

As we gather.....



- Please make sure your screen name includes your first name and pronouns
 - Go to the 3 dots in the upper right hand corner of your image/frame and choose “rename”

Restorative Practice

Mary Cline-Stively

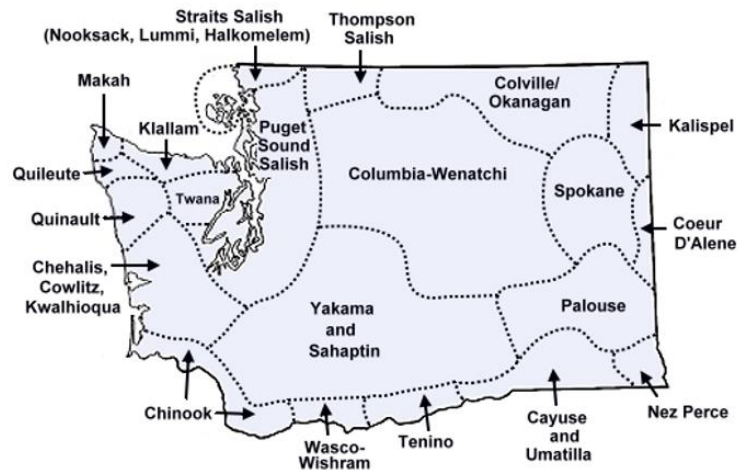


care
BUILDING COMMUNITY
THROUGH COMPASSION

Child *Strive*
Child • Family • Community

Land Acknowledgment

There are over 29 federally recognized Indian tribes in WA today



And many others that are not federally recognized

We acknowledge that we are each residing on tribal lands of those who have lived on this land time immemorial. We pay respect to their elders past and present. Please take a moment to consider the many legacies of violence, displacement, migration, and settlement that bring us together today. We recognize the resilience of those past and present who work to build a strong and sovereign nation where Tribal members live their values and culture.

We are on the lands of the Tulalip, the Snohomish, the Stillaguamish, and Sauk Suiattle Tribes.

Hopes for our time together

-
- Describe the key concept of Restorative Practice
 - Reflect on how Restorative Practice can help us be more Trauma Informed in our approach
 - Apply some Restorative Practice tools into your work

Group Agreements

- Address impact over intent
- Embrace the power of humble, respectful listening
- Create trusting and safe spaces – where a little bit of discomfort is okay.
- Learning leaves – Stories stay
- Speak from your own experience instead of generalizing
- Participate to the fullest of your ability – community growth depends on the inclusion of every individual voice
- We encourage you to lean in, be brave and vulnerable

Introduction Round

- Share: first name and 1 word that describes how you are coming into the space today.





Restorative Practice

A way of thinking and being focused on creating safe spaces for real conversations that deepen relationships and build stronger more connected communities.

~Mark Vander Vennen

Restorative Practices is an emerging social science that studies how to strengthen relationships between individuals as well as social connections within communities.

The fundamental hypothesis of restorative practice is that human beings are happier more cooperative and productive and more likely to make positive changes in their behavior when those in positions of authority do things **with** them rather than **to** or **for** them.

