503—Restoration Therapy: Restoring Identity and Safety in Therapy

I. The Restoration Framework

A. Importance of Love

1. Love is essential in the family because it informs individuals of basic identity. This basic identity is best expressed in terms of uniqueness, worthiness, and desirability.

2. When love is lacking in family interactions, individuals are left to cope with the loss of love through identity struggles.

B. Importance of Trustworthiness

1. Trust becomes essential in the family because it informs individuals of their basic competencies and safety in the family environment. Safety is best expressed in predictability, openness and fairness.

Example:

<table>
<thead>
<tr>
<th>MERIT (individual is entitled to)</th>
<th>OBLIGATION (individual is expected to)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

2. **Destructive Entitlement** occurs when individuals pursue self-justifying and harmful means to satisfy their deserved merit.

3. When trustworthiness is lacking in family interactions, individuals are left to cope with the loss of trustworthiness through dependence upon self.

C. Dealing with Violations
II. Interventions in the Restoration Framework

A. Understanding

1. The goal of understanding is to help the victim of violations of love make human identification with the violator. This in turn relieves blame and shame.

B. Identity and Safety Based on the Truth of Re-Parenting

1. The focus of this intervention is to primarily use imagery to help the client focus on different choices concerning his or her identity and power to provide safety.
   a. Self  b. Others  c. Spiritual Sources

C. Relational Cyclical Processes—The Pain Cycle
D. Relational Cyclical Processes—The Peace Cycle

1. Feelings
   1. ____________________
   2. ____________________
   3. ____________________
   4. ____________________
   5. ____________________
   6. ____________________

2. Coping
   1. ____________________
   2. ____________________
   3. ____________________
   4. ____________________
   5. ____________________
   6. ____________________
   7. ____________________
   8. ____________________

3. Others React
   1. ____________________
   2. ____________________
   3. ____________________
   4. ____________________
   5. ____________________
   6. ____________________
   7. ____________________
   8. ____________________

4. Truth
   1. ____________________
   2. ____________________
   3. ____________________
   4. ____________________
   5. ____________________
   6. ____________________

5. Action
   1. ____________________
   2. ____________________
   3. ____________________
   4. ____________________
   5. ____________________
   6. ____________________
   7. ____________________
   8. ____________________

Others React
   1. ____________________
   2. ____________________
   3. ____________________
   4. ____________________
   5. ____________________
   6. ____________________
   7. ____________________
   8. ____________________
E. Restoring Self Regulation

1. A primary aim of the restoration model of therapy is to make constructive movement from old patterns.

2. This is done first by identification and insight into the pain that the client feels and partiality toward the coping mechanisms that have led to destructive actions.

3. Second, the client engages in “self parenting” where old messages are confronted and new choices are made.

4. Finally, the actions are practiced in more of a cognitive behavioral rehearsal until they become habituated.

F. The Brain and the Four Steps

1. The brain operates according to executive operating systems that make many emotions and behaviors semi-automatic. Most reactions when there is a lack of emotional regulation are, for the most part, not thought out and are experienced by the individual as automatic.

2. In order to change these semi-automatic reactions, it takes mindfulness, intentional effort and most importantly, practice.

3. The Four Steps
   a. Say What You Feel.
   b. Say What You Normally Do.
   c. Say the Truth.
   d. Say What You Will Do Differently.