



# Restorative Parenting: Relationship Building in the Shadow of Domestic Violence

Restoring Community  
in a Disconnected World  
Bethlehem, PA  
2009

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# Agenda

- Welcome and Introductions
- Things to focus on, Self Reflections & Perspectives
- Understanding the Abusive Partner, IPV and the Effects of Violence on Victims-Survivors and Children
- Being a Bridge – Using the Receive, Respond & Refer Tool
- Addressing Resistance and Other Problematic Concerns
- Restorative Parenting as a Path of Accountability, Safety & Healing
- Summary & final questions
- Closing and Evaluation

# Introductions

- My name is
- My tribe is
- My land is
- My water is
- My Mountains are

# Things to Focus on Today:

- Restorative Parenting principles and history
- Unique parts of this program and process
- The differences and similarities between Restorative Parenting and other parenting programs
- Some examples of Restorative Parenting activities
- Others



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## What I Know – Self Reflection

- Think about my current work situation, practice or services I provide.
- Think about my training and other personal experience I have in the area of intimate partner violence.
- How do I know domestic violence and intimate partner violence when I see it?
- What do I already do about IPV/DV or know I can do when I see it, in the context of my job?
- Think about my experience and learning about Restorative Practices
- When I think about the term Restorative Parenting what images or ways do I think about it?



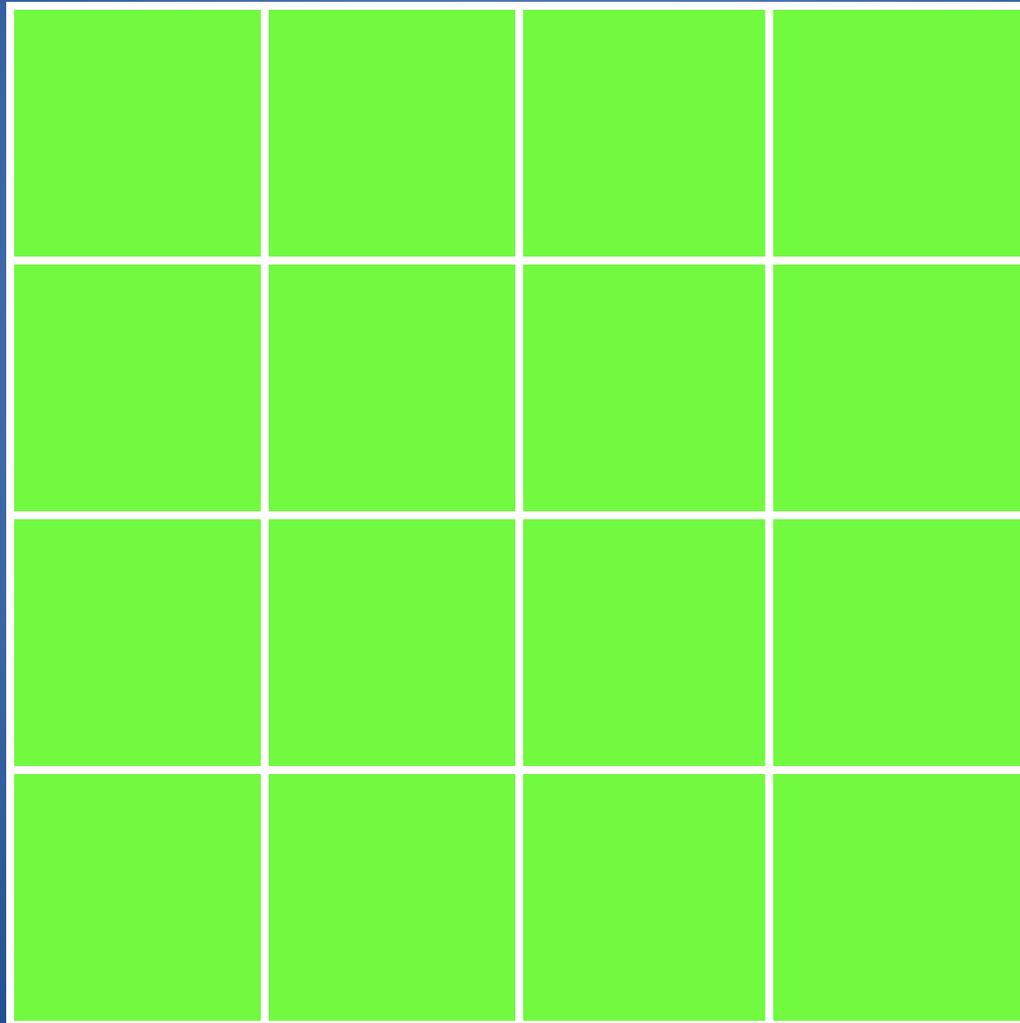
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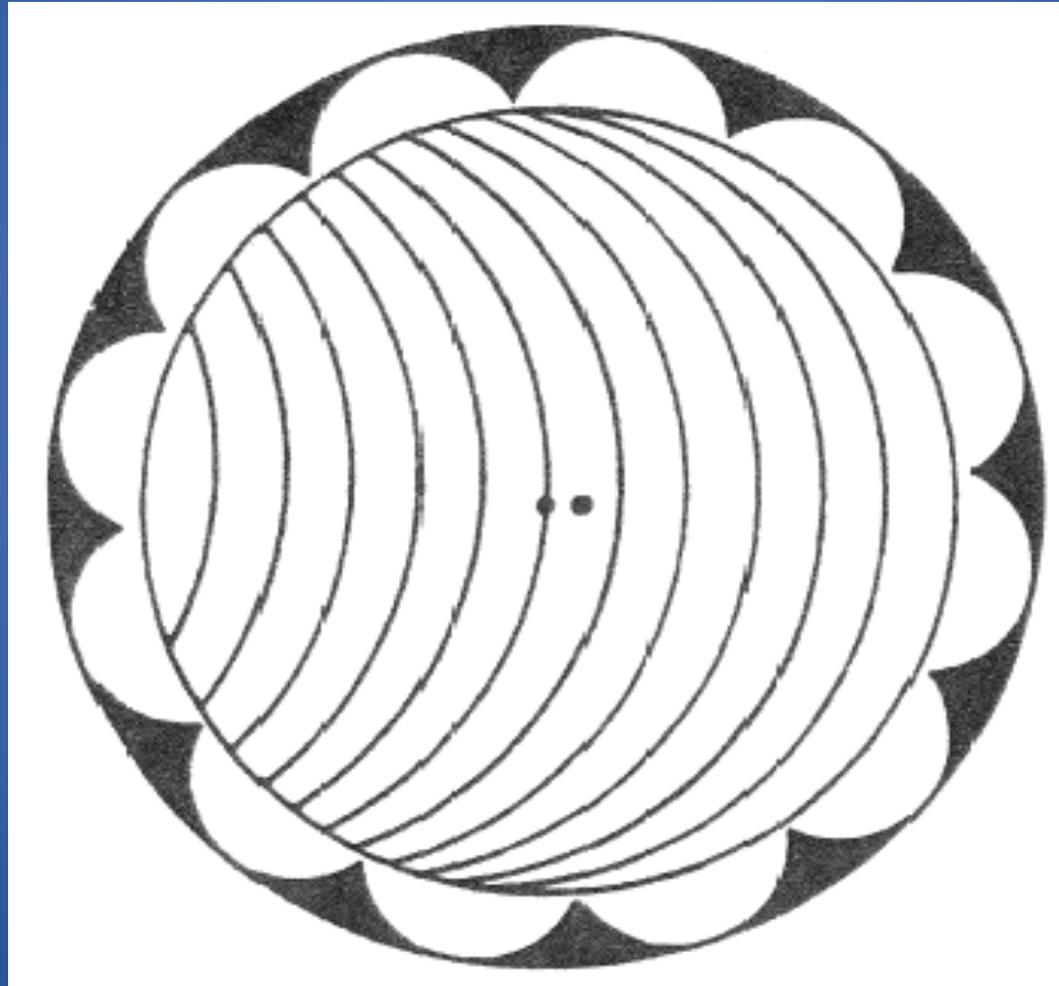
# PERSPECTIVES