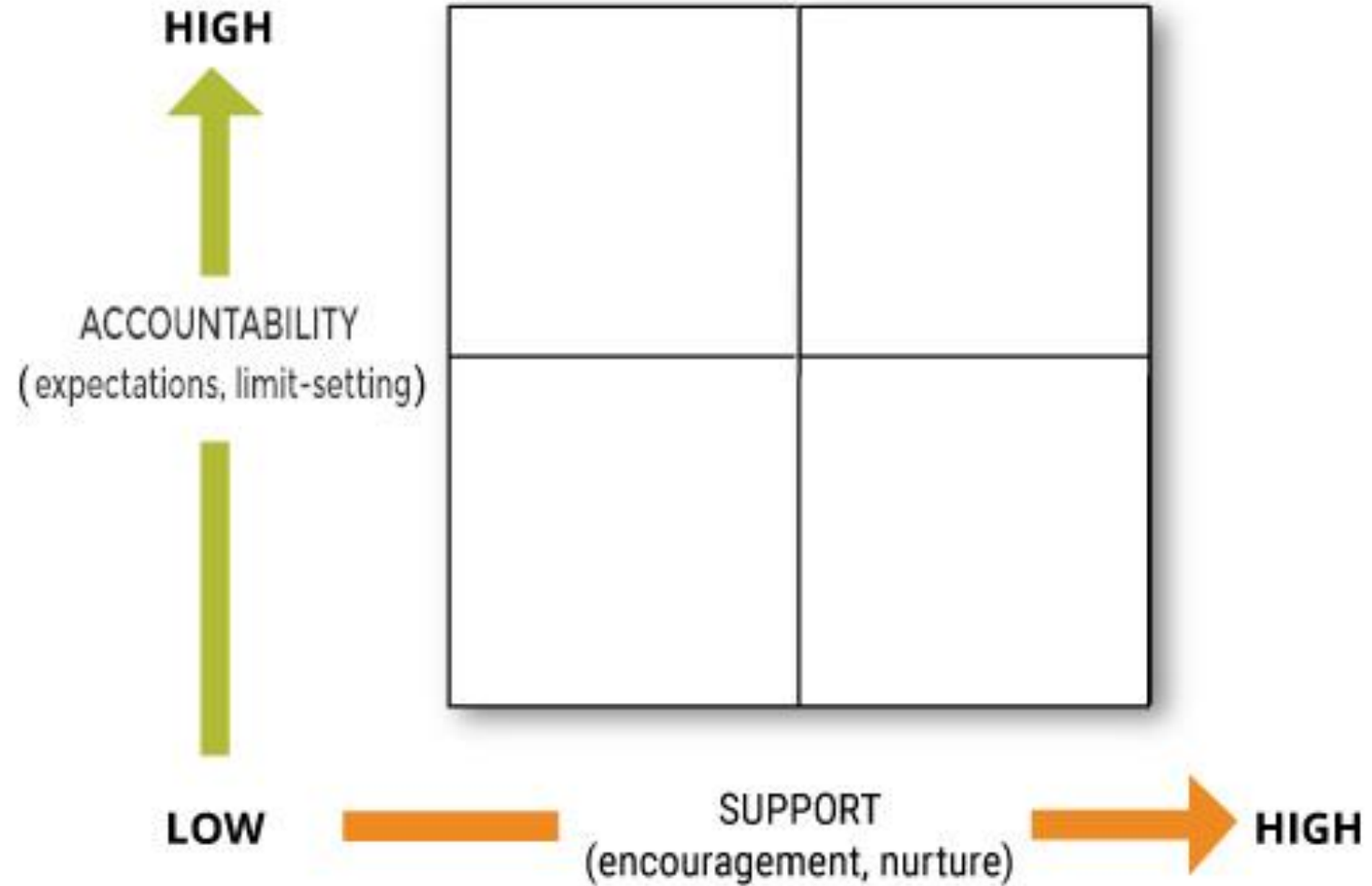
~International Institute of Restorative Practice

