



Healing Circles Practicum

Recommended preparation for Session One

Introduction and overview

Welcome! We're excited that you're joining us for the Healing Circles Practicum. Below, you'll find the instructions to prepare for our first session together. There are suggested preparation pages for each of the six sessions, including reading(s) and practice suggestions. We encourage you to read through this document and contact us if you have questions or concerns about the upcoming session at: leadership@healingcircleshealthcare.org

Objectives for Session One

- Experience a learning circle
- Understand the components of what makes a circle healing, the barriers that facilitators have encountered in this experience, and address lingering questions
- Get familiar with circles of one
- Begin building skills and confidence

Practice

Session One will provide an opportunity to experience a learning circle and explore circles of one.

Additional resources

For self-paced exploration, the following are highly recommended, though not required, for the upcoming practicum session.

- [Practicing circles](#)
- [Many articles on the practice of circles on the Healing Circles Global blog](#)

Trivia question: What does "Going Glocal" mean? Find out in Susanne Fest's [blog post: Healing Circles in Europe and Beyond](#)