# Perspectives

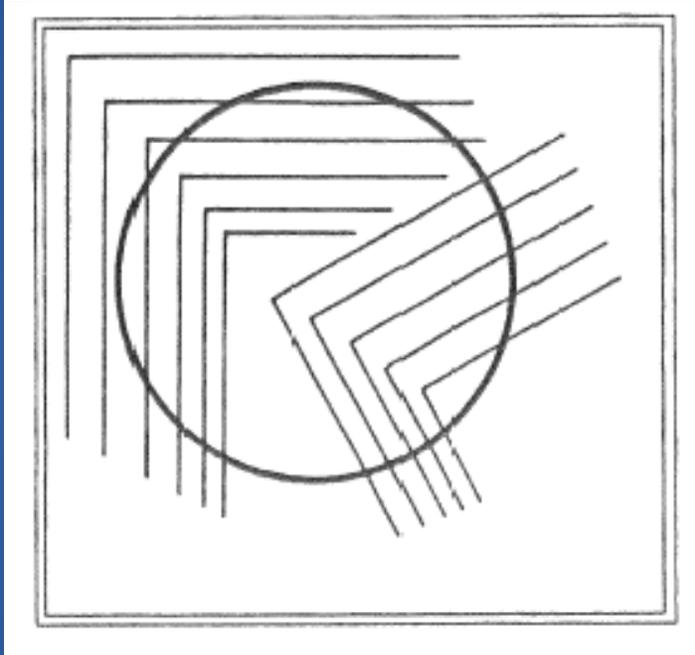




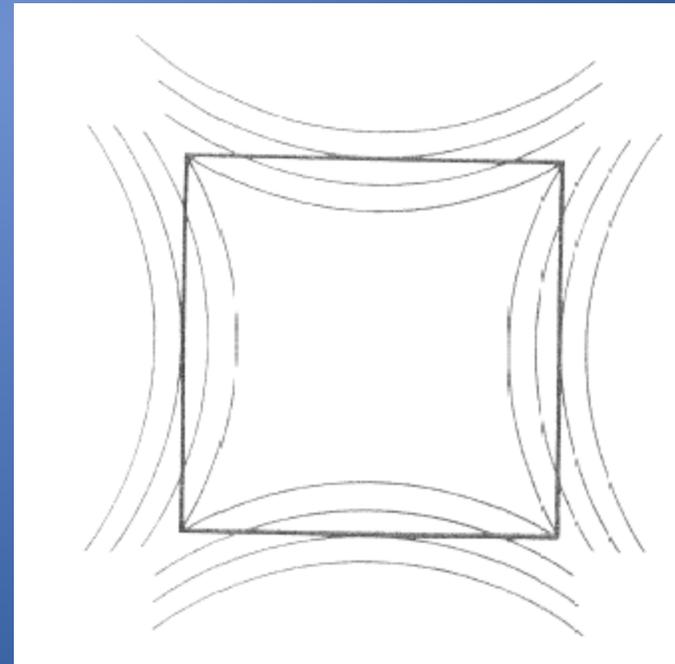
**Which dot is at the center?**



# Is the circle perfectly round?

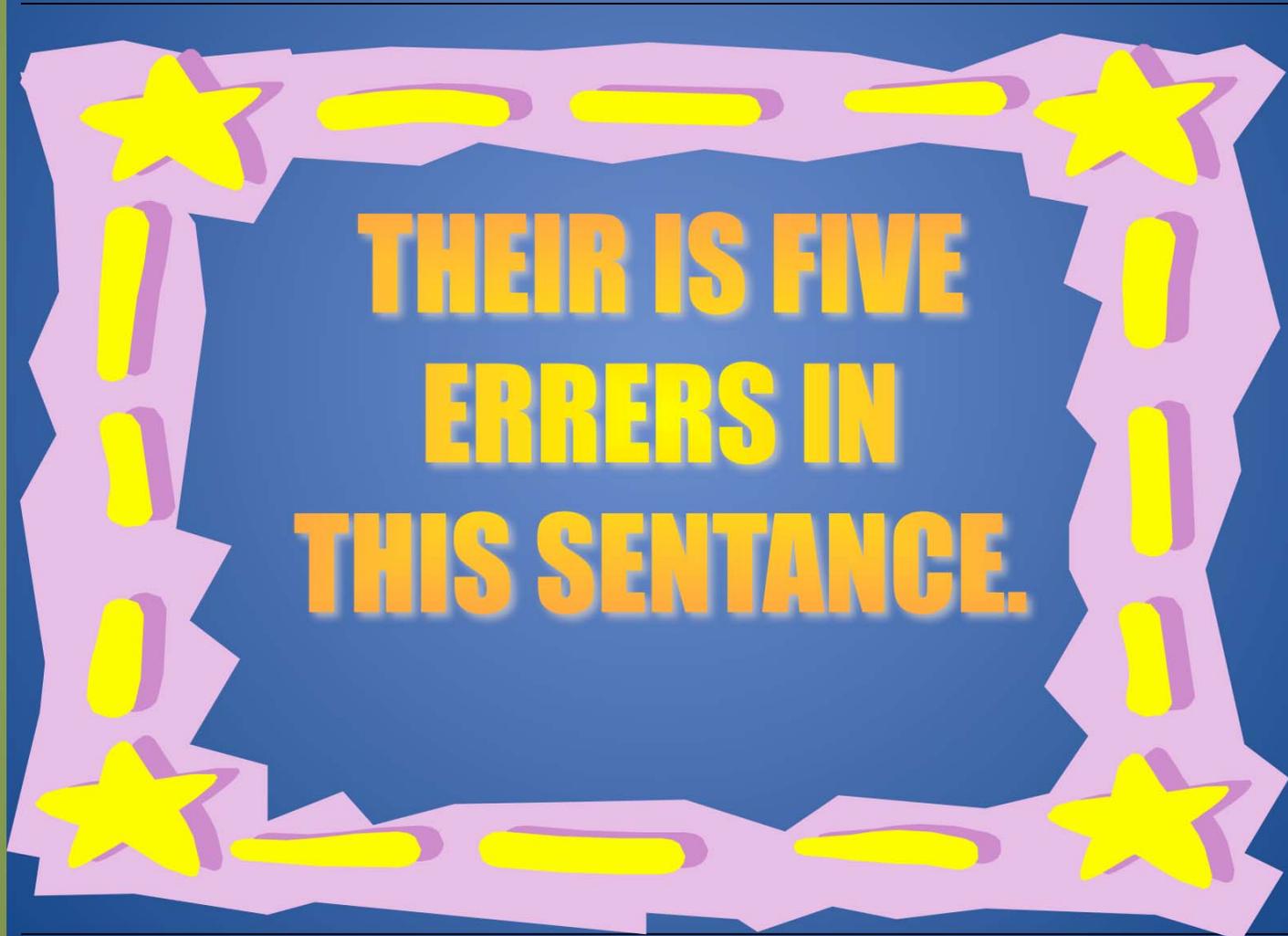


Is this a perfect square?