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Healthy Relationships

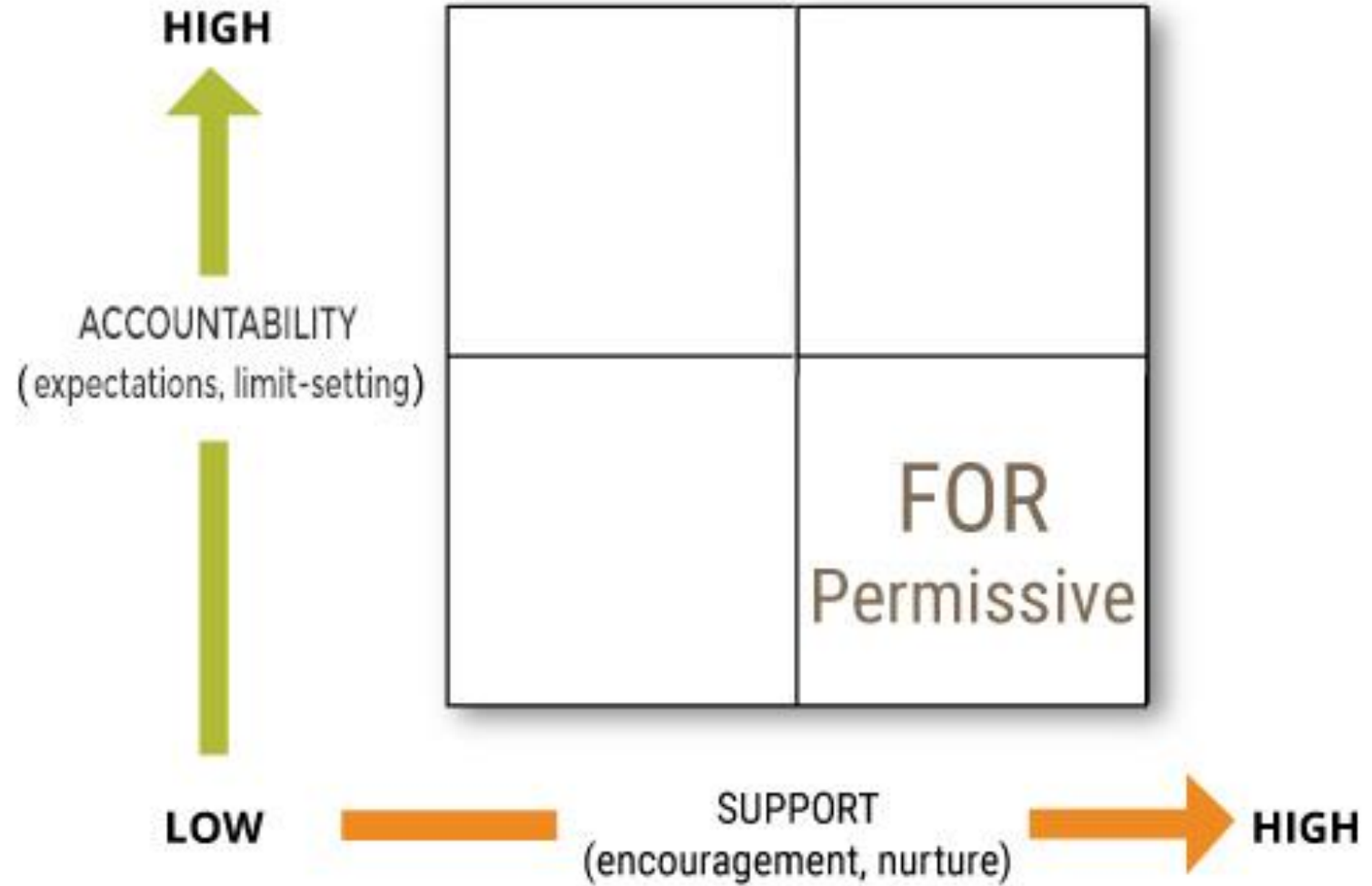
What do healthy, positive, appropriate relationships look like? Feel like? Sound like?

