

21st IIRP World Conference

“Our Restorative Challenge: Discovering What Might Be Possible”

Terry O’Connell

What will the next 'vintage' of restorative practices look like?

Related Questions

How can restorative practices have a greater influence on 'mainstream' practices?

What are your aspirations and vision for restorative practices?

How might restorative practices contribute to making the world a better place?

Practice

Let's now talk about the practice of restorative practices, rather than restorative practices.

Logical practice analysis is the process of explaining your practice rationale and includes being explicit about:

What you do, why you do that, why doing that works and how you know.

This process includes describing:

- your 'working assumptions';*
- the 'outcomes' you are wanting and;*
- the 'practice' that is needed to obtain these outcomes.*

What are assumptions?

“An assumption is a belief of what we assume to be true now and in the future. We make assumptions based on our knowledge, experience or available information. These are anticipated events or circumstances that are expected to happen ... assumptions are dangerous when accepted as reality without thorough examination.”

Why is there a need to have a set of working assumptions as a foundation for your practice?

My 'working' assumptions are that:

- 1. Relationships help shape our identity from which we derive life's meaning;*
- 2. Those who are not able to deal with vulnerability tend to struggle with relationships.*
- 3. Creating the conditions that help others to deal honestly with their vulnerability is an important step towards building trust and a more positive experience.*
- 4. Silvan Tomkins' blueprint for individual psychological and emotional wellness prescribes the conditions needed for this to happen.*
- 5. The Restorative Questions developed by O'Connell [1991] provide a 'template' that help achieve these conditions.*

Ideal Outcomes

As a general rule the outcomes I strive for with every restorative process is when:

- those involved are able to make sense and meaning of their lives;*
- they are able to identify what is most important in all that is happening;*
- they get to work out what needs to change and what their part will be in this change process, and importantly;*
- they learn how to build and sustain healthy relationships.*

Vulnerability

What keeps you and I out of relationships?

What is vulnerability and what triggers it?

What is shame and what useful purpose does it serve?

What would happen if you never got to experience shame?

According to Nathanson, shame is one of nine affects that has the following function:

- Sets the social parameters that govern how we interact with others.*
- Interrupts our feeling good.*
- Provides a sudden awareness of something we don't really want to know about ourselves.*

Nathanson's Compass Of Shame

WITHDRAWAL

ATTACK OTHERS



ATTACK SELF

AVOIDANCE

Nathanson's Community Blueprint

Relationships are best built when we:

- 1. Share and reduce negative emotions (best achieved by listening and acknowledging)*
- 2. Share and promote positive emotions (achieved by affirming)*
- 3. Encouraging the expression of emotions as a way of experiencing 1 & 2.*
- 4. Doing more of 1, 2 and 3 (essential for building and maintaining good relationships).*

