

*IIRP World Conference, June 6-7, 2016
San José, Costa Rica.*

‘The best is yet to come: Unlocking restorative practice’s true potential.’

Presenter: Terry O’Connell

Expectations & Overview

Please share why you have chosen this session.

Overview:

- *Feedback – about your interest in restorative justice or restorative practice.*
- *Practice or practices.*
- *Introduce the notion of ‘logical practice analysis’.*
- *Importance of explicit practice.*
- *How to develop an explicit practice framework.*
- *Practice narrative*
- *Integrated Restorative Practice - Re-engage Youth Services*

Your Restorative Interest

- *What sparked your interest in restorative justice/practice?*
- *What appealed to you about the process?*
- *What has changed in how you now practice?*
- *Briefly describe what you think restorative processes have to offer and why restorative processes work.*

Practice

- *Restorative practice or practices, what is the difference?*
- *How would you describe the practice of Restorative Practices?*
- *What would you mention if you were asked to describe your [Restorative] practice?*

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.*

Working Assumptions

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?

Working Assumptions

My 'working' assumptions are that:

- 1. Relationships help shape our identify 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.*

Relationships

Basic Concepts:

- *Good relationships are the basis for life long learning.*
- *Anything that affects relationships [such as inappropriate or harmful behaviour] impacts on learning.*
- *Challenging inappropriate behaviour needs to be experienced as an opportunity for reflection, learning and growth.*

What keeps us out of relationships?

What is vulnerability and what has it got to do with relationships?

When are you likely to adopt this position?



If you did something and felt really ashamed, what would help you to open up?

Vulnerability

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

Psychology of Affects

Tomkins' Blueprint :

- *We are 'wired' to want to increase positive affect, and;*
- *Decrease negative affect;*
- *We live best when we can accomplish these two goals;*
- *Anything that increases our power to do this favours life.*

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 Dialogue

Restorative Questions I

When Things Go Wrong

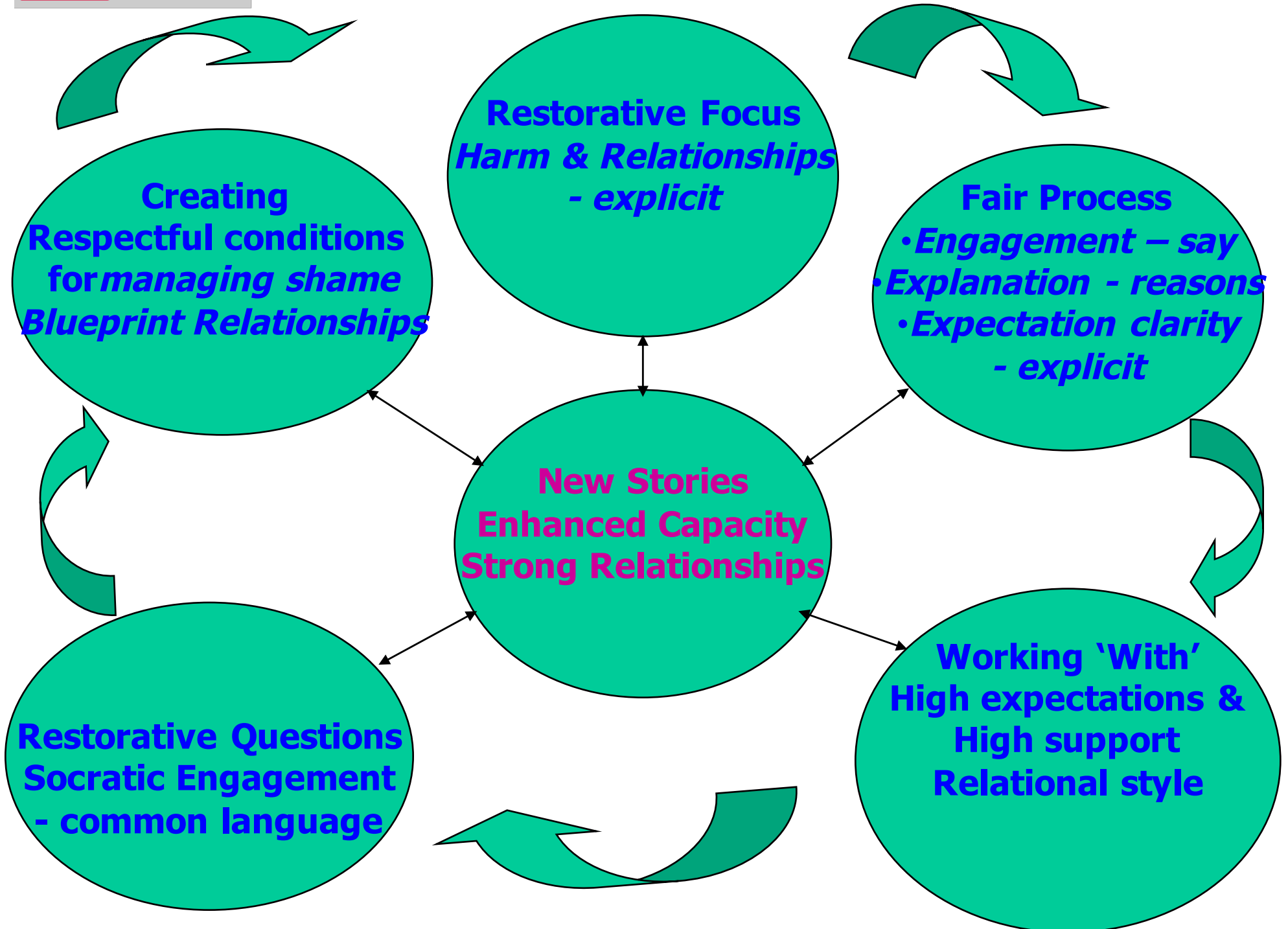
- *What happened?*
- *What were you thinking at the time?*
- *What have you thought about since?*
- *Who has been affected by what you did?*
- *In what way?*
- *What do you think you need to do to make things right?*