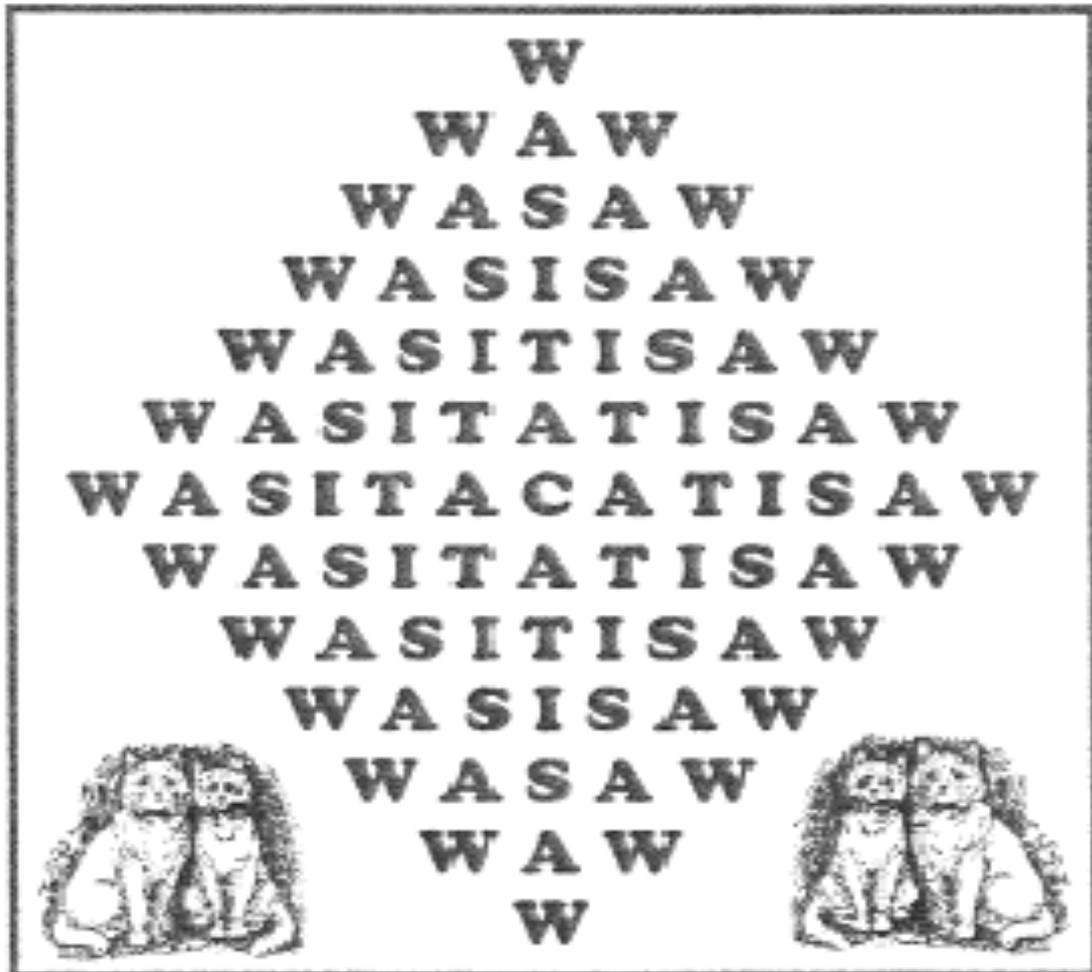




# Identify the five errors



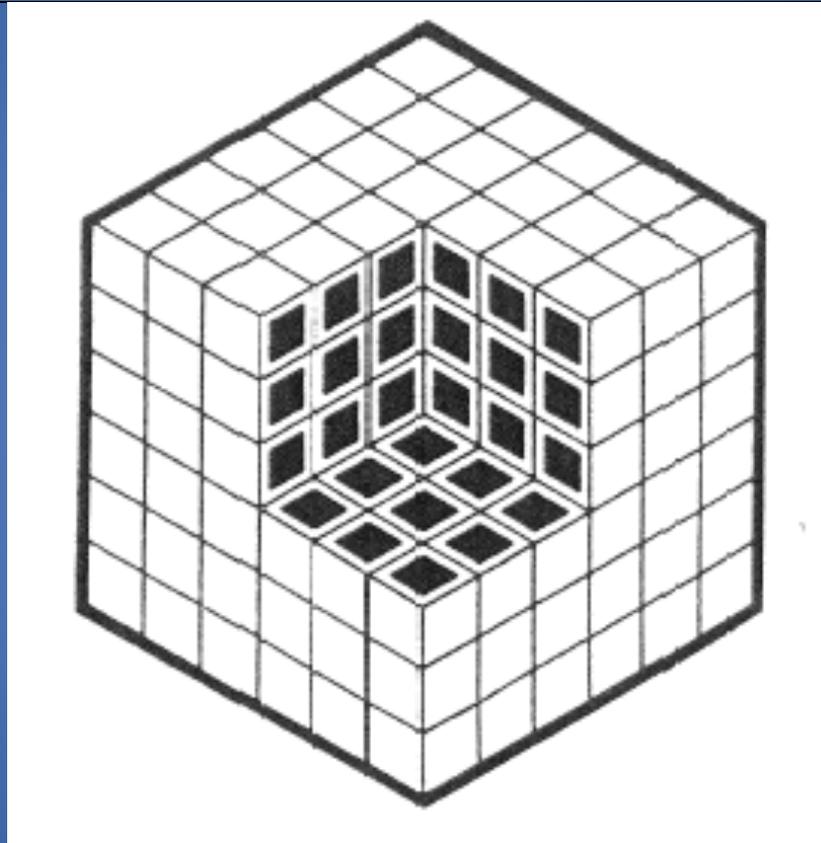
How many times or ways can this sentence be read?



There  
are  
63,504  
ways



**A cube with a cube part missing? OR**

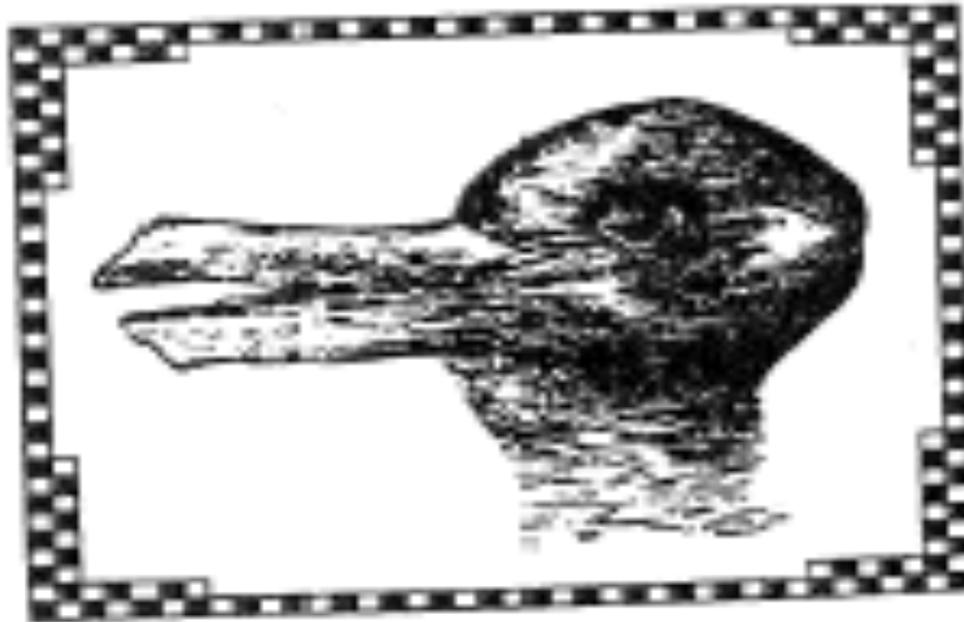


**A cube with a cube sticking out  
from the corner?**



**Is this a duck? OR**

**A rabbit?**



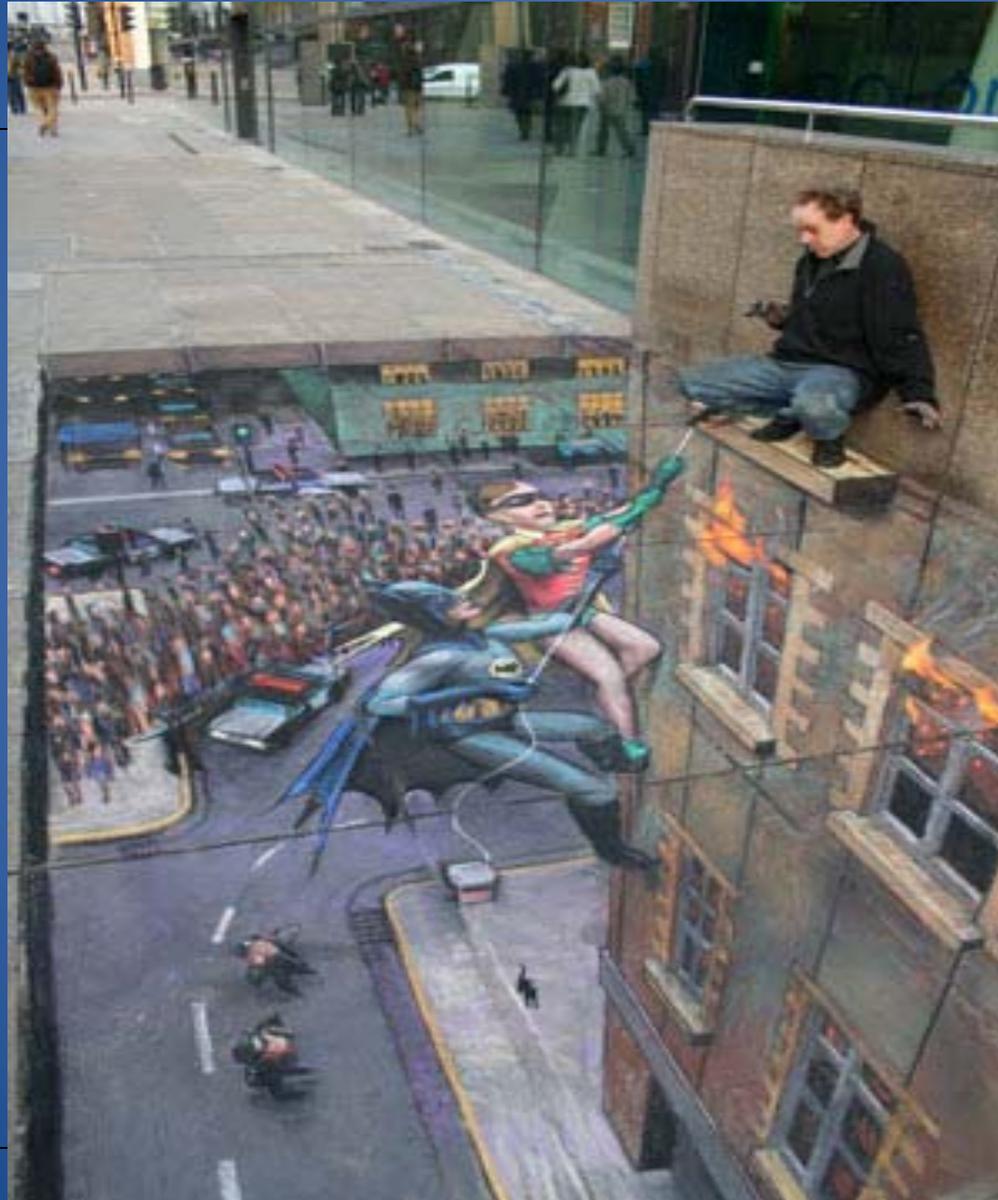


**Are these birds?**



**Or rabbits?**

# Perspectives Plus





# Perspectives Plus





# Perspectives Plus





# Perspectives Plus





# Perspectives Plus





# Perspectives Plus





# Perspectives Plus





## How CORRECT can you be in the following test?

(Passing requires 4 correct answers)

- 1) How long did the Hundred Years' War last?
- 2) Which country makes Panama hats?
- 3) From which animal do we get cat gut?
- 4) In which month do Russians celebrate the October Revolution?
- 5) What is a camel's hair brush made of?
- 6) The Canary Islands in the Pacific are named after what animal?
- 7) What was King George VI's first name?
- 8) What color is a purple finch?
- 9) Where are Chinese gooseberries from?
- 10) What is the color of the black box in a commercial airplane?



