**Restorative Practice &Trauma Informed Practice -naturally aligns**

We need to ask:

Not ‘*what is wrong with you*?’ But rather:

‘*What happened to you*?’ And:

‘*What needs didn’t get met*?’



**What do these concepts mean together – what do they look like ?**

* Understanding, compassion, empathy, grace
* Trauma informed
* Being trusted /trusting
* Asking different questions/being curious
* Non judgmental/unconditional positive regard
* Collaborative/ individualised approach /shared goals
* Therapeutic alliance /connection /relationships
* Expectations, accountability and responsibility – high challenge /high support
* Not just with families/clients/ service users –**it is with everyone we meet.**

**How does it sound?**

* How can I help?
* I notice….
* What’s happening for you?
* Lets try and understand that a bit more.
* That sounds really difficult.
* Shall we look at it together ? • You are amazing –well done • Who else do you think can help?
* You’ve got this !