Restorative Questions I

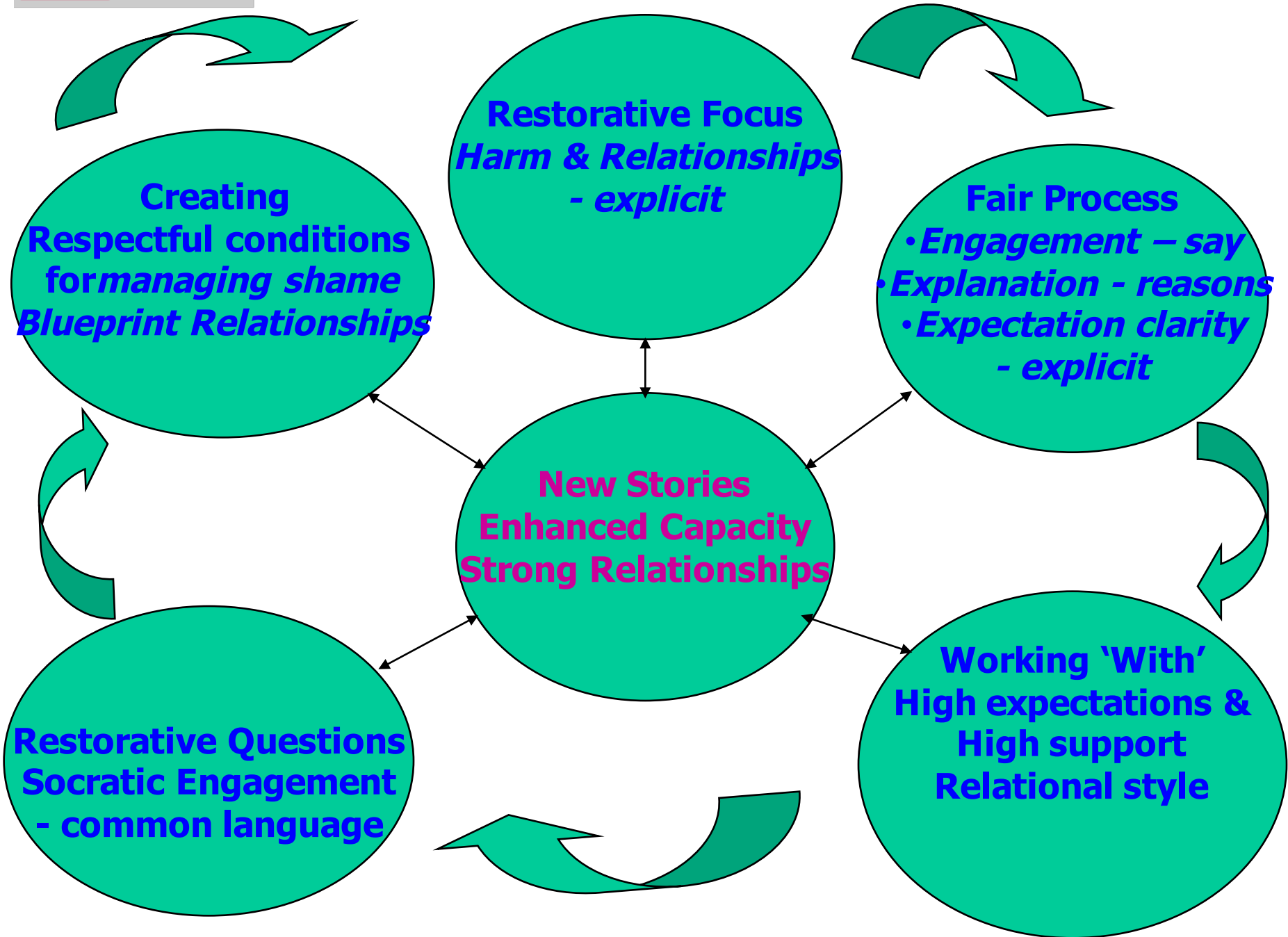
When Things Go Wrong

- *What happened?*
- *What were you thinking at the time?*
- *What have you thought about since?*
- *Who has been affected by what you did?*
- *In what way?*
- *What do you think you need to do to make things right?*

Restorative Questions II

When Someone Has Been Hurt

- *What did you think when you realised what had happened?*
- *What impact has this incident had on you and others?*
- *What has been the hardest thing for you?*
- *What do you think needs to happen to make things right?*



Practice Narrative

What is a practice narrative?