**Remember, you need 4 correct answers to pass ..... Check your answers below.**

- 1) How long did the Hundred Years War last? **116 years**
- 2) Which country makes Panama hats? **Ecuador**
- 3) From which animal do we get cat gut? **Sheep and Horses**
- 4) In which month do Russians celebrate the October Revolution? **November**
- 5) What is a camel's hair brush made of? **Squirrel fur**
- 6) The Canary Islands in the Pacific are named after what animal? **Dogs**
- 7) What was King George VI's first name? **Albert**
- 8) What color is a purple finch? **Crimson**
- 9) Where are Chinese gooseberries from? **New Zealand**
- 10) What is the color of the black box in a commercial airplane? **Orange [of course]**

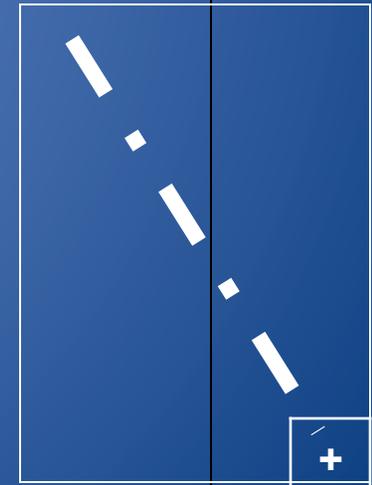
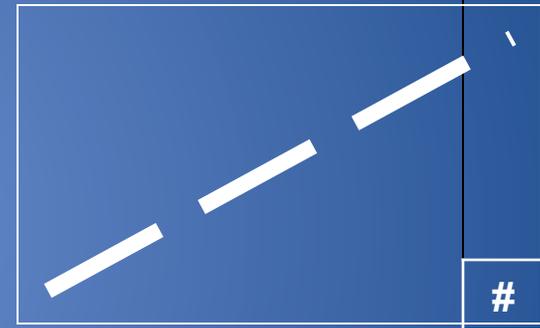
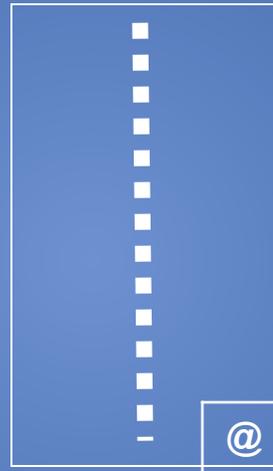
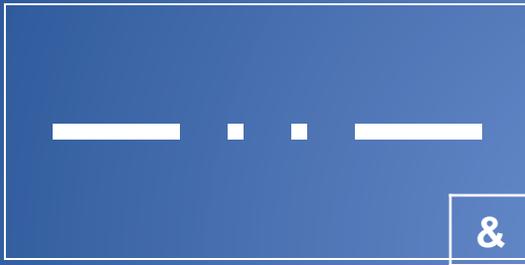


# Perspectives Always Have a Story

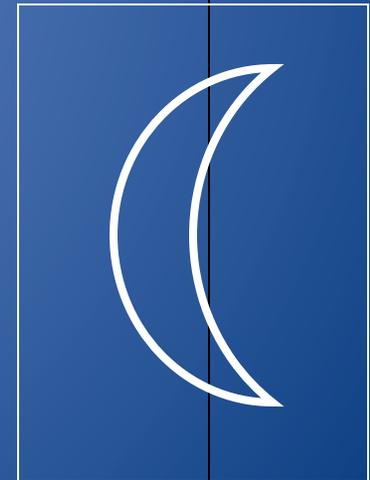
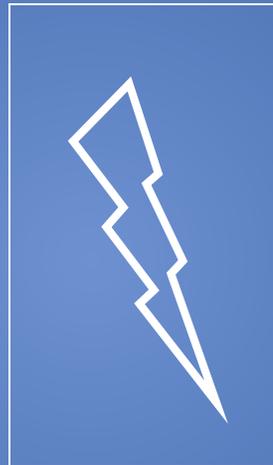
Tell the story you see in the following pictures by arranging them in a way that makes sense to you



# Arrange the Pictures to Tell a Story



# Arrange the Pictures to Tell a Story





# Arrange the Boxes to Tell a Story

Talk  
Talk  
Talk

ouch  
  
No,  
don't

Silence  
Quiet  
Hushed

Sorry  
  
Sorry  
  
Sorry

Thanks  
warm nice

Listening  
  
Hearing  
  
Listening



# Perspectives Always Have a Story

- Whose story is more correct?
- Whose story is more accurate?
- Is this other person's story more truthful than yours?
- What differences and similarities do you see in the stories told?
- When a context is provided what happens to the stories?
- When there are blanks in the stories and choices for filling in the holes, what happens?
- When words and phrases are used, how does this affect how you understand the story?
- Why did the person telling the story choose those words and phrases to tell it?

# What do I learn?



- **Perspective matters**
- **Context matters**
- **Subtext matters**
- **Trust matters**
- **Simultaneous truths matter**
- **Decisions/ Choices have to be made regardless what matters**
- **What matters matters**
- **The Story matters**
- **Story accuracy matters less than the truth of the story**



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# Restorative Parenting

- What Is It?
  - A process for rebuilding parent-child relationships in the aftermath of violence or trauma in the family
- What Is It, NOT?
  - Family Reunification Therapy
  - A parent reunification process
  - Parental process for the mediation of child custody and visitation
  - A general parenting skills class or process



# The Restorative Parenting History

- 1995 –1998 Experiences of creating and developing parenting groups for parents where domestic violence occurred
  - Identified need for men who are fathers to receive additional information and support to address the issues of their children
  - Increase the accountability measures of men who batter
  - Assist mothers who were victims-survivors in addressing those behaviors they see in their children that may be directly related to the experienced domestic violence
  - Develop a counseling version of Restorative Justice to focus on healing in relationships
- 1999 Formally combined current best practices of existing parenting programs with information about trauma, its effects on family relationships and batterer intervention processes
- 2001 Began integration and further development of RP with DAP services



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# Best Practices Elements of Parenting Programs

- Developmental stages
- Cognitive behavioral strategies for self as a parent
- Positive Discipline
- Influencing change of unwanted behaviors
- Culturally relevant information
- Others



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# Restorative Justice Principles

- Victims deserve to be supported in the aftermath of their experience
- When someone has committed a crime it is done against the community and breaks the relationship between the community and it's members
- The community has responsibility to address the crime offender in a way that holds that person accountable and to envelope the victim with support
- The offender is accountable to the victim and the community
- It is important that the victim knows there are structured processes to receive support from the community
- The person who has committed a crime has a re-entry or orientation process back into the community as is appropriate and respectful for the community members and the victims
- See <http://ssw.che.umn.edu/rjp> for more information



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## Setting the Context

Relative to Intimate Partner Violence & RP:

- We need to think outside the criminal justice system box
- Place it within the context of relationships
- When focusing on parenting the treatment aspects need to take a family perspective
- The main goal of RP is to work towards the restoration or rebuilding of broken relationships when possible and appropriate
- Safety of all direct and indirect participants is a priority consideration to maintain
- Increased accountability for those who have been violent in the family is a priority



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# The Terms

- **Restoration:** A regenerating healing momentum or rebuilding force
- **Family/ Community/ Relationship:** 2 or more individuals who self-identify and define their connectedness to each other
- **Framework:** A structure, outline, process
- **Restorative Parenting:** Restoring a wholeness within individuals and in the parent - child relationship



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# Psychological Theoretical Base

- Object Relations - Attachment
- Social Learning
- Cognitive Behavioral
- Empowerment & Capacity Building
- Feminist Approach
- Self-Defeating Behavior Approach



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# The Goal of Restorative Parenting

- To establish a process for restoring the relationship between parent and child in the aftermath of violence toward a sense of wholeness for each person
  - 2 priorities
    - Safety for all participants
    - Establishing or increasing accountability measures