Social Discipline Window



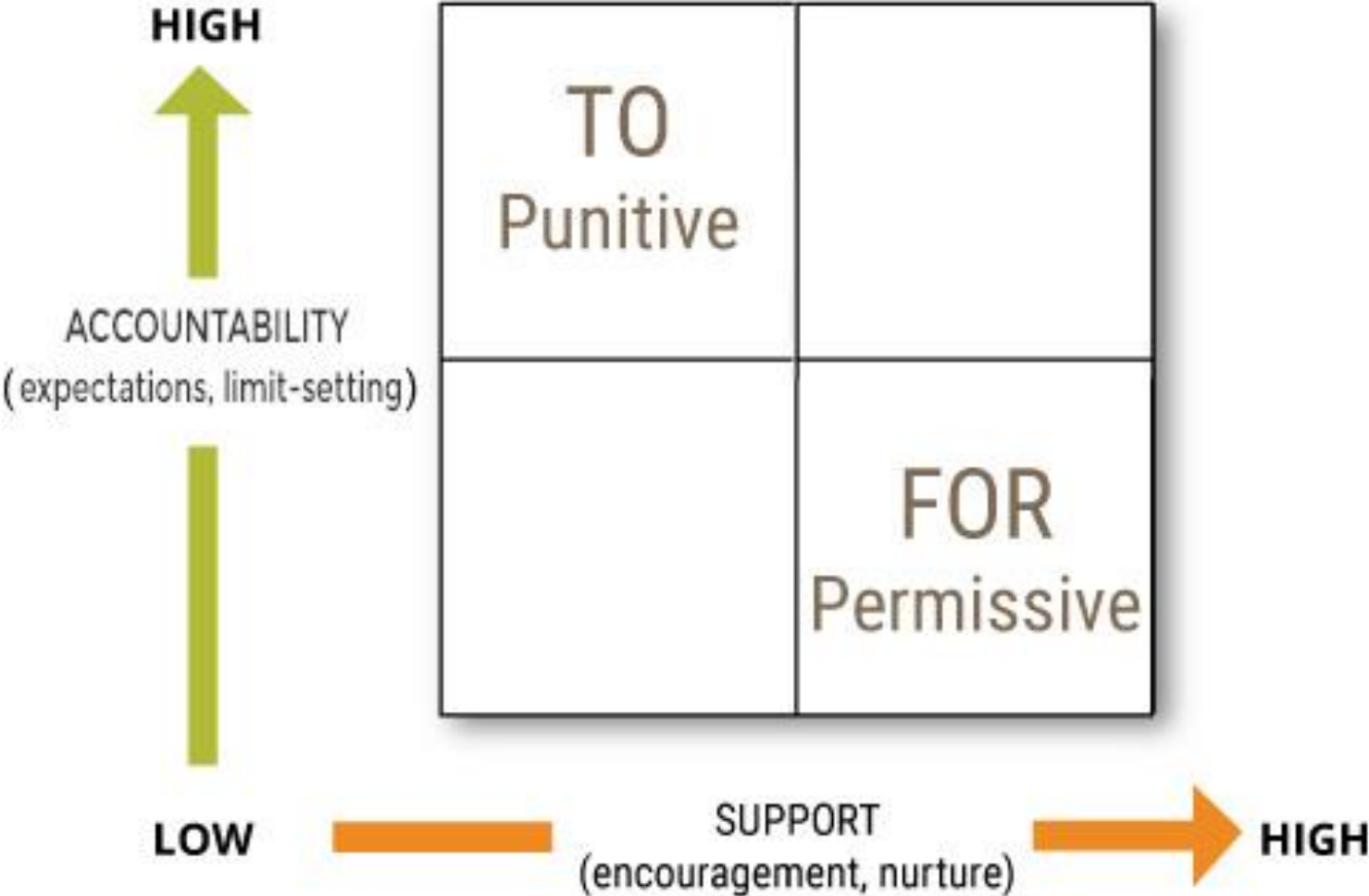
Adapted by Paul McCold and Ted Wachtel

Social Discipline Window



