

Restorative Practice



CAITLIN ALLEMAN, LLC
Psychotherapy

Adapted from Paul McCord and Ted Wachtel

TO

WITH

LOW SUPPORT WITH
HIGH EXPECTATIONS

HIGH SUPPORT WITH HIGH
EXPECTATIONS

'YOU SHOULD KNOW'

'HOW CAN I BEST SUPPORT
YOU?'

NOT

FOR

LOW SUPPORT WITH
LOW EXPECTATIONS

HIGH SUPPORT WITH
LOW EXPECTATIONS

'I DON'T CARE' OR 'OF
COURSE YOU DID
WELL'

'IT'S OKAY, I'LL DO IT'

TO

- Expectations are often expressed as 'should's' or assumed to be known
- Reinforces a power differential fueled by dismissiveness
- Reinforces worth is external and conditional
- Cultivates survival energy by fueling shame, doubt, panic or shut down
- Tone is often cold, punitive, or harsh
- Messaging is rigid and self-focused

WITH

- Prioritizes connection and mutual understanding by asking questions and use of 'I statements'
- Expectations are expressed with clarity and support
- Celebrates learning, risk taking, and making mistakes
- Models respect for one's innate worth
- Maintains healthy boundaries
- Supports regulation through a tone that is kind, honest and helpful

NOT

- Limited or complete lack of communication
- Messages disinterest
- Absence of attunement & positive reinforcement
- Can lead those receiving the neglect to feel unworthy and unseen
- Cultivates low self-esteem and lack of emotional/physical safety

FOR

- Implicitly messages, I don't trust you can do this, so I will
- Manifests from an individual's anxiety and need for regulation through control and completion
- Represents a dynamic where one person is over-functioning and the other is under-functioning without consequence
- Can often be confused as support and unintentionally creates a dynamic of co-dependence