



THE RESTORATIVE PRACTICES --ADVOCATE--

VOLUME 2: ISSUE 8 – April 2022

A NEWSLETTER for EDUCATORS

Restorative Expression

"Forgiving is not forgetting; it's actually remembering – remembering, and not using your right to hit back. It's a second chance for a new beginning. And the remembering part is particularly important. Especially if you don't want to repeat what happened." ~ **Desmond Tutu**

"For the white person who wants to know how to be my friend...the first thing you do is to forget that I'm black. Second, you must never forget that I'm black." ~ **Pat Parker**

"If you have come to help me you are wasting your time. But if you recognize that your liberation and mine are bound up together, we can walk together." ~ **Lila Watson**

"If our desire for justice is not rooted primarily in the pursuit of restoration, then reconciliation will be nearly impossible to achieve. It is precisely because grace is undeserved that makes it grace." ~ **Jamie Arpin-Ricci**

CALENDAR

FOR YOU!

(NOTE: For the next two to three years, many Restorative Practices training and in-service events will be occurring in Wichita via the International Institute for Restorative Practices (IIRP) and USD 259's Department of Equity, Diversity & Accountability. Be an early adopter of the paradigm that is shaping education for years to come!)

For Your Information*

(NOTE: This calendar section is set aside for events and meetings designed to help us network with one another collaboratively to increase our restorative Attitudes, Skills & Knowledge – The ASK framework for RP.

*Ongoing Restorative Practices collaboration in USD 259, Wichita and beyond for your awareness. Your input and feedback to participating team members is welcome!

FOCUS> RP& The Compass of Shame

We are sharing an incredibly difficult time in history right now. The pandemic, the loss of instructional time for students, motivating students to come back to school, the complex issues surrounding the death of George Floyd, protests, riots, the confusion about critical race theory (we are not teaching CRT in Wichita Public Schools!), ongoing gun violence in our community, extreme political division in the US and across the globe, the war in Ukraine, the war on factual information in the media, budget cuts, inflation, and on and on it goes.

If we are not careful, all the stress of these external events as well as challenges in our personal lives may lead to burning out, giving up, giving in, quitting, imploding, or exploding. Many of us may already be there!

How can restorative practices be of assistance in these unprecedented and challenging times?

The research from the restorative perspective indicates that when positive affect is interrupted, we have tendencies of attacking self, attacking others, withdrawing, or avoiding, which serve only to momentarily relieve the problems and more often exacerbate them. The IIRP refers to this cycle as the Compass of Shame (Wachtel, T. 2016). We may engage in one or all of these reactions on the Compass, depending on the situation, and rather than slowing down and authentically acknowledging feelings and assessing and expressing our needs, we take these specific escape routes described by the Compass.

People who have healthy doses of self-esteem are generally able to recover more quickly and move on from negative affect. On the other hand, the more shaming, punishing, accusing, judging, and attacking messages we received throughout our lives, the more maladaptive and extreme our responses on the Compass may be when we are stressed or feeling shame.

Restorative practices offer ways to raise our consciousness about ongoing behavior cycles that do not serve our relationships well. Authentic restorative conversations and conferences – informal and formal – provide safe spaces to stop the cycle of the Compass of Shame.

Through the restorative approach of recognizing our patterns, sharing feelings and needs through compassionate communication, and refraining from harshly judging self or others, people move from the negative, to the neutral, and then to positive feelings.

We have seen the restorative approach work over and over to de-escalate problematic situations. It is not magic, but sometimes it seems like it. It is not therapy; however, the process can feel quite therapeutic.

Restorative practices is a PRACTICE, involving lifelong learning, growing, and understanding. It does take time and patience, though. It may seem easier to give up, but please don't. Let's take things step by step, be in the moment, and PRACTICE being restorative. These troubling times require it. **(More Page 2)**

RESEARCH

CORNER

2021

The Compass of Shame

(From an Interview of Dr. Donald Nathanson by

David Boulton

This article documents an interview with **Dr. Donald Nathanson**, a psychiatrist who first described the **Compass of Shame** in 1992. Unprocessed shame – with shame defined as occurring when positive affect is interrupted – contributes to many problems among people in society, including our young people.

One of first steps in fully understanding Restorative Practices is awareness of patterns of behaving with others that are more harmful than helpful. The Compass of Shame provides insight into problematic cycles and supports learning new pathways of relating with each other that builds bridges of authenticity, healing, and restoration.

Dr. Nathanson says: “So uncomfortable is the feeling of shame when that affect spotlight hits us that we learn very quickly ways of disavowing, getting away from the bad feeling. We call the way that is done the Compass of Shame. We can withdraw so that we’re not seen by the eyes of others. We can withdraw so that whatever has been revealed about us will no longer be seen by others. We can curry favor with others so that we don’t feel alone even though we feel defective. We can do something to turn off the feeling of shame by using drugs or calling attention to what we’re good at. Or we can diminish the self esteem of others and feel better than we did before shame hit. Those four forms of behavior: **Withdrawal, Attack Self, Avoidance** and **Attack Other**, that’s the Compass of Shame and that’s what we do to get away from the bad feeling of physiological shame.”

Nathanson goes on to say, “The [Attack Other] pole involves a library full of ways we behave when we don’t know anything we can do that can make the feeling of shame decrease so we diminish somebody else. At least we’re going to feel better than somebody else for a while. That means hitting them, putting them down, mocking, doing things that are going to make another person feel awful. Bullying is nothing more than the Attack Other pole of the Compass of Shame.”

For more information: <https://childrenofthecode.org/library/refs/compassofshame.htm>

For your...

RESTORATIVE
TOOLBOX



Circle Ideas to End your Classroom Day – Pt 2

- Compliment the person sitting to your left in the circle.
- Share what you might do to make your next day better.
- Review what homework needs to be done.
- Discuss what happened today.
- Practice math facts.
- Share when your birthday is.
- Share what happened over the weekend.
- Discuss how you felt today. Did your feelings change during the day? Why?
- Share how you have helped someone today.
- Share what you did at recess today.
- Share how you feel about being yourself.
- Tell jokes.
- Share something funny that happened today.
- Rate the day.
- Discuss something you wish you could do over today.
- Say good-bye.
- Evaluate an activity you did as a class today. How can it be more fun?
- Say what you like or dislike about that activity.

Implementing Restorative Practices in Kansas Schools - © 2018 Restorative Schools Initiative of KIPCOR at Bethel College: www.kipcor.org
Credit: Schools, Conflict and Restorative Justice for Union Community School District, 2002, Iowa Peace Institute.

(For more information, from your district Google account, click: <https://drive.google.com/open?id=1A6zunnybJoW9tKB6FIBhfprKj7R9ZrpSI> .)

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