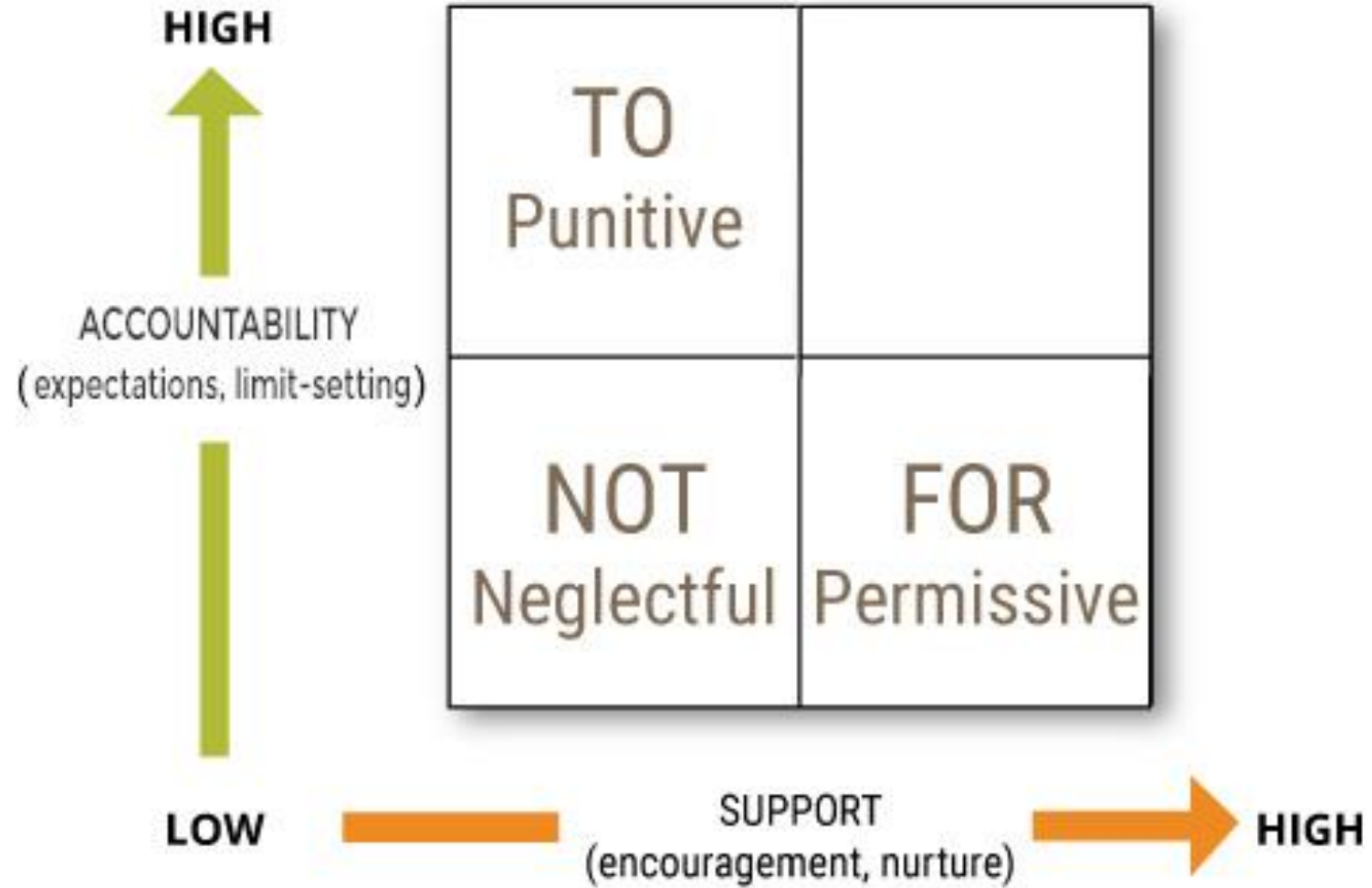
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Social Discipline Window



