### SESSION ONE - AN INTRODUCTION TO RESTORATIVE PRACTICES

**Discussion** - "What do you want from a behaviour management system or approach?"

1. **Explicit Practice** - "What do you do? Why do you do it? How do you know it works?"
2. **The Traditional Approach to School Discipline**
   a. Problems with the ‘Traditional’ Approach
3. **Fundamentals of Restorative Practices**
   a. What are ‘Restorative Practices’
   b. Comparison with ‘traditional’ approach
   c. Principles of RP
   d. A restorative process...
   e. Beliefs
   f. Fit with a Christian School ethic
4. **The Social Discipline Window** - a field of practice; 4 options
5. **Operating restoratively**

**Exercise** - the social discipline window and existing practice

6. Separating the ‘offence’ from ‘the offender’ & respect
7. **Restorative Processes in detail** - a personal continuum of action
8. **The Community Conference** - where it all began
   a. Purpose
   b. Principles/Values
   c. Phases of the Conference
   d. Sequence/Process of the Conference
9. **The Restorative Questions** - a restorative discussion, a mini-conference
   a. Structure and sequence
   b. Purpose and Process

**Activity** - Scenarios

10. **Where to from here?**

### SESSION TWO - HOW RESTORATIVE PRACTICE WORKS - THE THEORY

**Discussion** - Where are you now with RP?

1. **The Human Emotional System** - the biological basis for emotion
   a. is like a computer
   b. is made up of affect & emotion
2. **Affect Theory** - the Nine Basic Affects
3. **The Central Blueprint** - What motivates people?
4. **The Central Blueprint for Relationships and Groups** - Why do people form relationships?
5. **The Physiology of Shame**
6. **Shame Management** - how our biography comes into play
7. **The difference between Shame and Guilt**
8. **The Compass of Shame**

**Exercise** - Recognising Compass of Shame Scripts

9. Moving from Shame to Guilt
10. **Identity Management & Empathy Development**
    a. Belonging and Significance
    b. Empathy development
11. **The Aims for each Restorative Intervention**

**Activity** - Scenarios