Restorative Expression

“It can help us keep our balance to distinguish between the living people who were hurtful and the internalized ones who are now part of our neurobiology. Those who harmed us may never change, but once they become part of us, they seem to partake in our impulse towards healing.” — Bonnie Badenoch, The Heart of Trauma: Healing the Embodied Brain in the Context of Relationships

When people collectively come together and strategize and plan, working together and acting together, they create a power that they can effectively use in their situation to effect change. - Rev. Dr. James Lawson, Jr.

We are not to simply bandage the wounds of victims beneath the wheels of injustice, we are to drive a spoke into the wheel itself.” — Dietrich Bonhoeffer

FOCUS>

When Restorative Practices Becomes a Foundational Paradigm...

When we understand, first, that Restorative Practices (RP) as a paradigm is attached to a tap root of building, maintaining, repairing and sustaining relationships, and all of its secondary roots simply detail one or more strategies for achieving one of these four aims, one quickly understands there are many, many other fruit bearing branches that can be grafted onto an RP stem, which make the resulting RP tree an infinitely more productive organism.

Over the more than one dozen years that the Restorative Practices paradigm has been taking root in Wichita, there have been many connections made between it and other powerful strategies and frameworks that make a difference in public education and far beyond.

To name a few of the overlays for RP, we would start – in schools – with Safe and Civil Schools - PBIS & MTSS, (Positive Behavioral Intervention Supports and Multi-Tiered Systems of Support), Safe and Drug-Free Schools, Future ready Advocate Mentoring, Safer Saner Schools, Second Step, High Schools That Work, Capturing Kids Hearts, the Behavior Intervention Support Team approach (BIST), and more.

Shifting from the world of schools into a much broader milieu, we can add Trauma Informed Approaches, (NVC) Nonviolent/Compassionate Communication, Equity, Diversity, Inclusion and Accountability, The Four Agreements, The Seven Habits of Highly Effective People, “The Work” of Byron Katie, 8 to Great, Conflict Without Casualties ... and the list keeps expanding quite vigorously from here.

In this issue we complete an outline of yet another overlapping framework in Clare Graves continually evolving paradigm of thinking styles called Spiral Dynamics, and we also introduce a quick summary of “Internal Family Systems Theory” and the “8 C’s” associated with it that are ALL connected to the ultimate goals of Restorative Practices.

The destructive power of wars and storms can and do often level buildings; but when you clear away the rubble and start to rebuild, the foundations of buildings often remain largely intact. This is the power of Restorative Practices as a fundamental paradigm. In families, schools, congregations, community groups, and businesses, we simply MUST value connectedness, cooperation and collaboration if we are to thrive together, and this may be necessary for us even to survive. RP fills the bill.

If you doubt that this assertion is one of veracity, talk to those who have been practicing RP with fidelity over time and capturing data to reflect progress... as we are doing in Wichita. You will discover both obvious and subtle benefits of how RP creates ever-expanding groups of allies in schools, organizations and communities rather than increasingly evident adversaries.
What is Internal Family Systems?
https://ifs-institute.com/
(And what does it have to do with Restorative Practices?)

Internal Family Systems is transformative psychotherapy... and empowering paradigm.

“IFS is a transformative tool that conceives every human being as a system of protective and wounded inner parts lead by a core Self. We believe the mind is naturally multiple and that is a good thing. Just like members of a family, inner parts are forced from their valuable states into extreme roles within us. Self is in everyone. It can’t be damaged. It knows how to heal.

IFS is frequently used as an evidence-based psychotherapy, helping people heal by accessing and healing their protective and wounded inner parts. IFS creates inner and outer connectedness by helping people first access their Self and, from that core, come to understand and heal their parts.

But IFS is much more than a non-pathologizing evidence-based psychotherapy to be used in a clinical setting. It is also a way of understanding personal and intimate relationships and stepping into life with the 8 Cs: Confidence, Calm, Compassion, Courage, Creativity, Clarity, Curiosity, and Connectedness.

Professionals from many different backgrounds such as, but not limited to, legal mediation, school administration, life coaches and religious leaders may utilize IFS to inform and guide their work. Our growing list of educational programs aims to serve not only therapists but the wider public and other professions.

The mission of IFS Institute is to bring more Self leadership to the world.”

(And THERE is your CONNECTION! Just one more tool for enhancing RP for practitioners!)

What Are the Eight Spiral Dynamics Levels?

[NOTE: Spiral Dynamics was conceived by Professor Clare Graves and expanded in a book by the same name by two protégés, who studied with him (Chris Cowan & Don Beck) – as well as by others. Below, is an outline of the last FOUR of the eight spiral dynamics levels of thought processing (as presented by Krauthammer.com). These have evolved over time along with humankind. This framework helps to explain different approaches to human systems – including restorative practices.]

5. ‘Orange’ / Multiplistic - We return to the ‘I’ mode where individuals seek success, influence, and status. This is typical of a world full of resources and opportunities to create a more prosperous life. The ego takes a more individualist and calculated form to avoid triggering aggression by others. Quest for autonomy, independence, abundance, understanding the rational world, change, and progress through technology, striving to be the best. In the ‘orange’ stage everything is negotiable. 30% of the population and 50% of the power is focused on this level.

6. ‘Green’ / Relativistic - When individualist hyper-consumer of the orange stage become sated they reinvest in emotions, humanity, and spirituality. The world is then perceived as the shared habitat of humanity.

This involves seeking links, putting the ‘ego’ to one side, and living in equality and harmony with others. The release from greed and exploitation leads to interior exploration – a quest for global benefits for the community, a call for collective thinking, and greater sharing of leadership are typical of this stage.

The difficulty with the ’green’ level may lie in its inability to sustain itself without being labeled as naive or torpedoed by ‘oranges’ greedy to profit from it. Even though the population in this paradigm is increasing, its power is only 15%.

7. ‘Yellow’ / Systemic - Level 7 (yellow) is less than 30 years old and already accounts for 5% of the population and power. It emerged with the systemic theories in the 1970s. According to Graves, this level marks a break because it incorporates all the previous stages.

The world is perceived as a set of complex systems beset with uncertainty whose viability must be ensured. Because the emotions of the ‘green’ group have become too onerous, they are substituted by knowledge and the need to obtain tangible results. Thinking becomes truly systemic and natural laws are seen as inevitable. This stage gives priority to flexibility and open systems, accepting paradoxes and complexity within a holistic view of the world.

8. ‘Turquoise’ / Holistic

The last level identified is still at an embryonic stage. The world appears as a network of interdependent components forming a single large organism. At this level, the quest is for global harmony. Since it has not yet penetrated organizations, we shall go no further at this stage...”

(The first four levels are in the April issue of The RESTORATIVE PRACTICES ADVOCATE.)

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For more, see: https://blog.krauthammer.com/spiral-dynamics-2