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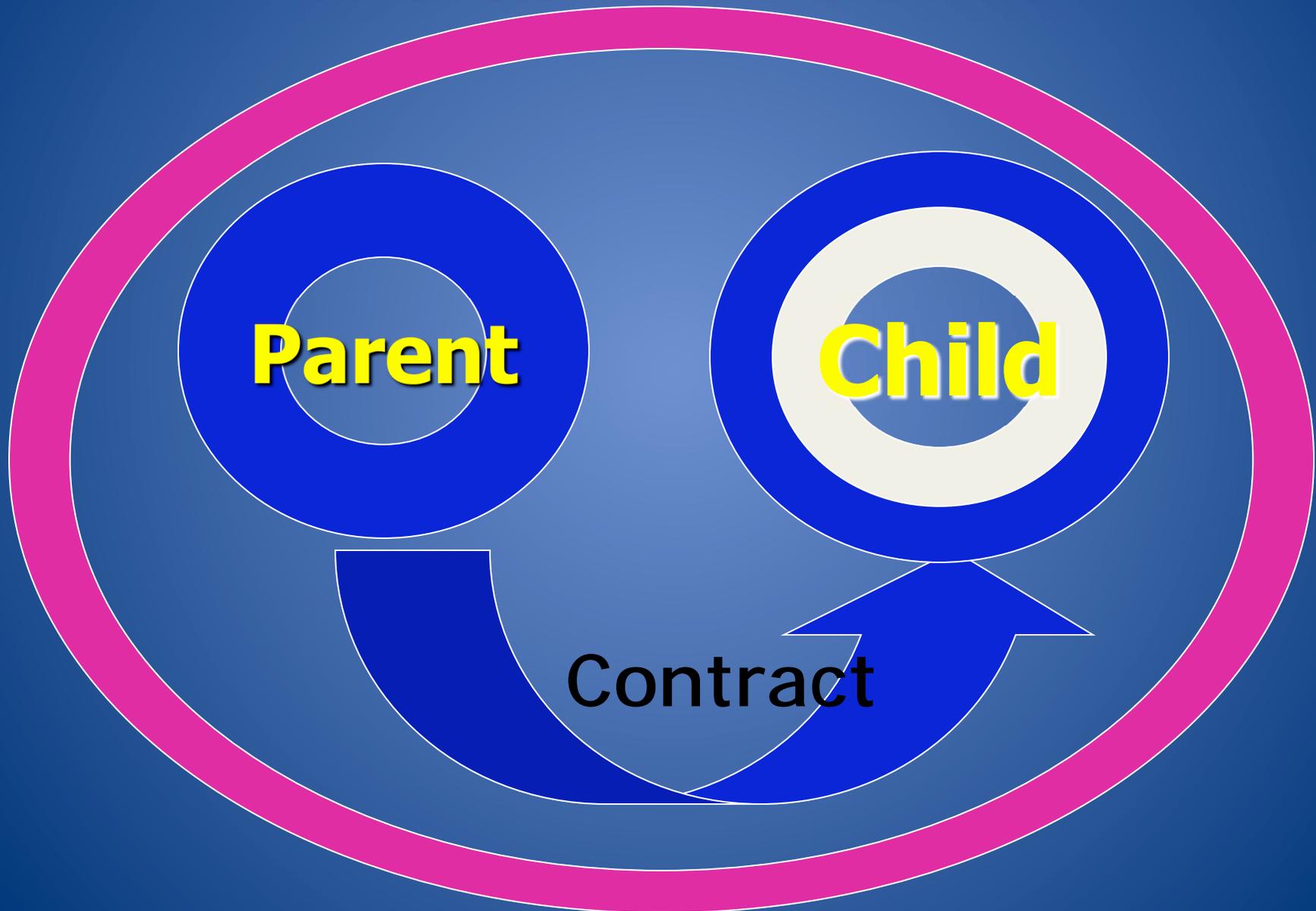
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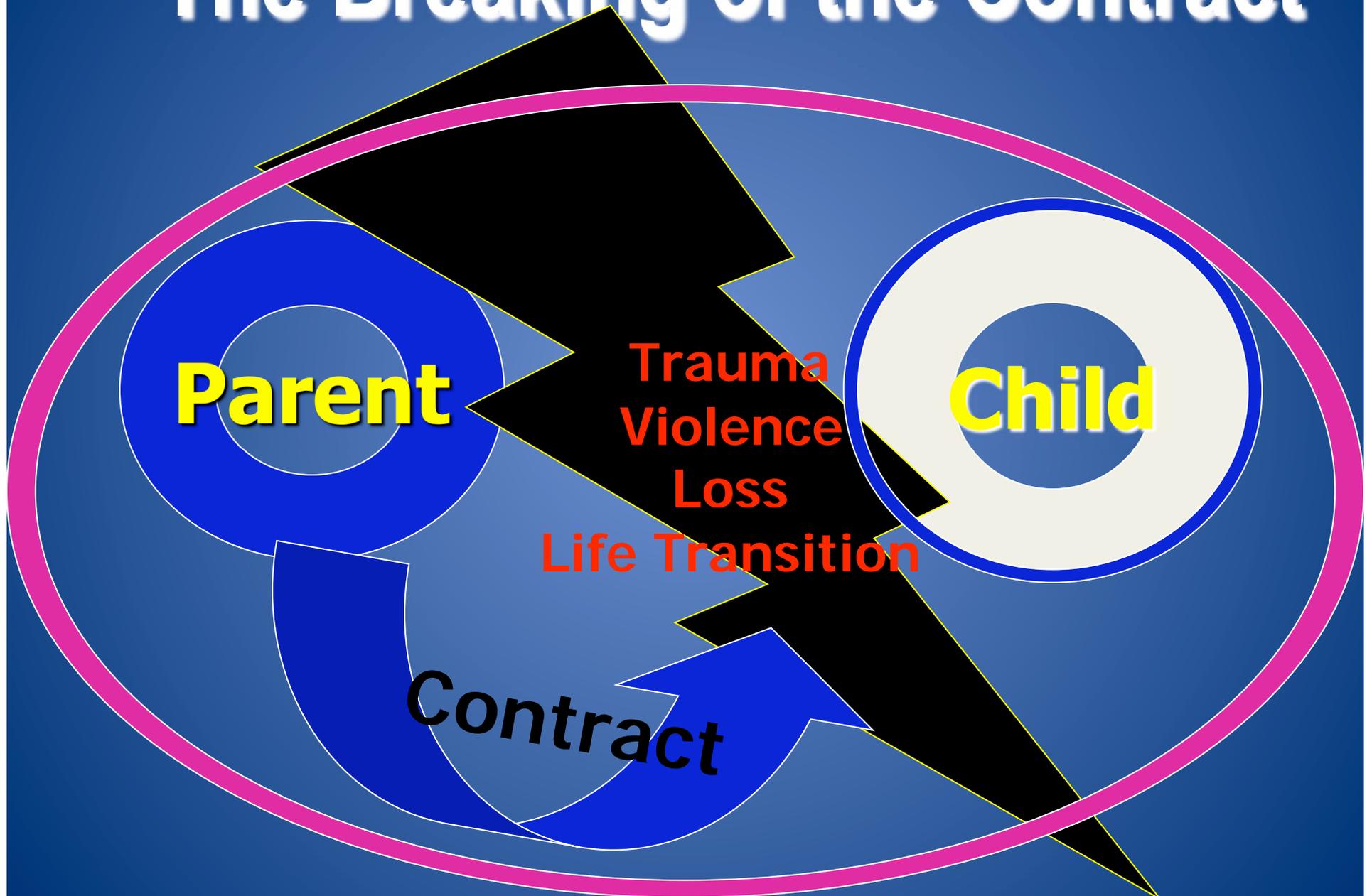
## The Premise

- When a major life transition, trauma, violent event, threat to one's safety, or significant loss occurs an unwritten and often unspoken contract of one or more relationships has been broken and the wholeness that did exist no longer exists. It is imperative within a family context that these relationships be restored and there is work towards healing among individuals and relationships when possible and appropriate.