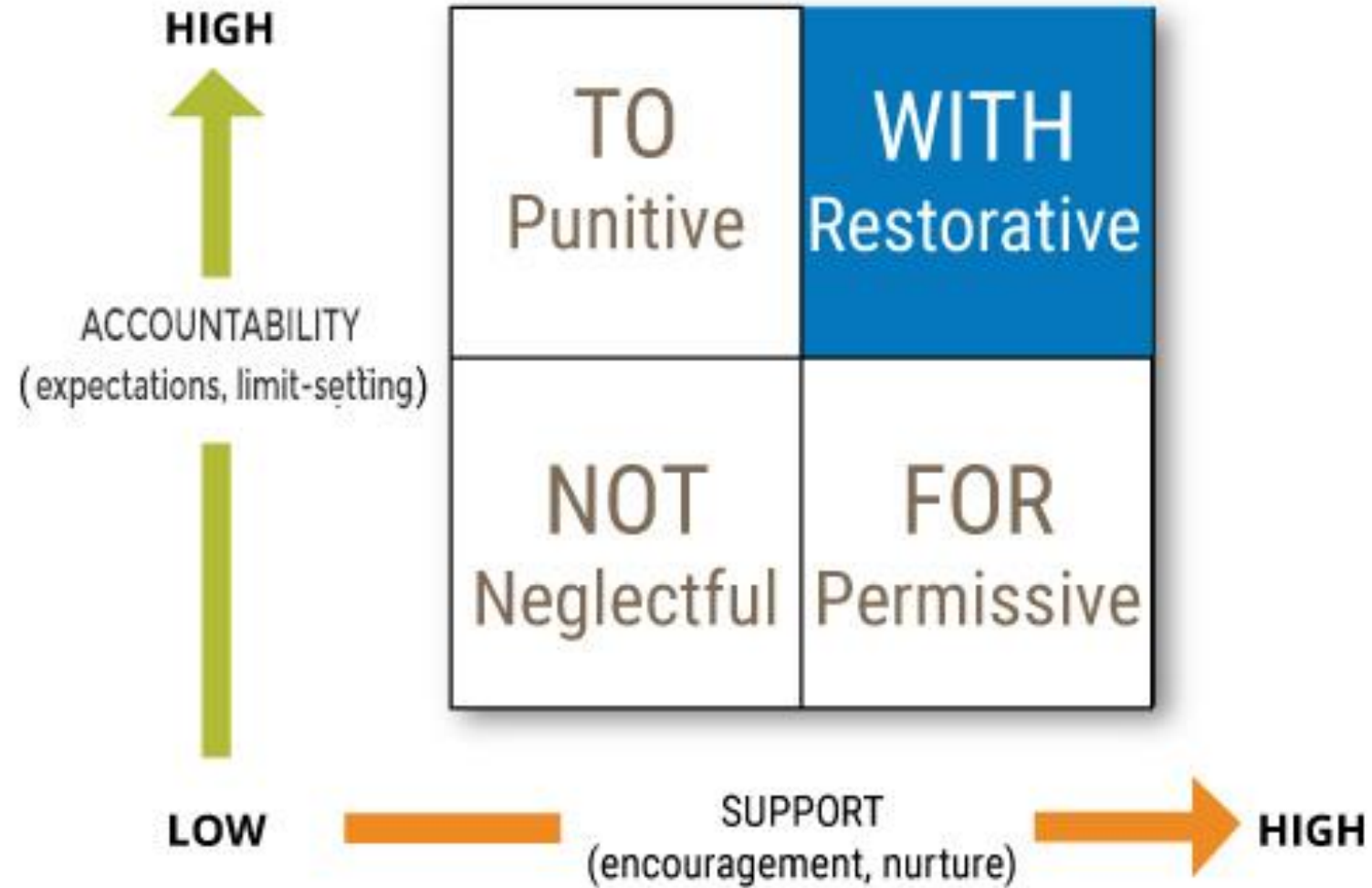
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Social Discipline Window