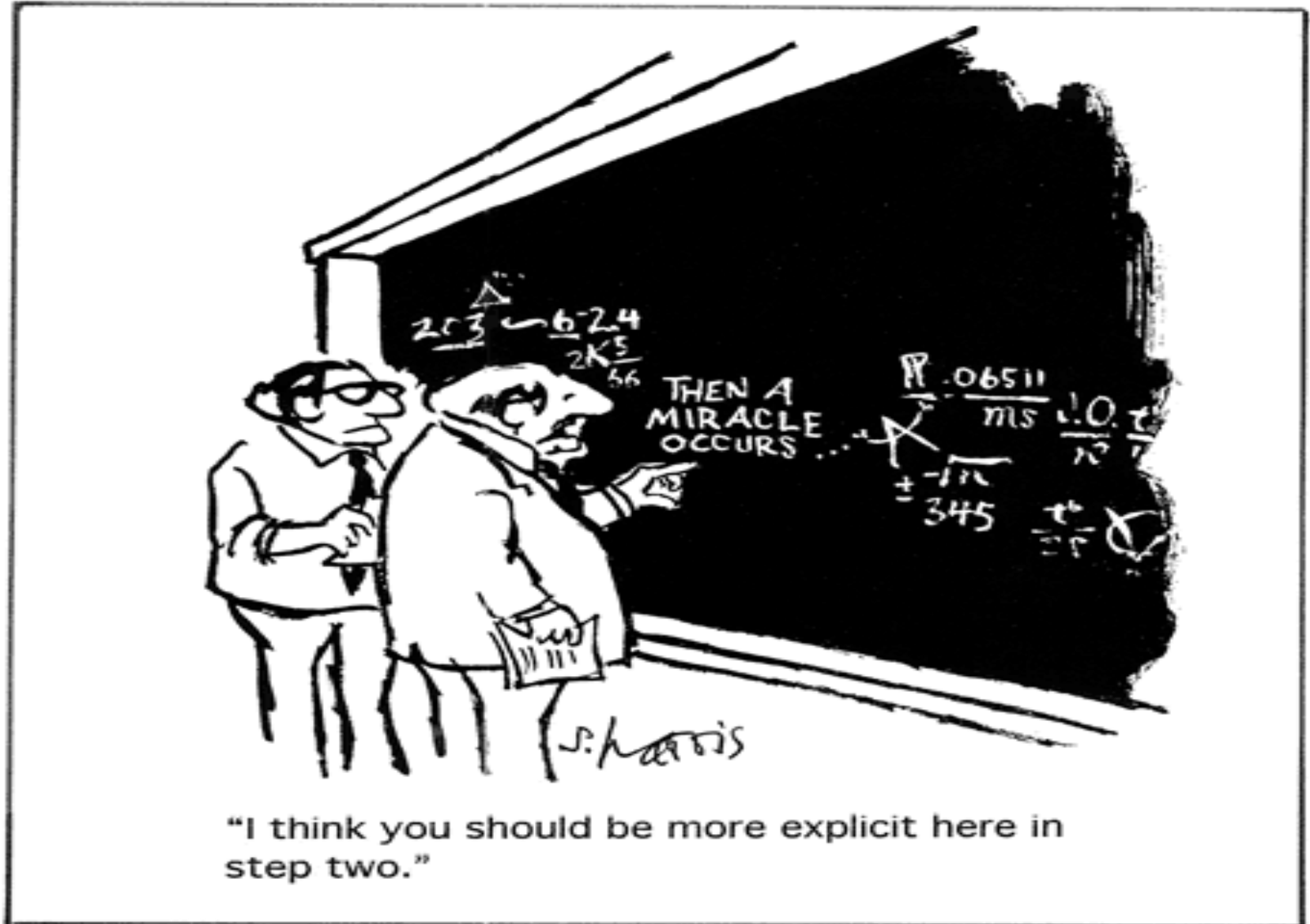
My 'practice narrative' comprises:

- *personal restorative journey;*
- *working assumptions – what I believe to be true*
- *explaining and sharing my practice***

*** This reflects the three principles of fair process:*

- *engagement – importance of story*
- *explanation – understanding your practice*
- *expectation clarity – what is needed and is likely*

Hopefully We Are Now More Conscious About The Importance of Being Explicit



Examples of Integrated Restorative Practice

- 1. Re-engage Youth Services*
- 2. Rozelle Public School [Sydney, NSW]*
- 3. Probation & Parole Corrections officer.*