



The First Discussion Group Process of the Healing Circle¹

Roles in the Healing Circle

- a) **The Facilitator invites everyone to participate, and begin the process with his/her own sharing.**
- b) **The Reporter briefly summarizes the discussion *without* reference to gender or job titles. The Reporter shares their 2 minute summary with the group before reporting.**
- c) **The Timekeeper keeps an eye on the time limit given, so that everyone has an opportunity to participate. This person gives notice to the group at 5-minute intervals; and gives a 3-minute warning to allow the Healing Circle to hear the report summary.**



The Group Process for the Healing Circle **FIG Complex: Fear, Ignorance and Guilt (30 minutes)**

The group sharing proceeds in three rounds, beginning with the Coordinator's sharing. In the first round, each person shares only his or her "fear" issues. These fear issue statements are to begin with "I", "me," and "my." Avoid the word "should," as in "you/we should." The focus is on the personal issue.

The second round will be a sharing around the issues of "ignorance." If time allows, the third round would be a sharing on the issue of "guilt/shortcomings." There is no discussion of the individual sharing in the Healing Circle format, since the point of the exercise is to find one's "voice" and to hear that voice among the other voices at the

¹ This format is an adaptation of the Healing Circle protocol from RACIAL SOBRIETY: Becoming the change you want to see (2007). Available at www.racialsobriety.org.



table. However, there can be a clarifying question on a sharing, before going to the next person. (If in the rare case that someone feels that they do not have issues, they simply pass their turn to the next person, and do not hold up the process with an explanation or defense. Their “voice” can be/is their silence.)

Use the last 3 minutes to have the Reporter share with the group his/her elements of the 2-minute report.

All Reporters are asked to turn in their sheets to the Circle Coordinator at the end of the webcast event.

Thank you!