





Restorative Approaches

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How do we feel about ourselves
when things are going well or
not so well?



What is Restorative Practice?

- Developed in New Zealand and started to inform practice in the 1970's, initially in the 'justice' setting.
- Started to inform social work practice in the UK in the 1990's (FGC's and Restorative Justice for young people who offend).
- Relies on mutual understanding of an issue and a collaborative approach to get the best outcome.
- Belief that 'repairing harm' is best done through a non blaming approach which externalizes the problem from the person.
- It is the skill of the restorative practitioner to move conversations from 'shame' to re-integration (Braithwaite 1989)– Remember that central blueprint?
- A restorative encounter (Hopkins 2016) can happen in planned or unplanned ways – it is one where there is an intention of healing relationships where there has been a break down.



Ingredients for a restorative encounter

- Reach an understanding of what has happened and why
- Understand the context
- Let people tell their own stories
- Responsibility versus blaming (managing emotions of shame, guilt and how people respond in those scenarios e.g. Holland and Rivett 2008)
- How can the damage be fixed?
- Is there a safe space for remorse to be expressed and healing to take place?
- How can future harmful behaviour be prevented?



Recent Research

- Williams (2019) looked at family support services using a restorative approach. She observed practitioners in Wales making visits to families using the restorative approach outlined previously. She concluded that families found the approach acceptable, positive and enhanced their engagement.
- Linking back to those ideas of increasing the *positive affect* and minimising the *negative affect* we can see here how this approach might impact on that 'central blueprint'.



References

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