

# Compassionate Mediation as a Basis for Restorative Practices

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#### **Three Components of all incidents**

- Offender
- Target
- Bystanders





1. When did we decide other human beings were disposable?



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- 2.Is punishment the only way to correct negative behavior?



- 1. When did we decide other human beings were disposable?
- 2. Is punishment the only way to correct negative behavior?
- 3. Are punishment and accountability synonymous?



### **Rethinking Compassion**



## "We can't solve problems by using the same kind of thinking we used when we created them."

Albert Einstein
 1879 – 1955
 German-Swiss-American theoretical physicist



### "An eye for and eye and pretty soon the whole world is blind"

Mahatma Gandhi—

1899 - 1948

Leader of Indian nationalism who inspired movements for civil rights and freedom throughout the world.



Empathy and Compassion are not the same.

Empathy and pity are feelings, they can lead to compassionate action, but the are not compassion.

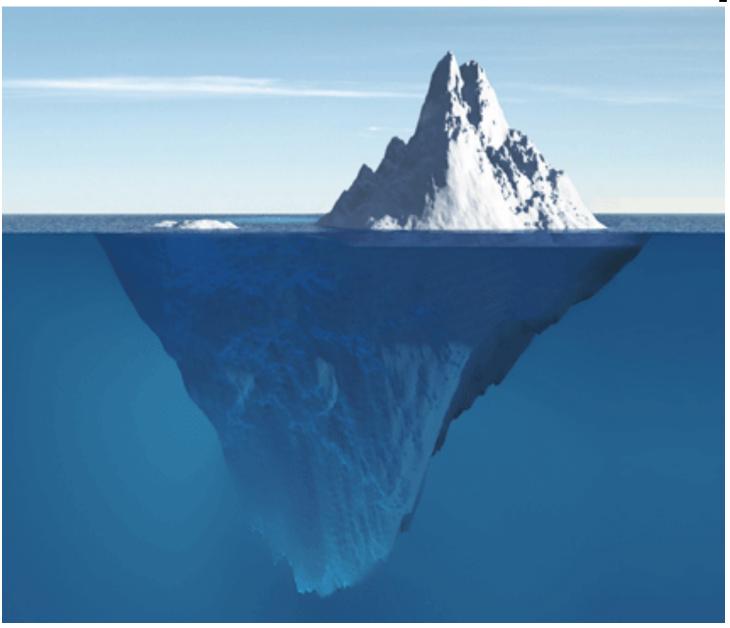
Compassion is an action, think of compassion as a verb not a noun. It is action not a feeling---empathy and pity are feelings...compassion is an action.



Compassion takes place when one purposely takes action to help alleviate the suffering of another.

In Restorative Justice it is understanding the pain, suffering, embarrassment, shame, fear, anger, and bewilderment in each participant, and working to restore all participants to a positive place.







Since all negative actions are a form of violence-----

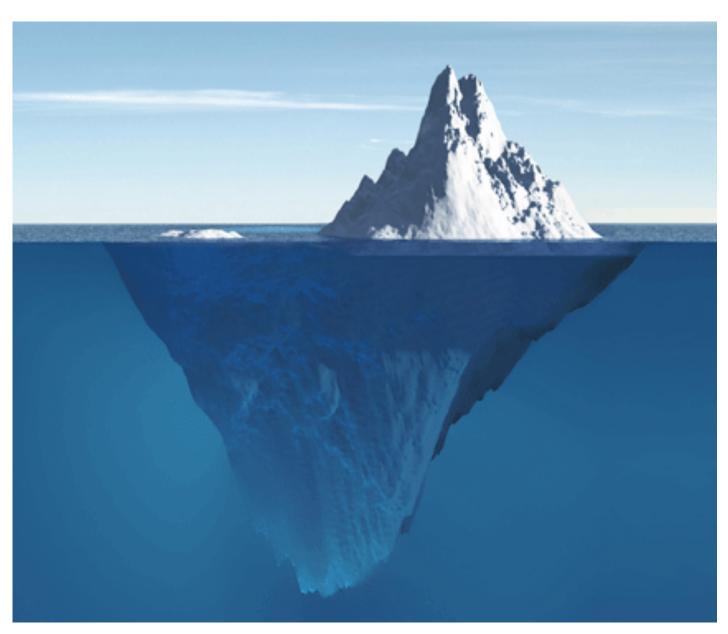


### What if the violence is really a virus and not a moral vacuum?



### What if a violent person is afflicted with a highly contagious virus and is not a moral reprobate?







#### Working with others: Listen

- 1. Listen with your eyes not just your ears
- 2. Listen with your heart
- 3. Listen with your mind—to understand <u>not</u> just to respond
- 4. Respond with your compassion, your attention, your body language, and your open questions



#### Compassionate Mediation is about Listening

Compassionate Mediation is about Learning

Compassionate Mediation is about getting beneath the water

Compassionate Mediation is about recognizing and acknowledging feelings



Compassionate Mediation is a first step toward successful and meaningful Restorative Justice



## "Be ashamed to die until you have won some victory for humanity."

— Horace Mann 1796 – 1859 American educator, Founder – Antioch University