



Healing Circles Practicum

Recommended preparation for Session Two

The roles of host and guardian

Objectives for Session Two

- To embody the various circle roles (host, guardian, scribe, rim participant)
- To collaboratively engage in the healing circle format, firmly grounded in the agreements
- To practice the development, implementation, and debriefing of a healing circle

Practice a circle of-one

Consider exploring authentic questions and practicing true listening in a circle of one. You could use something like this as a prompt: "Has anything in your day/week touched your heart or made you uncomfortable?" You are only listening, not fixing or advising.

[More information about circles of one](#)

Try a circle of two

You might also explore a circle of two (not necessarily in a formal circle) in which you commit to upholding the agreements.

[More information about circles of two](#)

Reading

To prepare for Session Two, please read the practicum sample script.

Additional Resources

We recommend becoming familiar with the following resources, though it's not required for the next practicum session.

Poetry Resources

- The ever-growing [poetry wiki](#) for Healing Circles Global hosts
- The Poetry Foundation's poems about [hope and resilience](#) (among other topics that you can search)
- [Poem Hunter](#), where you can search by topic
- The Academy of American Poets' [poem-a-day email service](#)

Questions or concerns?

Please send them to training@healingcirclesglobal.org.