# The Contract Exists



# The Breaking of the Contract



# In the Aftermath

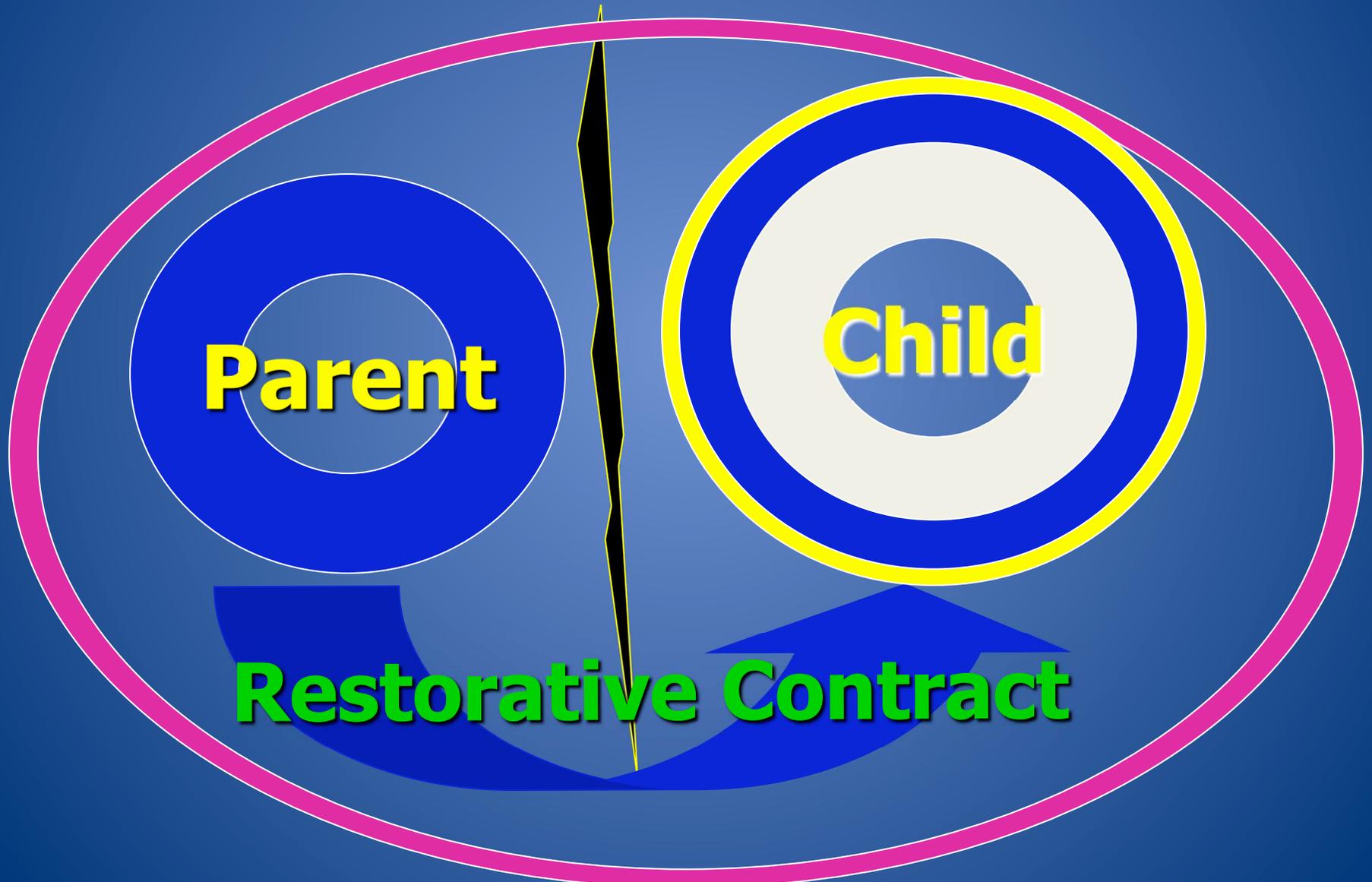


**Parent**

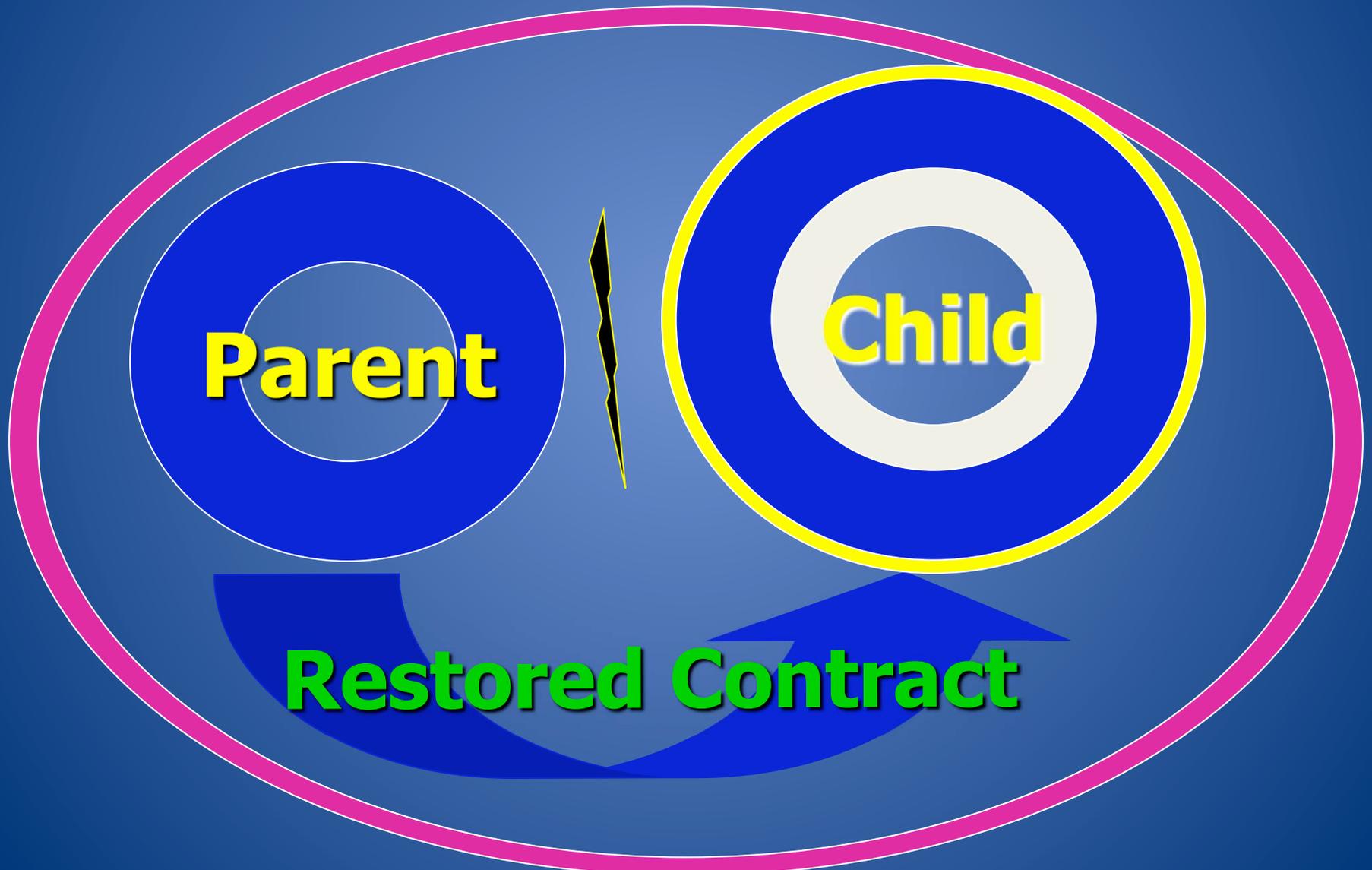
**Child**

**Restorative Contract**

# On the Healing Journey



# Restored Relationship





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# Bridges to Restore the Relationship

## 1. Behavioral

- Communication
- Taking responsibility for own behaviors
- Developing and sustaining a restoration process
- Tracking and intentional recognition of milestones
- Consistency
- Self-care

## 2. Emotional

- Compassion
- Love, care, nurture
- Trust
- Understanding and Acceptance

# Defining Terms

- Reunification Therapy
- Restorative Parenting
- Violence & Abuse
- Intimate Partner & Domestic Violence
- Battering

# Terms

## **Reunification Therapy**

- A process by which a parent and a child work towards being able to come together for spending time or re-establishing visitation time.

## **Restorative Parenting**

- A process for rebuilding and strengthening the relationships between parent and children in the aftermath of trauma or violent experience(s) in the family.

# Goals

## **Reunification Therapy**

- A gradual introduction or reintroduction of parent with biological child
- Improved co-parenting

## **Restorative Parenting**

- Rebuild/ strengthen parent-child relationships

# Resources

## Reunification Therapy

- The Center for Creativity and Healing
  - <http://www.thecenterforcreativityandhealing.com/reunify.htm>
- The Coalition for a Collaborative Divorce
  - [http://www.nocourtdivorce.com/articles\\_text.phtml?articleID=44](http://www.nocourtdivorce.com/articles_text.phtml?articleID=44)

## Restorative Parenting

- DAP
  - [www.mndap.org](http://www.mndap.org)

# In Cases that Involve IPV/DV

## Reunification Therapy

- **Inappropriate**
  - Does not specifically consider experiences of IPV/DV
  - Aims to complete the process within a short amount of time regardless of the needs of the family members
  - Approaches adults as if they have a sense of equal footing or power and sense of safety

## Restorative Parenting

- **Appropriate**
  - Primarily seeks to be guided by the needs and timing or pacing of the child
  - Was created around the understanding of the effects of trauma and violence on children
  - Is situation sensitive to each family member's level of awareness and perspective of the child
  - Timing is open ended from the beginning

# Some things to remember

- Restorative parenting is based on the needs and pacing of the child's capacity to address the trauma experienced
- This is a long process not to be hurried by the impatience of the parents
- The speed to which rebuilding of relationships with the child can be quickened can be influenced by the parent's speed at which they address strengthening the 8 dimensions of rebuilding relationships



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# Unique Themes for Intervention

- Understanding violence
- Understanding domestic violence dynamics
- Accountability and responsibility
- Awareness of self
- Awareness of the other parent
- Awareness and understanding
  - Developmental stages and Attachment concerns
  - A child's perspective
  - The effects of violence on their child
  - How the child will now view the parent
  - New tools and ways to address parenting
  - How violence overshadows your parenting effect and style
- Restoration of relationship process
- Experience with new behaviors
- Application and integration of new behaviors



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# Attachment Theory

- Secure
- Anxious Avoidant – Dismissing
- Anxious Ambivalent - Preoccupied
- Disorganized – Fearful

# What Trauma Does

- Disrupts psycho-social developmental processes
- Causes sensory overload and need for adaptation
- Influences brain functioning and organization
- Interferes and alters physiological thinking processes (reduces number of neurological connections)
- Influences cognitive patterns
- Influences moral development & decision making



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## Restorative Parenting Principles

- Parents are responsible “to” the family
- Parents are responsible to take the initiative to restore their individual relationship with their child
- Each parent makes decisions based on what they need to do to take care of self
- Violence, trauma, or life transitions are most often at the heart of the parent’s breaking of the contract



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## Restorative Parenting Principles (cont.)

