

RESTORATION PSYCHOLOGY®

Understanding how people move from adversity toward restoration and human flourishing



ABOUT THE FOUNDER

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Restoration Model®
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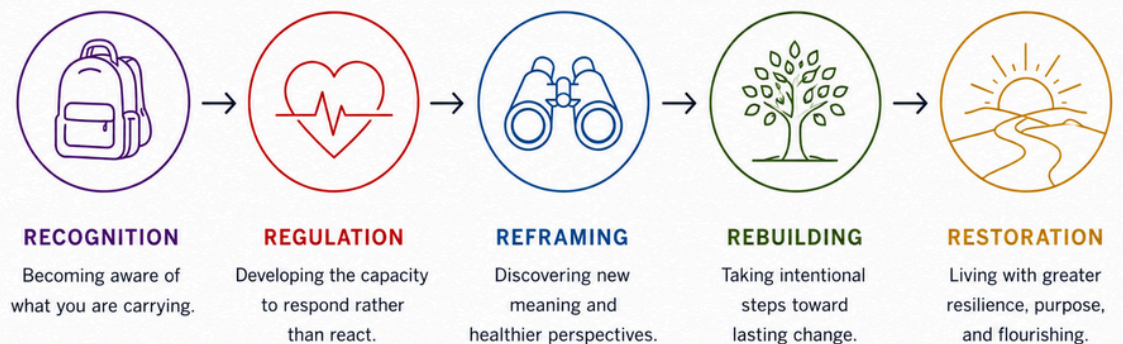
ABOUT RESTORATION PSYCHOLOGY®

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 explores how individuals recognize what they are carrying, regulate their responses, reframe their experiences, rebuild their lives, and move toward lasting restoration.

Grounded in contemporary psychological science and informed by resilience, positive psychology, trauma research, and human development, Restoration Psychology® provides a scholarly foundation for understanding and facilitating growth after adversity. The 5R Restoration Model® serves as its foundational framework for translating these principles into practical application.

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

THE 5R RESTORATION MODEL®



CURRENT WORK

- Walking With HER educational platform
- Restoration Assessment Suite™
- Restoration Guidebook™ (In Development)
- Research and scholarly publications
- Professional speaking and educational workshops
- Restoration Psychology Institute (In Development)