

RESTORE™ PRACTICAL FRAMEWORK

The RESTORE™ Practical Framework guides individuals, relationships, families, organizations, and communities in applying intentional practices that strengthen restorative capacity, support healthy functioning, and promote restoration across changing circumstances.



RESTORATION PSYCHOLOGY
INSTITUTE

WHAT IS RESTORE™?	WHAT DOES RESTORE™ CULTIVATE™?	WHAT MAKES RESTORE™ UNIQUE?
The RESTORE™ Practical Framework is an evidence-informed framework that translates the principles of Restoration Psychology® into intentional, practical action. It helps individuals and systems apply meaningful practices that support movement toward restoration.	RESTORE™ cultivates restorative capacity: the ability to intentionally engage in practices that promote restoration, adaptation, renewal, and healthy functioning across changing circumstances.	RESTORE™ is not a linear checklist, clinical treatment, or prescriptive sequence. It is a flexible framework whose principles may be applied and revisited differently according to the needs, strengths, context, and circumstances of the individual or system.

R

REDUCE

unnecessary burdens and demands that interfere with restoration.

E

EVALUATE

current realities, needs, strengths, and resources through honest awareness.

S

SIMPLIFY

priorities, environments, and processes to create space for restoration.

T

TRANSFORM

patterns of thought, behavior, and interaction that hinder restoration.

O

OPTIMIZE

available resources to better support restorative functioning.

R

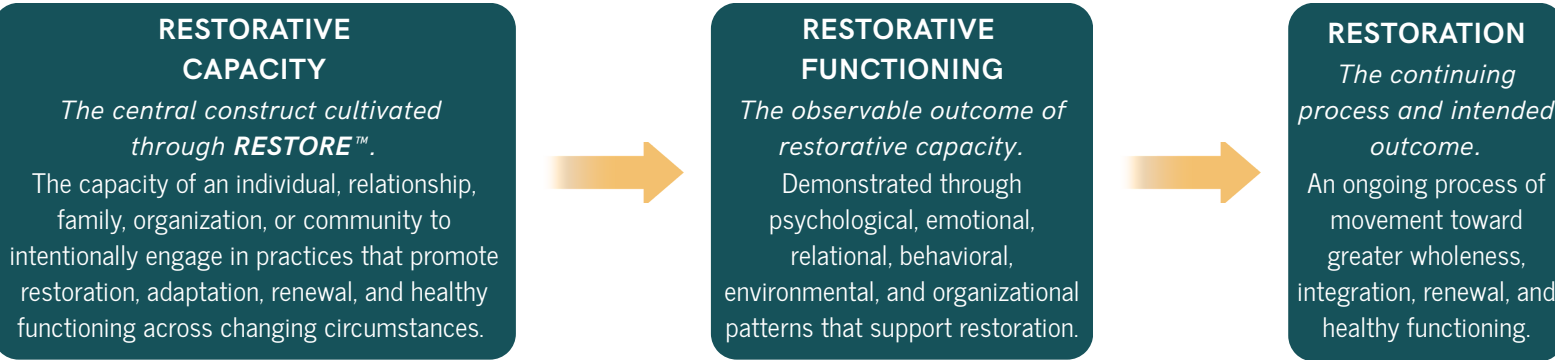
RESTORE

depleted capacities through renewal, connection, care, and support.

E

EMPOWER

continued restorative action through strengthened agency & capacity.



RESTORE™ WITHIN THE RESTORATION PSYCHOLOGY® ECOSYSTEM