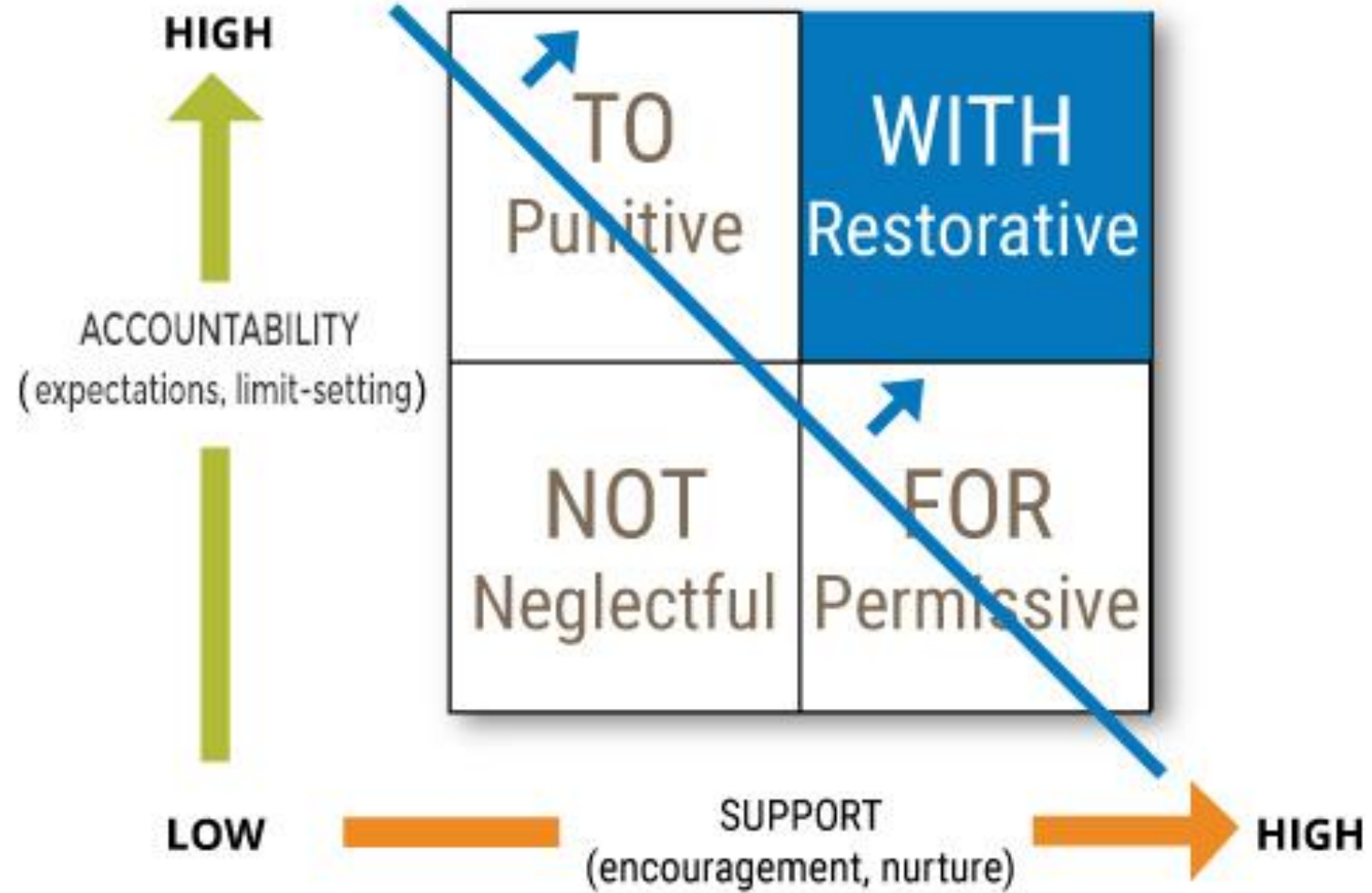
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Social Discipline Window



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Social Discipline Window



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Social Discipline Window Exercise

- We are going to break into 8 groups. Each group will be assigned one of the quadrants: To, For, Not and With
 - Groups #1 and #5 NOT
 - Groups #2 and #6 TO
 - Groups #3 and #7 WITH
 - Groups #4 and #8 FOR
- Where, within your organization, do you see this style? What do those behaviors look like? What is the outcome?
- When we come back please have one person who can report out on your work



- **5 minutes**
- To take care of yourself....
- Stretch
- Hydrate/Snacks
- Get Fresh Air
- Close your eyes
- [5 Minute Countdown | Big Timer - Fullscreen countdown timer](#)

Let's do a survey!



Restorative Questions

- Open-ended questions to help elicit emotion
- Allow individuals space to explore issues in a non-threatening way.
- Address past, present and future.
- Proactively used to explore positive changes in behavior.
- Responsively used to explore harm and how that harm impacts others.

Restorative Questions

What happened?

What were you thinking at the time? or What impact did it have?

Who has been affected and in what way?

What has been the hardest part for you?

What do you think you need to make it right?

Exercise

- In pairs
 - Think about a time when you were harmed or created harm for another person. Take turns asking the other person the questions in regard to their situation.
 - The goal is to ask the questions and listen generously. This is NOT a time to engage in conversation.
 - I will be asking for a few people to share their highlights or experience with the questions.

Break!!