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?*

Restorative Framework-Productive Conversation



Practice Narrative

What is a practice narrative?

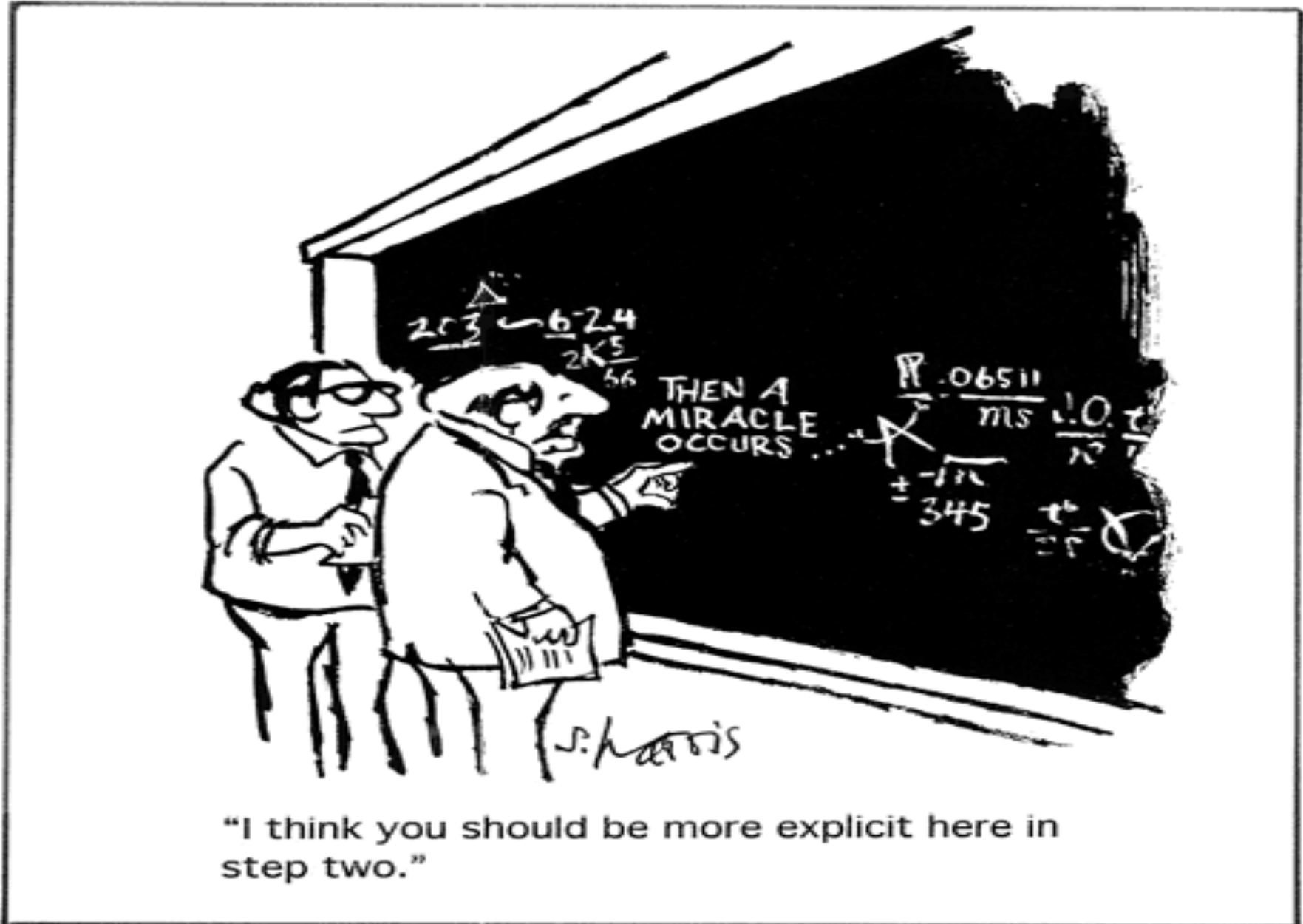
My 'practice narrative' comprises:

- *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



"I think you should be more explicit here in step two."

Examples of Integrated Restorative Practice

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