



Office of Prevention and Health Initiatives

Restorative Practice: No-Cost Tools for Schools and Community-Based Organizations Serving Individuals Across the Lifespan

Relationships are the key to learning, healing, and physical/social/emotional development, with connection being the key component. Restorative Practice is a blended model of internationally recognized, empirically based and explicit approaches to support individuals' abilities to connect with others by first reconnecting with their own innate qualities of calmness, compassion, and connectedness. Training and coaching in the model's ideas and skills support individuals to sharpen their skills for self-awareness/self-regulation, responding rather than reacting, and resolving conflict. Individuals practicing these skills may foster greater connections, resulting in enhanced community wellbeing.

*Restorative Practice Training and Consultation begins with conversation to assess needs; this assessment will determine the length, schedule, and individually tailored content. Activities can be provided in person and/or remotely. *Please see page 2 for Continuing Education Unit (CEU) information.*

Topic areas covered through introductory and in-depth training may include:

- **Building a culture of connection** – drawing upon the [U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community](#), we explore the risks of disconnection, and benefits of connection.
- **Restorative Practices Continuum** – offering a broad spectrum of interventions, from assertive communication to circles.
- **Designed to connect** – human beings are designed to connect with each other. Exploring the value of self-awareness, naming feelings, and responding effectively to others as means to enhance community.
- **Optimal teaching and learning** – examining the 9 innate biological affects and their involvement with survival, coping with trauma, and educational experiences.
- **Leadership from the Inside Out** – exploring authoritative leadership and the key principles that foster enhanced performance, positive behavior changes and wellness.
- **Trauma Sensitive Approaches and Prevention** – building a shared understanding of trauma, how Restorative Practice can prevent it and approaches to take in its aftermath.
- **Fight, Flight, Freeze, Fawn** – typical ways of responding to stress and trauma are examined along with potential helpful responses.
- **Seeking first to understand (ourselves, then others)** – getting to the core of how human beings protect and connect, through integrating the Internal Family Systems framework and the International Institute for Restorative Practices' Social Discipline Window.
- **Social Determinants of Mental Health** – ways Restorative Practice can promote equitable access to resources.

For additional information, or to schedule a consultation or training session, please contact:

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***CONTINUING EDUCATION UNITS (CEUs)**

Licensed Master Social Workers (LMSWs), Licensed Clinical Social Workers (LCSWs), and licensed psychologists successfully completing training requirements are eligible for CEUs as follows: State of New York Office of Mental Health is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0122 and by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0227.

REFERENCES AND SELECTED PUBLICATIONS

[IFS \(Internal Family Systems\) Institute](https://ifs-institute.com) In addition to being a non-pathologizing evidence-based psychotherapy to be used in a clinical setting, IFS offers a way of understanding relationships by encouraging Self leadership and engaging in life with the 8 C's: confidence, calm, compassion, courage, creativity, clarity, curiosity, and connectedness. (<https://ifs-institute.com>)

- [Research and Bibliography](#)
- [Internal Family Systems \(IFS\) Therapy for Posttraumatic Stress Disorder \(PTSD\) among Survivors of Multiple Childhood Trauma: A Pilot Effectiveness Study](#), Hilary B. Hodgona, Frank G. Anderson, Elizabeth Southwell, Wendy Hrubec, and Richard Schwartz. JOURNAL OF AGGRESSION, MALTREATMENT & TRAUMA 2022, VOL. 31, NO. 1, 22–43

[International Institute for Restorative Practices \(IIRP\)](#) Provides graduate education and professional development for educators and others wanting to learn more about the science of relationships and community.

- [School Resources: Research and Evaluations](#)

[Managing Chronic Illness Using the Four-Phase Treatment Approach](#), Patricia A. Fennell, MSW, LCSW-R, Wiley, 2003. Offers a framework for understanding four phases of adaptation after the onset of trauma / Imposed Change.

[U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community](#), 2023

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