- **5 minutes**
- To take care of yourself....
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Circles and community

“There can be no vulnerability without risk; there can be no community without vulnerability; there can be no peace, and ultimately no life, without community.”

(M. Scott Peck, Psychiatrist and Best-Selling Author)

“Circles create soothing space, where even reticent people can realize that their voice is welcome.”

(Margaret J. Wheatley)

“If people stand in a circle long enough, they’ll eventually begin to dance.”

(George Carlin, Comedian)

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Circle and Community

“You have noticed that everything an Indian does is in a circle, and that is because the Power of the World always works in circles, and everything tries to be round...The sky is round, and I have heard that the earth is round like a ball, and so are all the stars. The wind, in its greatest power, whirls. Birds make their nest in circles, for theirs is the same religion as ours...

Even the seasons form a great circle in their changing, and always come back again to where they were. The life of a man is a circle from childhood to childhood, and so it is in everything where power moves.”

(Black Elk)

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Why Circles?



Types of Circles

- Proactive
- Responsive
- Sequential
- Non-sequential



Secrets to Success

- Remember to facilitate
- Clear topic and goal
- Set a positive tone
- Keep the focus
- Get some allies
- Use silence
- Active listening
- Pay attention to body language
- Come into the circle well regulated

Circle Practice

In Groups of 4-5 folks:

- Everyone introduce yourself
- Go around everyone answer this question:
 - Are you getting what you came here for?
 - What would make this better?
- As others are speaking, everyone else LISTEN, do not respond
- Be prepared to share themes that emerged
- You will have 15 minutes

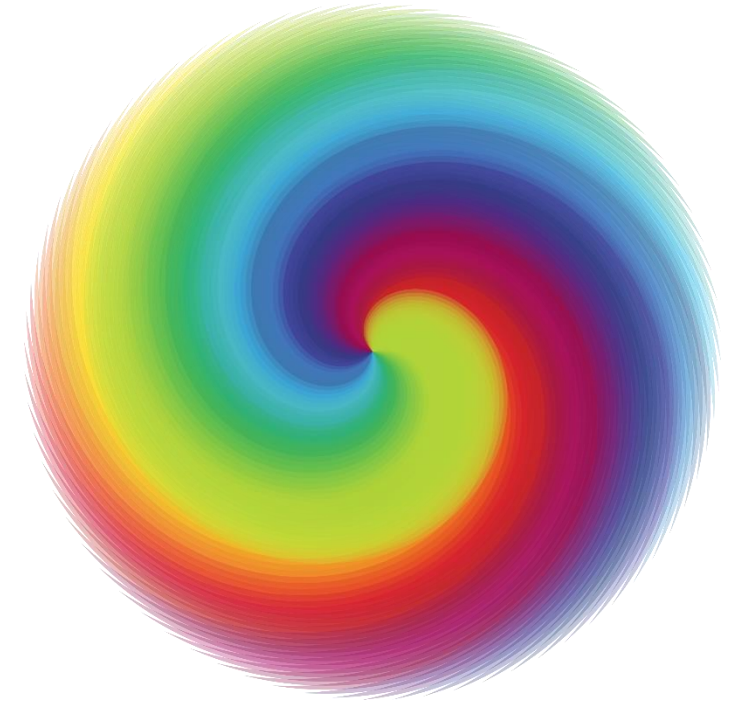


MARTIN HILL Stone Circle

**Wherever possible, create a circle
where people can safely share
deep experiences and diverse viewpoints.**
There are many circle formats, but their one central
concept is to demonstrate reverence for the truth
of another person's experience.
-James O'Dea, *Cultivating Peace*

Circle Planning

- Consider how you can start using circles in your daily work as well as you imagine bringing the CARE training back to your organization.
- What ideas do you have? What questions do you have?
- Consider the following as you plan circles:
 - What is the goal?
 - What type of circle?
 - What questions would you use? Do the questions include past – present – future?





Next Steps and Wrap Up

Reflection:

- How does what you learned about Restorative Practice impact how you plan to approach bringing Trauma Informed Care to your organization?

Circle go around:

- I learned, I realized or I was surprised by.....



Thank You

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ChildStrive

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