



# Relational Approaches

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## Restorative Conversations & Circles

### 1 Day Training Event

*Provided by Dr. Derek R. Brookes*

This course has been designed to enable trainees . . .

- to gain an appreciation of the values, skills and processes involved facilitating the following three processes:
  - Restorative Conversations
  - Community-Building Circles
  - Problem-Solving Circles
- to understand and reflect critically on why, and in what context, these three processes can be effective;
- to gain an empathetic understanding of the thoughts and emotions of those who might participate these processes; and
- to develop the skills and knowledge required to facilitate these processes effectively.

The training event is run in an interactive, experiential style, with short presentations, small-group work, role-plays and videos. Participants also receive a procedures manual and written materials relating to the content of the course.

## **Processes:**

### **1. Restorative Conversations**

This is a five to ten minute discussion between a facilitator and the person responsible. They are used immediately after a minor incident that may have affected others, but which did not directly harm an identifiable person. Restorative Conversations are designed to create a learning experience. Instead of telling the person responsible what to think or how to behave, the facilitator leads them through a simple but structured dialogue, using open questions and reflective listening. The process is designed to enable the person responsible to think through the reasons for their behaviour, to reflect on how it might have affected other people, and to discover for themselves alternative ways of behaving in the future.

### **2. Community-Building Circles**

These are regular meetings that enable community members to speak openly about their thoughts and feelings, develop a commitment to the community, mutual respect, a willingness to listen to each other, a sense of belonging or inclusion, relationships, self-esteem, appreciation of others, problem solving skills, co-operation, and emotional literacy.

### **3. Problem-Solving Circles**

This is a meeting that is structured so as to enable members of a community to work together to resolve problems, issues or conflicts. They aim to produce more constructive win-win solutions, rather than 'win-lose' or 'blame and scape-goating'. Problem-solving circles often arise within the context of a community-building circle, but can also be arranged to address specific issues. They are particularly useful for helping all those involved to clarify problems, understand their underlying causes, and come up with ways in which they can themselves contribute to a solution.

For more information or to book this training event please contact Derek R. Brookes by email ([dbrookes@relationalapproaches.com](mailto:dbrookes@relationalapproaches.com)) or phone (+61479161547).

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