
Sitting in Our Stories

Resisting Absolution and Embracing the
Art of Confession in Group Processing

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Transformative Practices for Group
Processing in Spiritual Communities

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Agenda

- Opening Practice
- Understanding Our Roles as Facilitators vs. Spiritual Leader
- Managing Our Anxieties for Resolution and Meaning Making
- Navigating Traumatic Re-Experiencing through Resource Spotting & Ritual
- Questions and Comments



BREATH
as
PRAYER

CALM YOUR ANXIETY, FOCUS YOUR MIND,
AND RENEW YOUR SOUL



JENNIFER TUCKER
FOREWORD BY ANN VOSEKAMP

Opening Practice

May the Wounded God
Hold our Wounds in this Space.

Group Facilitation 101



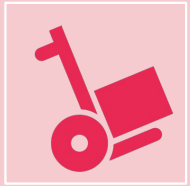
- Facilitation has three basic principles:
 - A facilitator is a guide to help people move through a process together, not the seat of wisdom and knowledge. That means a facilitator isn't there to give opinions, but to draw out opinions and ideas of the group members.
 - Facilitation focuses on *how* people participate in the process of learning or planning, not just on *what* gets achieved
 - A facilitator is neutral and never takes sides

Holding Space in Group Processing as Facilitator vs. Pastor/Spiritual Practitioner



- Subverting Power in the Room
- Group Agreements and Collective Imagination
- Establishing Rapport as Co-Journeyer rather than Leader
- Embracing Vulnerability by not having the answers
- Encourage Community Care for Aftercare

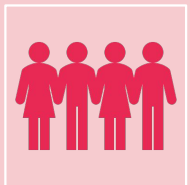
Responsibility as Facilitation Leader



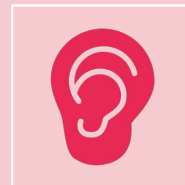
Set-Up & Logistics



Holding People
Accountable to
Agreements



Facilitate Community
Rapport and Cultivate
Peer Investment



Monitor the room's
energy through body
language and non-verbal
cues

Managing Our Anxieties for Resolution and Meaning Making

- Being Comfortable with the Unanswered Questions
- Storytelling and Staying in the Tail of the Comet
- The Gift of Presence is Enough.



*Navigating Traumatic
Re-Experiencing
through Resource
Spotting & Ritual*





Questions?

Let's continue the dialogue!