- The children's perspective and children themselves help determine the healing pace of all intervention
- Families develop coping mechanisms for staying safe
- Families possess natural resiliency factors
- Individuals in the family always have choices and are responsible for their own behaviors



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# Restorative Parenting Assumptions

- Parenting occurs in the shadow of violence
- Parents have the capacity to change unhealthy learned behaviors
- Parents desire the best for their children
- Parents are most often the best judges of what is in the best interests of their children
- Parents do not need to have regular or even any time with their child to progressively restore themselves and their relationship with their child



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## Restorative Parenting Assumptions (cont.)

- Nearly all thoughts, feelings, responses, and behaviors can be traced back to a lack of safety, fear of abandonment or rejection, powerlessness, frustration, traumatic experience
- All parents have strengths and contribute positive elements to their child
- Parents and children should never forget the actions of the past



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## Restorative Parenting Assumptions (cont.)

- After violence in the home occurs, the children view the parent and all adults differently
- “Normal” parenting programs need to be modified, adjusted, and amended to be appropriate for parents of children who have experienced violence in the home
- Parenting needs to be viewed in a way that addresses the “isms”



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# Appropriate Audiences for RP

- In general
  - Parents whose families and children have experienced a major life transition, trauma or loss.
- In particular
  - Men who have been abusive to family members and are parents.
  - Women who are survivors of abuse and are parents.



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## Unique Gender Considerations

- Men
  - Having modeled violent behaviors
  - Changing behaviors & making new choices
  - New view of you as the father/caregiver
  - Parenting strategies
  - Step parent concerns
  - Co-parenting
  - Possible direct abusive behavior toward child
- Women
  - Being seen as the victim of the abuse
  - Being blamed for abuse and not keeping family safe
  - Making new choices
  - New view of you as the mother/caregiver
  - Parenting strategies
  - Being abused by the child
  - Possible abusive behavior toward child
  - Co-parenting



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# Men's Parenting Assessment

- A clinical tool
- Goal - Increase understanding of the areas of strength and limitations the parent currently has relative to his child on 8 dimensions:
  1. Understanding and awareness of the child's perceptions
  2. Empathy toward the children
  3. Empathy and respectful behavior toward the children's other parent
  4. Parenting skills and awareness of addressing situations in the aftermath of violence in the home
  5. Parenting self-efficacy in the aftermath of violence in the home
  6. Cultural understanding with regard to parenting and domestic violence
  7. Parental self-care skills and self-awareness needs and resources
  8. Readiness for change/ restoring or working toward reconnecting with the child



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## Men's Parenting Assessment

- The information from the assessment provides a picture of each father to assist him in addressing each of the areas identified as possible areas of growth
- Each dimension is to be seen on a continuum or spectrum of strengths vs. areas of potential growth or limitations



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## Group Curriculum – Purpose and Use

- Not a cookbook, only a list of ingredients
- Use what works, better what doesn't
- Identify what your group needs to focus on
- Focus on relationship then on structure
- Help them tune into their child's reality
- Connect their experience with what their child might be experiencing
- As you engage and connect assume that this father is wanting the best for his child



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## Group Curriculum

- Activities to Take Note of:
  - The Contract
  - Principles of violence
  - The Process of Relationship Restoration
  - Framework of Resourcefulness
  - Taking Care of Myself
  - Disciplining
  - The effects of trauma and violence on children
  - Significant issues to consider regarding children



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# Framework of Resourcefulness

Experience

Thoughts

Feelings

Behavior

Need

I do

Experience	Thoughts	Feelings	Behavior	Need	I do



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# Framework of Resourcefulness

Experience	Thoughts	Feelings	Behavior	Need	I do
<p>Mom getting hurt</p> <p>Divorce/ separation</p> <p>Drugs in the house</p> <p>One parent drunk</p> <p>A parent being taken away by the police</p> <p>Suicide attempts</p> <p>Name-calling</p> <p>Walls punched</p> <p>Someone throwing things</p> <p>Ignored</p> <p>Yelled at</p> <p>Hit, slapped, kicked</p> <p>Arguing</p> <p>Threats</p> <p>Physical abuse of mom</p> <p>Lying, being blamed</p> <p>Sexual violence</p>	<p>I hate this family</p> <p>I hate one or both parents</p> <p>I wish they'd just stop</p> <p>He does this again, I'm going to ...</p> <p>I can't let anyone else know what's going on in my house.</p> <p>I wish she would just leave him alone.</p> <p>Why doesn't she protect me?</p> <p>Here we go again.</p> <p>Why is this always my fault?</p> <p>There's no one else to go to for help.</p> <p>If I would just be good, they won't fight.</p> <p>If I do something wrong dad might leave.</p>	<p>Anger, rage, hate, confusion,</p> <p>disappointment,</p> <p>hopeless, powerless, hurt, sad, depressed,</p> <p>overwhelmed,</p> <p>burdened, responsible, ashamed, guilt, shame,</p> <p>frustration, ambushed,</p> <p>trapped, help;less,</p> <p>suffocated, numb,</p> <p>empty, wounded,</p> <p>putdown, unconnected,</p> <p>alone, fear, frightened,</p> <p>surprised, without a move, pain,</p>	<p>Aggression</p> <p>Fights with peers</p> <p>Fights with parents or other authorities</p> <p>Suicide attempts</p> <p>Using drugs</p> <p>Runaway</p> <p>Arguing or talking back to parents</p> <p>Doing poorly in school</p> <p>Depression</p> <p>Stealing</p> <p>Skipping school</p> <p>Dangerous and or inappropriate sexual acting out</p> <p>Name calls, verbally abuses others, swears</p>		



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# When I See These Behaviors, I Feel ...

Experience	Thoughts	Feelings	Behavior	My Feelings
Mom getting hurt Divorce/ separation Drugs in the house One parent drunk A parent being taken away by the police Suicide attempts Name-calling Walls punched Someone throwing things Ignored Yelled at Hit, slapped, kicked Arguing Threats Physical abuse of mom Lying, being blamed Sexual violence	I hate this family I hate one or both parents I wish they'd just stop He does this again, I'm going to ... I can't let anyone else know what's going on in my house. I wish she would just leave him alone. Why doesn't she protect me? Here we go again. Why is this always my fault? There's no one else to go to for help. If I would just be good, they won't fight. If I do something wrong dad might leave.	Anger, rage, hate, confusion, disappointment, hopeless, powerless, hurt, sad, depressed, overwhelmed, burdened, responsible, ashamed, guilt, shame, frustration, ambushed, trapped, help:less, suffocated, numb, empty, wounded, putdown, unconnected, alone, fear, frightened, surprised, without a move, pain,	<b>Aggression</b> <b>Fights with peers</b> <b>Fights with parents or other authorities</b> <b>Suicide attempts</b> <b>Using drugs</b> <b>Runaway</b> <b>Arguing or talking back to parents</b> <b>Doing poorly in school</b> <b>Depression</b> <b>Stealing</b> <b>Skipping school</b> <b>Dangerous and or inappropriate sexual acting out</b> <b>Name calls, verbally abuses others, swears</b>	Anger, rage, hate, confusion, disappointment, hopeless, powerless, hurt, sad, depressed, overwhelmed, burdened, responsible, ashamed, guilt, shame, frustration, ambushed, trapped, help:less, suffocated, numb, empty, wounded, putdown, unconnected, alone, fear, frightened, surprised, without a move, pain,



