

# WA FRC Training Day 'Working together in FDR'

## Restorative Practice and Family Dispute Resolution

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# Anglicare WA and the Kimberley FRC



Since 2008  
Karratha - Broome - Kununurra + outreach  
Large First Nation population

# FDR at the KFRC



Trauma focus, out of the box service delivery when needed

Anglicare WA chooses a transformative approach to FDR

Goals: empowerment, mutual recognition,  
increased responsiveness

Combination of 'pure' mediation and therapeutic

Staff are social scientists

Transformative Dispute Resolution of the Anglicare WA Family Relationship Centers in Western Australia, Lesley Bracebridge, FRSA Conference Cairns, 2008

# Restorative Practice



- Potential to repair harm and restore relationships
- Between individuals and communities
- Based on the principals of Restorative Justice

Schools

Community Health

Correctional Services

Organisational leadership

Social services etc

# A story

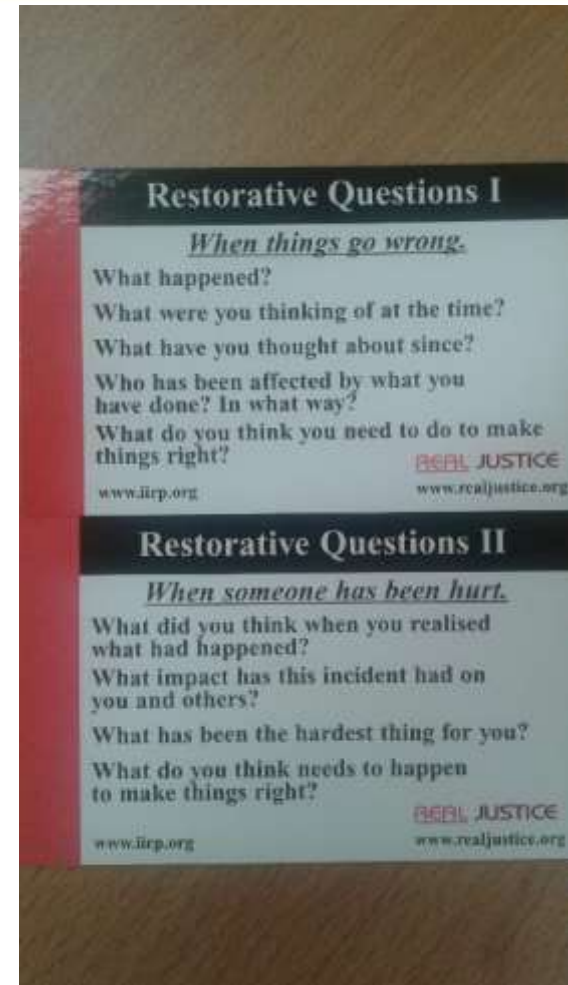


Parents of 3 children  
Intercultural relationship  
Suspected infidelity  
One parent has a new partner  
Return to FDR every 1,5 year or so  
Agreements on big things but not the babysitter  
Stand still

# Training in Restorative Practice



Terry O'Connell, Australian representative for the International Institute for Restorative Practices, known from the Inside Story program 'Facing the demons'



# Why do I use Restorative Practice?



It is **simple** - less is more

It is **empowering** - anyone can use it

It is **effective**

A simple tool based on a few questions, a safe space to talk, a facilitator and willing-to-be-vulnerable participants



# Restorative Practice parallel to FDR

FDR:

Child focused

Moving forward

Restorative Practice:

Reflection on the past

Relationship focused

Clarity about what is what when using both

# When to consider Restorative Practice

When in FDR:

Something gets in the way

There is a stand still

Or a merry-go-around of issues

Parents return to FDR regularly

Unresolved conflict

# Another story



Parents of two children  
Family business failed  
Initially shared care  
One parent relocated back to NSW with the children  
Communication broken down: years of little contact  
Various attempts of FDR in the past  
Father considered unresponsive and aggressive by FDRP NSW  
CIP in NSW

# How to apply Restorative Practice

Assess:

What the issue is

How to name it

Are both willing to address the issue

If clear:

Offer a separate session, not FDR but RP

If suitable:

Book the time, ask the right questions and go

# Restorative Practice made simple

What happened?

What was the hardest part?

(or: What were you thinking at the time?)

What is needed?

# When to apply and when to refrain

When to apply:

Separation has been a while ago

Returning parents

Unresolved conflict, lack of repair

When to refrain:

When the pain is fresh? Not sure about that one yet

Power imbalance

Current abuse or active trauma

# Thank you for listening

Please give it a try if it 'feels' right

Keep it simple

Be clear

If it doesn't work, nothing is lost

Come and practice later on in the  
workshop