory model for family impact analysis

1. **Principle of responsibility** Is the ownership of families with respect to the functions they perform for society and for the common good – procreation, care and education of children, mutual care and assistance, especially for fragile members, economic support? Is it avoided to replace families, except when there are no alternatives? Is it avoided to delegate the performance of functions to families, without assigning them the necessary resources to adequately carry out these functions? Is the mutual responsibility of the members towards each other and a fair division of tasks supported, in order to avoid female overload?
 2. **Principle of stability** Are the commitment and stability of couples, marital, parenting and family, encouraged and strengthened in the transition phases determined by critical regulatory or non-normative events?
 3. **Principle of family relationships** Are strong couple, marital, parental, and intergenerational relationships promoted and supported? Are knowledge, communication skills, conflict resolution strategies, and problem solving skills provided?
 4. **Principle of diversity** Are strategies being put in place to reduce social inequalities? Are personalized solutions prepared, consistent with cultural, ethnic, religious belonging, economic situation, family structure, geographical context, presence of special needs, stage of life?
 5. **Principle of involvement** Are families actively involved in design and production activities, through participatory and relational practices? Are representatives of family associations involved in decision-making processes? Is collaboration between operators and families encouraged?
 6. **Principle of the promotion of family and associative networks** Is the creation of links between families promoted both informal and formalized such as family associations?
- The model derives from the **US one**
 - Since 2018 experimentation in Italy, through **participatory action research**
 - Continuous adaptation of the principles starting from a constant **dialogue with stakeholders**
 - An incessant process of reflection to translate principles into **indicators** that specify their meaning
 - Production of ad hoc **checklists**



Design and validation of a checklist for family mediation

The participants in the Delphi were 18 family mediators with recognized experience.

The checklist was subsequently statistically validated with a survey to which 203 mediators from all over Italy responded (91% women, average age 53 years)

NUMBER OF EXPERTS INVOLVED IN ROUND 1	NUMBER OF EXPERTS INVOLVED IN ROUND 2	DROPOUT
18	13	5

	REQUIRED CHANGES TO THE CLARITY OF CONTENT IN DELPHI	ITEMS JUDGED TO BE OF LITTLE USE IN DELPHI	NO. OF FINAL ITEMS
TOTAL	77	4	29

ASSOCIATIONS	N.	%
A.I.Me.F.	119	58,6
A.I.M.S.	14	6,9
S.I.Me.F.	46	22,7
MEDEF Italia	18	8,9



The tool: the checklist (some items)

Each principle is composed of a variable number of items.
For each item, the respondent expresses his or her degree of agreement
(1= completely disagree; 6= completely agree).

Empowering the family	I promote the treatment of one topic at a time, to facilitate the communication of everyone's point of view.
	countering mutual disruptions to promote a balance of power.
	I facilitate the identification of the needs, resources and limits of all the subjects involved in the mediation process through specific tools (e.g. the billboard of needs).
	I use analysis tools that offer a three-generational perspective (e.g. the genogram or the Family Life Space).
	I promote the treatment of one topic at a time, to facilitate the communication of everyone's point of view.
Promote the continuity of family relationships	I promote in the parental couple an attitude of negotiation in the face of the changes related to separation (for example the presence of new partners, the growth of children, new home).
	I support each parent in ensuring continuity of the child's relationship with the other parent and their respective family of origin.
	I promote a reflection of parents with respect to the foreseeable consequences of the agreements being defined.
	I leave the availability to be contacted by the parents in case there are new situations that require support.



Average value of scores for the principles of FamLens (No. 203)

3. Promote communication skills and a good family atmosphere

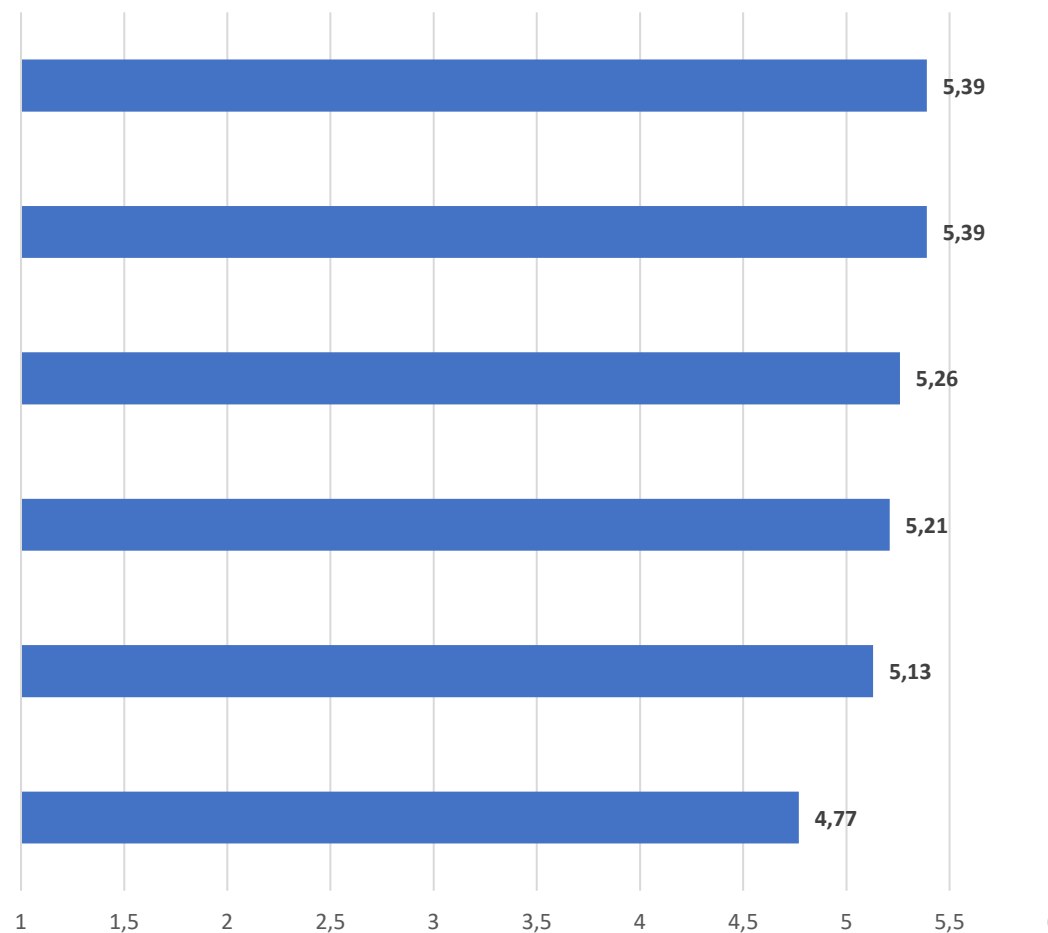
2. Promote the continuity of family relationships

