



**TARA
WEST**

Bio

Tara West is the author of *The Mediator's Approach: Five (and a Half) Paths Through Conflict* (2021) and co-author of *Self-Determination in Mediation: The Art and Science of Mirrors and Lights* (2022). She is a certified transformative mediator and conflict coach who has been trained in facilitative, evaluative, understanding-based, and transformative approaches to mediation. Tara has taught and developed undergraduate and graduate psychology courses covering such topics as socio-cultural approaches to psychology, developmental psychology, personality psychology, group processes, and the psychology of conflict resolution. Tara earned her PhD in Social and Health Psychology from Stony Brook University and her JD from the New York University School of Law.