

Garibaldi Inn Venting Program Bibliography

Brad J. Bushman, Iowa State University, "Does Venting Anger Feed or Extinguish the Flame? Catharsis, Rumination, Distraction, Anger and Aggressive Responding" 2002

<http://www-personal.umich.edu/~bbushman/PSPB02.pdf>

Gail Cornwall and Juli Fraga, STATE OF MIND, *Stop Venting! It Doesn't Work*, March 8 2022

<https://slate.com/technology/2022/03/venting-makes-you-feel-worse-psychology-research.html>

Roger Fisher and Daniel Shapiro, BEYOND REASON: USING EMOTIONS AS YOU NEGOTIATE (Viking 2005)

Douglas N. Frenkel & James H. Stark, THE PRACTICE OF MEDIATION, A VIDEO-INTEGRATED TEXT (3d Ed. 2018)

Susan S. Raines and Yeju Choi, *When Clients Throw Punches and Chairs: How Mediators Respond to Violence*, 32 NEGOTIATION JOURNAL 267 (2016)

This article reports a preliminary study of mediators' experience with violence in mediations. Using a questionnaire, it had 112 participants from around the US, of whom 29% had mediated more than 500 cases. Most of the respondents had between 1 and 30 years of experience. Thirty nine percent did commercial and civil mediation, while 24% did family and divorce mediation. (Because of its small size and the way respondents were selected, the results are qualitative only, and do not quantitatively tell us what actually happens with all or most mediators.)

Thirty four percent of the responding mediators said they had witnessed violence. Amongst a longer list of kinds of violence observed, 24% of the reporting mediators observed a party punching a wall or venting violently, and 13% saw a party throw something at the other party.

In 50% of the instances of violence, the mediators reported a history of violence between the parties, and in 34% of the incidents there was a disclosure of bipolar or schizophrenic disorder.

In describing how they dealt with the violence or threat of violence, 45% of the responding mediators reported using reflective listening, validation of the emotion expressed, and looking for the root causes of the violence. Forty three percent of the responding mediators separated the parties with a caucus. Twenty six percent used a calming tone and their authority to respond to the violence.

Terri Roth Reicher, Esq., "Blowing Off Steam: Venting as a Catalyst or Impediment to Resolution" DEFINITIVE CREATIVE IMPASSE-BREAKING TECHNIQUES IN MEDIATION, Edited by Molly Klapper, J.D., Ph.D. (2011, The New York State Bar Association)

Douglas Stone, Bruce Patton, and Sheila Heen, DIFFICULT CONVERSATIONS; HOW TO DISCUSS WHAT MATTERS MOST (1999, 2010)