

Book Reviews

VERON C KELLY JR AND MARGARET THORSBORNE, THE PSYCHOLOGY OF EMOTION IN RESTORATIVE PRACTICE: HOW AFFECT SCRIPT PSYCHOLOGY EXPLAINS HOW AND WHY RESTORATIVE PRACTICE WORKS, LONDON: JESSICA KINGSLEY PUBLISHERS, 2014.

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Restorative practices ('RP') and notions of restorative justice ('RJ') have found increased popularity over the last two decades as an alternative to both the court system and traditional grievance process within organisations. RP focuses on delivering better long-term outcomes by focusing on the harm caused by an action, to the individuals directly involved and the community. Kelly and Thorsborne argue the need for a deeper understanding of the theory behind RP, drawing on affect script psychology (ASP), in order to effectively use RP. The book presents examples of the theory in action to help develop the readers' understanding of the psychology underpinning RP and how it manifests to lead to positive outcomes for participants.

The first part of the book presents an in-depth understanding of ASP. The book draws on Sivan Tomkin's theories of emotion, cognition and personality which argue that all psychology has a biological basis. Biological reactions are known as 'affects' underpin emotions and other psychological responses. Kelly draws on this to explain how the cognitive system controls the working of our being and creates the most primal aspect of how and why we care. Every interaction an individual has triggers an 'affect' which causes an emotion and a responsive behaviour which works to make the person feel good and avoid feeling bad.

Kelly and Thorsborne primarily focus on the manifestation of a 'negative affect', shame. It most commonly arises when there is a perception of rejection from the community or another individual. The shame experienced will vary in intensity from mild embarrassment to severe humiliation. Kelly and Thorsborne refer to the work of Nathanson which outlines the compass of shame, behaviours where the underlying motivation is responding to an individual's inability to manage shame. These behaviours fall into four categories: withdrawal, attack other, attack self and avoidance. By equipping readers with an understanding of how shame manifests itself, and the harm it causes, practitioners can understand the fundamental emotion underpinning RP.

The second chapter explains how shame behaviour(s) predominately manifests itself when we are disciplined. The book outlines the four windows of social discipline, examining the different approaches utilised by authority figures dealing with misbehaviour or wrongdoing. Each window of social discipline is characterised by the level of support given towards individuals and the control exercised over individuals. The book presents practical examples of each social disciplining window. It demonstrates how each compass of shame

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behaviours manifest in each social disciplining setting, how each disciplinary action exercises care and deals with harm and taking responsibility for harm. The book compares methods of disciplining and presents restorative methods as a collaboration with individuals, creating a chance to minimise the 'negative affect' for all involved and maximise 'positive affects'. By presenting RP in comparison to other social disciplinary methods, the book helps shape the readers' interest in RP, presenting it as the optimal method to that assist with growth when one makes mistakes or engages in wrongdoing, as opposed to punishing, ignoring or allowing mistakes and wrongdoings.

Kelly explores the victim-offender relationships by honing in on how shame and harm interact to influence this dynamic. Kelly is careful in exploring how other social discipline methods preclude a positive emotional connection with the wrongdoers, while RP works to reduce shame experienced by an offender to relieve the collective shame felt by everyone. The book explores forgiveness when examining the victim-offender dynamic and is careful in emphasising that forgiveness and reducing harm are not mutually exclusive. It explores the two to outline how forgiveness can be an outcome of RP but is not necessarily need for the process to be productive and both the victim and offender seeing a reduction in harm from the process. By thoughtfully presenting the victim-offender dynamic, Kelly's contribution is significant in reshaping our understanding of how emotions and 'affect' manifest in this relationship and how it influences RP.

The second part of the book includes several case studies which show the practical application of the theory underpinning RP as a resolution in community and criminal justice setting. The first case study is presented by Lauren Abramson the founder and chief executive officer of the Community Conference Centre in Baltimore. Abramson presents a considered analysis of ASP, exploring how 'affect' emotion of RP can affect all involved, including facilitators. She touches on the importance of ASP in creating and utilising collective vulnerability to achieve justice outcomes for the community that addresses harm and leads to growth for individuals and the community. In the context of policing, John Lennox, a police officer in Tasmania outlines how he developed an interest in RP and subsequent ASP. He explains how understanding shame, responses to shame and what motivates shame allowed him to understand his community members better and lead to better policing. From a victim perspective, Katy Hutchinson, a Canadian who went through a restorative journey following the murder of her husband shares her story of how there is a level of healing attached to RJ. She takes the reader through her journey towards RJ, exploring notions of community responsibility for harm, as well as the process of healing afforded by RP. Other cases that may also be of interest revolve around the application of ASP and RP in organisational and educational settings with the fourth and fifth part of the book.

It is made clear from the foreword and the introduction that if the reader is to accept Kelly's theories, then they must work to immerse themselves in the biological and psychological theory in order to understand the emotion involving in RP. Throughout the book, Kelly's theories have been applied to assist the reader in understanding the psychology underpinning RP. It allows readers to enrich their understanding of RP helping them to engage in RJ that can create long-term change in behaviour by reducing shame, harm, and creating

‘positive affect’. Without the theoretical understanding underpinning RP, practitioners are at risk of misusing processes. This book would help create or further solidify practitioners theoretical understand of RP by equipping them with an understanding of how and why different emotions and behaviour manifest before, during and after the process is complete.