



Sasso Guerrero & Henderlite Highlights Divorce Mediation as Tool for Reducing Conflict

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Sasso Guerrero & Henderlite, a Jacksonville-based family and criminal law firm, has expanded its ongoing discussion of family law mediation with a focus on how the mediation process may help divorcing spouses manage and potentially reduce conflict. Building on the firm's previous commentary about the general benefits of mediation, the current discussion centers on mediation as a structured, less adversarial setting in which parties can work through areas of disagreement.

Mediation allows divorcing spouses to communicate about disputed issues with the assistance of a neutral mediator. Rather than requiring every disagreement to be resolved through litigation, the process gives the parties an opportunity to explore potential solutions together. The mediator does not decide the outcome but instead helps keep conversations focused on specific issues and encourages productive communication.

Conflict during divorce commonly arises in several areas, including the division of property and financial matters, parenting plans and timesharing, and child support. Decisions affecting the broader family can also

become points of contention. According to the firm, mediation may help the parties concentrate on one issue at a time, participate directly in developing potential agreements, and reduce some of the emotional strain that often accompanies prolonged disputes.

The firm notes that reducing unnecessary conflict can carry particular significance for parents. Because parents frequently continue communicating and making decisions involving their children after a divorce concludes, the tone established during the process may have lasting effects on co-parenting relationships.

"Mediation gives spouses a chance to address their differences in a setting designed to encourage dialogue rather than escalate it," said Jay Henderlite, Managing Partner and Board Certified Marital and Family Law Expert at Sasso Guerrero & Henderlite. "When parents will need to keep working together after the divorce, lowering the level of conflict during the process can make a meaningful difference for the entire family."

The firm emphasizes that mediation does not eliminate disagreement or guarantee that the parties will reach an agreement. It may not be appropriate in every situation, and some matters may still require resolution through the court. The firm encourages individuals to seek mediation guidance to determine whether the process fits their circumstances.

"The goal is not to pretend disagreements do not exist, but to create a framework for addressing them constructively," Henderlite added. "Thoughtful mediation guidance can help parties understand their options and make informed decisions about how to move forward."

The firm has also addressed related themes through its podcast, *When Split Happens*, which examines topics relevant to individuals navigating divorce and family law matters.

Sasso Guerrero & Henderlite is a law firm based in Jacksonville, Florida, specializing in family and criminal law. The firm is distinguished as the only practice in Northeast Florida with three Board Certified Marital and Family Law Experts serving as managing partners. Its family law services include adoption, alimony, marriage annulment, assisted reproductive technology law, child custody, child support, collaborative divorce, divorce, LGBTQ+ family matters, mediations, military divorce, modifications, parenting plans, paternity, prenuptial and postnuptial agreements, and relative caregiver actions. The firm also represents clients in criminal matters, including domestic violence, driving under the influence, drug crimes, felony charges, misdemeanor charges, and property crimes.

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For more information about Sasso Guerrero & Henderlite, contact the company here:[Sasso Guerrero](#)

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Sasso Guerrero & Henderlite

Sasso Guerrero & Henderlite is a Jacksonville law firm representing clients in divorce, family law, and domestic violence cases. With three Board-Certified partners, the firm handles custody, support, alimony, and property division with dedication.

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