



Restorative Thinking: A Restorative Intervention Programme for Working with Offenders

This is a universal, intensive group-work programme for men and women in custody and community settings.

Evidence based and externally evaluated by the University of Cumbria, the programme provides a framework to develop restorative practice key life skills with offenders and ex-offenders, with the aim of developing more meaningful relationships and contributing to desistance from crime.

The programme is delivered by experienced group programme facilitators who are also experienced restorative practitioners. The programme uses facilitator input and modelling, group discussions, break-out sessions for pair and small group challenges, videos, role play, fiction and recorded written activities to develop, strengthen and maintain restorative relationships.

Programme: A six-week programme, with time between each session for reflection and putting the learning into practice. Colourful resources for participants, organised in a workbook, are provided.

Programme length: Six 1.5 hour sessions, over six weeks.

Who is the programme for?

Groups of 4-12 male or female offenders/ex-offenders aged 18 years or above.

Where is the programme delivered?

In category A, B, C, D and resettlement prisons, probation services.

Staff required: Prison officer/probation worker to co-ordinate referrals, schedules and movement. This programme is delivered by Restorative Thinking facilitators, or via a licensing agreement (experienced prison group facilitators trained and supported to deliver).



Methodology: Uses facilitator input and modelling, group discussion, break-out sessions for pair and small group challenges, videos, role play, fiction and recorded written activities.

Qualifications offered:

All participants completing the programme receive a 'Certificate of Achievement'. We are looking into attaching a formal qualification to this programme.

Delivery options:

- Restorative Thinking facilitators deliver the programme in your establishment, supported by a prison/probation Education Worker (to co-ordinate referrals, timings and movement to/from programme sessions).
- The programme is delivered in your establishment via a Licensing Agreement whereby prison/probation experienced group facilitators are trained and supported to deliver the programme, with ongoing wrap-around support with the RT team; Quality Assurance.

Aims of the programme:

- Apply restorative principles and skills to self and day to day relationships
- Challenge attitudes and thinking
- Communicating and staying calm
- Greater victim satisfaction: greater take-up of a restorative conference at request of victim/s
- Managing conflict
- Contribute to desistance process
- Realistic goal-setting
- Consolidate positive identity
- Improve health and wellbeing

Contact: Mrs Lesley Parkinson, Executive Director: lesley@restorativethinking.co.uk