



FOUNDER

Dr. Shannon Imhof-Clark, Ph.D., is a psychology researcher, educator, author, founder of Restoration Psychology®, Walking With HER®, and the Restoration Psychology Institute™.

Her work integrates research on resilience, trauma, positive psychology, caregiving, and human flourishing to advance the Restoration Psychology® framework for understanding restoration following adversity.

LEARN MORE

RestorationPsychologyInstitute.com

RESTORATION PSYCHOLOGY®

Understanding how people move from adversity toward restoration and human flourishing

ABOUT RESTORATION PSYCHOLOGY®

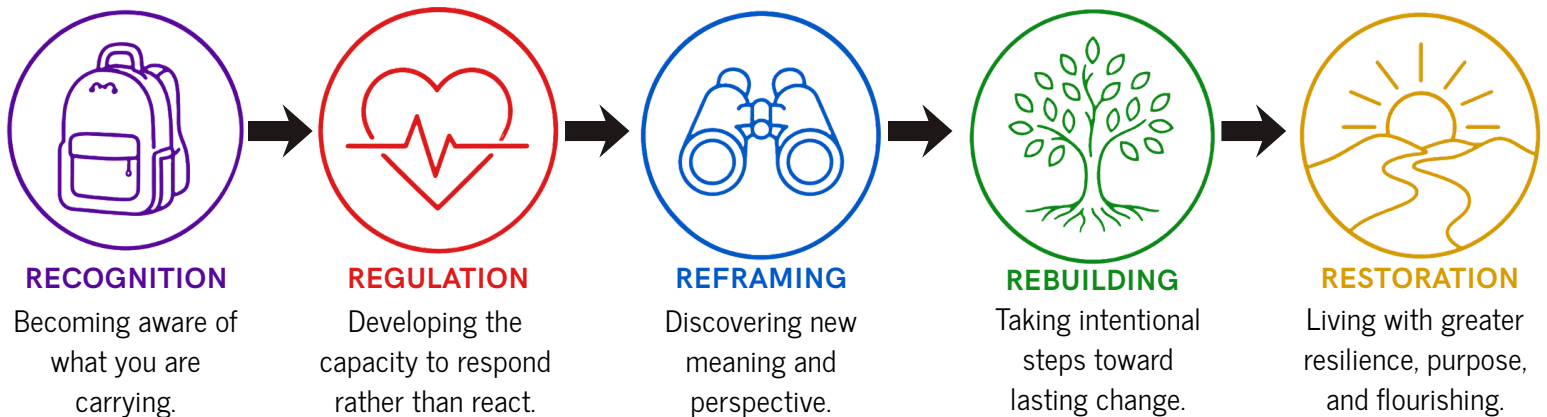
Restoration Psychology® is an area of scholarship that examines the psychological, relational, and environmental processes through which individuals move from adversity toward restoration and human flourishing. Rather than focusing solely on symptom reduction, it examines how individuals recognize what they are carrying, regulate their responses, reframe their experiences, rebuild their lives, and move toward lasting restoration.

Grounded in empirical research across psychology and informed by resilience, positive psychology, trauma research, caregiving research, and human development, Restoration Psychology® provides a scholarly foundation for understanding and facilitating growth following adversity. The 5R Restoration Model® serves as its foundational process model, while the RESTORE™ Practical Framework translates these principles into intentional action across diverse people, cultures, settings, and organizations. Together, the Restoration Assessment Suite™, 5R Restoration Model®, RESTORE™ Practical Framework, and Restoration Guidebook™ provide an integrated pathway from assessment to intentional restoration.

At the heart of Restoration Psychology® is a guiding question: "What are you carrying?"

This question serves as the foundation of the Restoration Assessment Suite™ and invites individuals to begin their restoration journey.

THE 5R RESTORATION MODEL®



SCHOLARLY ECOSYSTEM

- Restoration Assessment Suite™
 - What Are You Carrying?™
 - Backpack of Life™ Audit
 - Restoration Readiness Assessment™
 - Restoration Ecosystem Audit™
- RESTORE™ Practical Framework
- Restoration Guidebook™
- Restoration Psychology Institute
- Walking With HER® Educational Platform