

*Workshop Prospectus*

## **An Exploration of Fundamental Issues of Restraint as a Human Service Technique**

### **Workshop Description:**

Recently, the press, advocacy groups, professional organizations & concerned citizens have been raising questions concerning the use of restraints in human services. At the same time, restraint is increasingly being accepted, taught & used as a valid human service approach in a wide variety of fields internationally. This workshop provides a forum for concerned individuals, particularly service workers & family members, to explore troubling moral questions raised by the use of restraints in human services, especially within the context of the vulnerability of people who receive services & are restrained. It offers a perspective that does not often get heard in the discussion of human service restraint use & training.

The workshop primarily but not exclusively focuses on what an individual can do, keeping in mind that systemic change is started & sustained by personal change. This is NOT a how-to workshop, but rather an opportunity for reflection & learning. It will NOT offer participants specific, technical 'alternatives' to the use of restraint.

### **Topics Discussed Include:**

- Basic descriptions of different classes of human service restraint,
- Common risks & dangers associated with different classes of human service restraint,
- Common misconceptions associated with restraint use,
- The personal & social costs of restraint use, &
- Proposed guidelines for how to approach the issue of restraint use in services.

### **Format of the Presentation:**

This presentation consists of a series of short talks on specific topics relevant to this issue, each building on the other. Points of implementa-

tion will be reviewed after each talk, & each brief talk will be followed by time for comments, questions & discussion. Participants will also be given questions to reflect on both during the presentation & even after the workshop is over.

This is not a how-to workshop, but rather a chance for reflection & exploration of an important issue. The better & more complete an understanding of a problem that an individual or organization has, the better & more complete will be their response to that problem.

This is a day-long workshop, & a typical schedule is 9 am to 4:30 pm. Handout materials are given to participants.

Note that this workshop is an excellent follow-up to the SRVIP workshop entitled: "*Issues of Power and Control That Lead to Violence in Human Services.*" Both workshops work well together as a 2-day series.

### **About the Presenter:**

Marc Tumeinski is a trainer for *The SRV Implementation Project* in Worcester, Massachusetts (USA). He has taught workshops & given conference talks, all based on the work of Dr. Wolfensberger of Syracuse University, in the US, Canada, New Zealand & Australia. As a service worker, he has supported people with physical & intellectual impairments at home, school & work. Marc & his wife Jo Massarelli lived as volunteers in a small homeless shelter, & they now offer hospitality in their home to poor & homeless people. He has an article on the topic of restraint use published in the February 2005 issue of *Mental Retardation*.

### **To Schedule This Workshop Or For More Information, Please Contact:**

Marc Tumeinski at *The SRV Implementation Project*  
74 Elm Street  
Worcester, MA 01609 USA  
508 752 3670  
marc@srvip.org  
www.srvip.org