

The 5 key Restorative Themes

Restorative approaches are based on 5 themes that underpin our day-to-day interactions with each other.

THEME 1 – UNIQUE PERSPECTIVE

Everyone has their perspective on any given situation and needs an opportunity to express this in order to feel respected, valued and listened to.

THEME 2 – THOUGHTS, FEELINGS & BEHAVIOUR

What people think at any given moment influences how they feel at that moment and these feelings inform how they behave.

THEME 3 – HARM AND AFFECT

When there are conflicts then harm can result in terms of anger, resentment, negative emotions, frustration and damaged relationships and connections between people.

THEME 4 – NEEDS

Whether a person has caused harm or been on the receiving end of harm they are likely to have similar needs. Until these needs are met the harm may not be repaired and relationships can stay damaged.

THEME 5 – PUTTING THINGS RIGHT TOGETHER – OWNERSHIP OF PROBLEM SOLVING

It is the people affected by a situation who are best placed to identify what should happen so that everyone can move on, and so that the harm can be repaired. The ownership of problem-solving demonstrates respect and trust, develops pro-social skills and confidence and strengthens connections.