

## **Sheryl-Anne Sastow, Esq.**

### **Educational Background:**

1983—State University of New York at Albany, graduated Summa Cum Laude, Phi Beta Kappa, *Dean's List*

1997—Touro College Jacob D. Fuchsberg Law Center, J.D., graduated Cum Laude



### **Experience:**

After litigating for approximately 10 years, I opened my law firm, Sastow Law & Mediation, in 2007, where my primary focus is to help clients either avoid the trauma of litigation, or to help resolve a situation that is already in litigation. I focus my energies and practice on serving mainly as a neutral in Divorce Mediations and Arbitrations and Elder Care/Family Mediations and as a Court Evaluator in Article 81 Guardianship proceedings. I mediate online and in-person.

My prior ten years of litigating matrimonial and personal injury/products liability cases, along with my degree in Psychology, enables me to provide mediation, arbitration and collaborative clients with, not only an in-depth knowledge of the litigation process, but significantly enables me to emotionally assist my clients in their times of need.

### **ADR Philosophy:**

“There is no need to litigate. In mediation there is a solution, a solution that is dignified, less expensive, more equitable, and reached in far less time than in litigation. Mediation allows parties to move on with their lives in a positive manner.”

When serving as a Divorce and Family Mediator, I really listen to what is said and even more importantly, to what is left unsaid. Doing this allows me to help the parties understand the basis, the essence, of their conflict, and to help them find a resolution. I reframe what the parties are saying, in order to help each of the parties “hear” one another and in this way, I facilitate negotiation. If asked to do so, I will provide my opinion privately, as an objective neutral, as to each party’s possible weakness in his/her position. I remind the parties, that resolving their issues via mediation, typically results in a solution that both parties feel is “ok,” in contrast to litigation, where one party wins, and the other party loses. In divorce and family mediation, that “win” will undoubtedly cause additional conflict in the future and more litigation, the opposite result of mediation.

### **Current Panels:**

Esteemed Masters Matrimonial Mediation Panel—Nassau County Supreme Court

Divorce Mediation Panel—Nassau County Bar Association

Divorce Mediation Panel—New York County Supreme Court

Divorce Mediation Panel—Nassau County Supreme Court Matrimonial Part  
Elder Law/Family Mediation Panel—Nassau County Bar Association  
Elder Law/Family Mediation Panel—Nassau County Surrogates Court  
Commercial Mediation Panel—Nassau County Bar Association  
Early Neutral Evaluator Panel—Nassau County Supreme Court  
FINRA (Financial Industry Regulatory Authority)—Arbitration Panel