4. Valuing the diversity of families

1. Empower the family

6. Promote family networks

5. Actively involve families





Principles of the FamLens and age/length of service

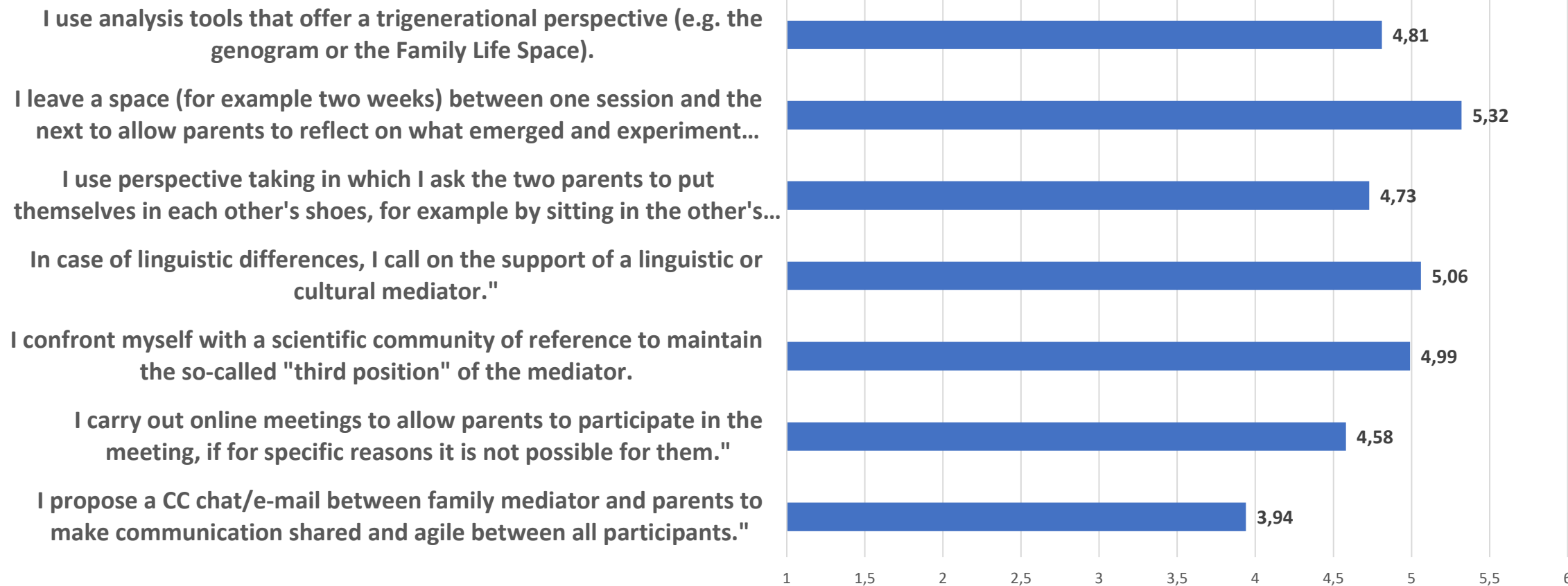
	Length of Service		
	<= 1 year	Between 2 and 10 years old	>= 11 years
Responsibilities of families	5,23	5,18	5,25
Continuity of family relationships	5,36	5,39	5,41
Quality of family relationships	5,44	5,35	5,41
Family diversity	5,23	5,28	5,26
Family involvement	4,63	4,76	4,81
Promotion of family networks	5,23	5,02	5,21

	Recoded age		
	25-49	50-64	>=65
Responsibilities of families	5,22	5,20	5,28
Continuity of family relationships	5,36	5,38	5,57
Quality of family relationships	5,33	5,42	5,46
Family diversity	5,23	5,26	5,37
Family involvement	4,66	4,75	5,15
Promotion of family networks	4,98	5,19	5,38

+ Work with more families, more family impact



Some first results: specific practices with lower average values (items of the checklist, min=1; max=6)





In summary: first results of the survey



- Mature and motivated profile, aware and well rooted in their practice;
- High attention to "Promoting communication skills and a good communication climate".



- The active involvement of families can be improved: some difficulties in activating participatory dynamics, such as the remote participation of the extended family.
- There is room for greater integration of some tools, from scientific supervision to linguistic mediator.