# When I See These Behaviors, I Feel ...

Experience	Thoughts	Feelings	Behavior	My Feelings
<ul style="list-style-type: none"> <li>Mom getting hurt</li> <li>Divorce/ separation</li> <li>Drugs in the house</li> <li>One parent drunk</li> <li>A parent being taken away by the police</li> <li>Suicide attempts</li> <li>Name-calling</li> <li>Walls punched</li> <li>Someone throwing things</li> <li>Ignored</li> <li>Yelled at</li> <li>Hit, slapped, kicked</li> <li>Arguing</li> <li>Threats</li> <li>Physical abuse of mom</li> <li>Lying, being blamed</li> <li>Sexual violence</li> </ul>	<ul style="list-style-type: none"> <li>I hate this family</li> <li>I hate one or both parents</li> <li>I wish they'd just stop</li> <li>He does this again, I'm going to ...</li> <li>I can't let anyone else know what's going on in my house.</li> <li>I wish she would just leave him alone.</li> <li>Why doesn't she protect me?</li> <li>Here we go again.</li> <li>Why is this always my fault?</li> <li>There's no one else to go to for help.</li> <li>If I would just be good, they won't fight.</li> <li>If I do something wrong dad might leave.</li> </ul>	<ul style="list-style-type: none"> <li>Anger, rage, hate,</li> <li>confusion,</li> <li>disappointment,</li> <li>hopeless, powerless,</li> <li>hurt, sad, depressed,</li> <li>overwhelmed,</li> <li>burdened, responsible,</li> <li>ashamed, guilt, shame,</li> <li>frustration, ambushed,</li> <li>trapped, help;less,</li> <li>suffocated, numb,</li> <li>empty, wounded,</li> <li>putdown, unconnected,</li> <li>alone, fear, frightened,</li> <li>surprised, without a</li> <li>move, pain,</li> </ul>	<ul style="list-style-type: none"> <li>Aggression</li> <li>Fights with peers</li> <li>Fights with parents or</li> <li>Suicide attempts</li> <li>Using drugs</li> <li>Runaway</li> <li>Arguing or talking back to parents</li> <li>Doing poorly in school</li> <li>Depression</li> <li>Skipping school</li> <li>Dangerous and or inappropriate sexual acting out</li> <li>Name calls, verbally abuses others, swears</li> </ul>	<ul style="list-style-type: none"> <li>Anger, rage, hate,</li> <li>confusion,</li> <li>disappointment,</li> <li>hopeless, powerless,</li> <li>hurt, sad, depressed,</li> <li>overwhelmed, burdened,</li> <li>responsible, ashamed,</li> <li>guilt, shame, frustration,</li> <li>ambushed, trapped,</li> <li>help;less, suffocated,</li> <li>numb, empty, wounded,</li> <li>putdown, unconnected,</li> <li>alone, fear, frightened,</li> <li>surprised, without a</li> <li>move, pain,</li> </ul>



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# When I See .. and Feel .., I Tend To ...

Experience	Thoughts	Feelings	Behavior	My Feelings	React
Mom getting hurt Divorce/ separation Drugs in the house One parent drunk A parent being taken away by the police Suicide attempts Name-calling Walls punched Someone throwing things Ignored Yelled at Hit, slapped, kicked Arguing Threats Physical abuse of mom Lying, being blamed Sexual violence	I hate this family I hate one or both parents I wish they'd just stop He does this again, I'm going to ... I can't let anyone else know what's going on in my house. I wish she would just leave him alone. Why doesn't she protect me? Here we go again. Why is this always my fault? There's no one else to go to for help. If I would just be good, they won't fight. If I do something wrong dad might leave.	Anger, rage, hate, confusion, disappointment, hopeless, powerless, hurt, sad, depressed, overwhelmed, burdened, responsible, ashamed, guilt, shame, frustration, ambushed, trapped, help;less, suffocated, numb, empty, wounded, putdown, unconnected, alone, fear, frightened, surprised, without a move, pain,	Aggression Fights with peers Fights with parents or other Suicide attempts Using drugs Runaway Arguing or talking back to parents Doing poorly in school Depression Skipping school Dangerous and or inappropriate sexual acting out Name calls, verbally abuses others, swears	Anger, rage, hate, confusion, disappointment, hopeless, powerless, hurt, sad, depressed, overwhelmed, burdened, responsible, ashamed, guilt, shame, frustration, ambushed, trapped, help;less, suffocated, numb, empty, wounded, putdown, unconnected, alone, fear, frightened, surprised, without a move, pain,	Punishment Hurtful words Aggression Revenge Put downs Controlling behaviors Indirectly Harshness



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# Framework of Resourcefulness

Experience	Thoughts	Feelings	Behavior	Need	I do
<p>Mom getting hurt</p> <p>Divorce/ separation</p> <p>Drugs in the house</p> <p>One parent drunk</p> <p>A parent being taken away by the police</p> <p>Suicide attempts</p> <p>Name-calling</p> <p>Walls punched</p> <p>Someone throwing things</p> <p>Ignored</p> <p>Yelled at</p> <p>Hit, slapped, kicked</p> <p>Arguing</p> <p>Threats</p> <p>Physical abuse of mom</p> <p>Lying, being blamed</p> <p>Sexual violence</p>	<p>I hate this family</p> <p>I hate one or both parents</p> <p>I wish they'd just stop</p> <p>He does this again, I'm going to ...</p> <p>I can't let anyone else know what's going on in my house.</p> <p>I wish she would just leave him alone.</p> <p>Why doesn't she protect me?</p> <p>Here we go again.</p> <p>Why is this always my fault?</p> <p>There's no one else to go to for help.</p> <p>If I would just be good, they won't fight.</p> <p>If I do something wrong dad might leave.</p>	<p>Anger, rage, hate, confusion,</p> <p>disappointment,</p> <p>hopeless, powerless, hurt, sad, depressed,</p> <p>overwhelmed,</p> <p>burdened, responsible, ashamed, guilt, shame,</p> <p>frustration, ambushed,</p> <p>trapped, help;less,</p> <p>suffocated, numb,</p> <p>empty, wounded,</p> <p>putdown, unconnected,</p> <p>alone, fear, frightened,</p> <p>surprised, without a move, pain,</p>	<p>Aggression</p> <p>Fights with peers</p> <p>Fights with parents or other authorities</p> <p>Suicide attempts</p> <p>Using drugs</p> <p>Runaway</p> <p>Arguing or talking back to parents</p> <p>Doing poorly in school</p> <p>Depression</p> <p>Stealing</p> <p>Skipping school</p> <p>Dangerous and or inappropriate sexual acting out</p> <p>Name calls, verbally abuses others, swears</p>	<p>Love</p> <p>Support</p> <p>Limits, structure</p> <p>Flexibility</p> <p>Availability of a significant adult</p> <p>To be listened to</p> <p>To speak their mind and be heard</p> <p>To be held</p> <p>Guidance</p> <p>Positive role-models</p> <p>Choices and opportunities</p> <p>Assertive role models</p> <p>Connectedness</p> <p>Independence&amp; Individuality</p>	<p>Listen</p> <p>Be available, spend time with them</p> <p>Be a good role model</p> <p>Say I'm sorry</p> <p>Be responsible for my behavior</p> <p>Be assertive in communicating with them</p> <p>Listen to how they experience their world</p> <p>Show them that they are special to me</p> <p>Let them know that I love and care about them AND don't like what they did</p> <p>Let them know how they impact me</p>



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## Parent Strategies/ Goals

- Listen
- Relationship Restoration
- Increase awareness
- Focus on the feelings and thinking THEN on behavior
- Accept impact, resist intention attention
- Identify destructive patterns
- Identify strengths and successes
- Examine signals and cues
- Create and build internal tools
- Build behavioral tools



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## Parent Strategies/ Goals (cont.)

- Listen to the children
- Examine source and development of behavior patterns
- Practice new tools
- Accept the unexpected
- Accept the current outcome
- Accept: Change is inevitable
- Listen to self
- Find ways to take care of self



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# The Contract

- It is based on Attachment theory
- It is made up of over thirty separate articles
- Each article is a commitment to the child
- Even though one parent had no control over the behaviors that broke the contract this parent still has the responsibility to restore their relationship with the child
- It is binding for life
- Only additions can be made to the articles, no deletions



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## A Process of Relationship Restoration

- Take verbal responsibility for my own behaviors.
- Identify specifically what behaviors have affected who.
- Identify the full range of the impact of my behaviors on all involved.
- Explore and examine the bases of my decisions as explanations for my behavior.
- Develop and apply strategies to alter my patterns of thinking to reduce the risk of these patterns occurring in the future.



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## A Process of Relationship Restoration (cont.)

- Develop and apply strategies to take care of myself.
- Develop and apply strategies that help me build new and positive relationships with people that were impacted by my behavior.
- Develop and apply ways to demonstrate my decisions to use behaviors that restore.
  - Communicate messages to or for my children
  - Communicate messages to, for and when possible with others I have affected
  - Communicate messages to and with the community



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## Three Levels of Self-Care

- Crisis
- Management
- Maintenance



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# Taking Care of Myself

- Crisis and Management
  - Remove myself from the situation
  - Respond to others or the situation in an assertive manner
  - Alter my self talk
  - Provide myself compassion, and nurturing



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## Hot Topics & Other Issues

- Relationship Restoration
- Discipline vs. Punishment
- Co-Parenting/ Parallel Parenting
- Spanking
- Cultural issues
- Not being an active or present parent
- Having a co-facilitator
- Particular group dynamics
- Definition of abuse



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# Cultural Issues

- Three levels of Cultural Proficiency
  - Organizationally
  - Individual staff
  - Program
- Self-reflection
- Acceptance of individual parenting journeys and experiences
- Connect their respective cultural perspectives with what brings healing in relationships



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## Through the RP Lens

- How are you experiencing what you just saw?
- What parts of what you saw could affect how you work with the parent(s)?
- How do you reframe this situation through the RP lens?
- Using a RP strategy or approach what might be some examples of where you would start in working with the parent?
- Considering RP what would be your goal in working with this parent?
- What would be your hope for the parent's progress?

# Summary & Closing

- Summary
- Evaluate today's workshop
  - What's your "take away" for the day?
  - What might you want to talk more or discuss more about?
- Other feedback for the presenter
- Closing



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# Restorative Parenting

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