Neutral Zone’s Introductory Training in Restorative Practices and Circles

Course Objectives:

As a result of the two-day training participants will be able to:

- Reflect on the different purposes and types of community building and why they are important within the restorative practices framework
- Introduce RP as twofold: 1) building community and connections; and 2) repairing harm
- Be able to name the 4 components of the social discipline window and characteristics of each
- Name the 3 parts of fair process
- Identify the four responses to shame on the Compass of Shame and some characteristics of each
- Restorative Practices Continuum
- Define and identify affective statements
- List the 4 parts of the Non Violent Communication (NVC) model and use it to create affective statements
- Practice Restorative Questioning
- List some purposes and uses of circles
- Practice different circle structures (sequential, non sequential, fishbowl)
- Develop some high quality question prompts to use in a circle

Day 1: Theoretical Constructs of Restorative Practices

Part I - Introduction

- Community Building – and import of Community Building to restorative practices

Part II - Intro to Restorative Practices

- Exploration of restorative practices vs. restorative justice
- The Social Discipline Window: theory and application to schools
- Fair Process – principles and why it’s important to restorative practice

Part III – Shame Reactions and the Compass of Shame

- Introduction to components of Compass of Shame
- Theoretical basis for Compass of Shame
- Application activities for dealing with shame

Part IV – Intro to Restorative Practices Continuum

- Intro to 5 components of Restorative Practices Continuum
Part V – Affective Statements

- Introduction to Affective Statements
- Introduction to the parts of the Non Violent Communication model
- Practicing & applying affective statements

DAY 2 – Restorative Practices Strategies

Part VI- Practicing Restorative Questions

- Considering the restorative questions for person who did harm and those that were harmed
- Video example and reflections
- Practicing restorative questioning process in scenarios

Part VII- Circles

- Reflection and review on the various purposes/uses of circles
- Expert groups to learn more about circle purpose, history, structure and frameworks
- Creating high quality question prompts
- Practicing and reflecting on “fishbowl” strategy for conversation

Part VIII- Wrap-Up

- Review activity on the 5 components of restorative practices continuum, reflecting on scenarios
- Closure activity/reflection/Evaluation