

4/27/21- Overview of Tools for Facilitating Traumatic Discussions

- Talk about traumatic events and tragedies.
 1. Start with an activity that is centering.
 2. Create and reinforce the expectations, norms, and the values.
 3. Allow everyone to hear and be heard.
 4. Recognize that difficult feelings are normal, natural and need to be expressed respectfully and in a manner that deescalates conflict rather than fuels it.
 5. Encourage thoughtful discussion.
 6. Build communication and connection and defuse tension by inviting people to share their thoughts and feelings.

- Function and purpose of proactive circle
- 1. Should account for 80% of the circles that are done within a setting.
 2. Are intentional and can allow for participants to take risks as the community strengthens.
 3. Build trust and social capital.
 4. Proactive circles include but are not limited to: creating norms, community building, course content and games.

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- Function and purpose of a responsive circles
 1. Should account for 20% of the circles that are done within a setting.
 2. Are intentional and address conflict and manage tension in a community.
 3. Involve all who are impacted by conflict and tension.
 4. Allow a safe place for people to discuss issues as they arise.
 5. Responsive circles include but are not limited to: patterns of behavior, interpersonal issues, grief and loss.
- Understand the qualities of a good circle
 1. Be prepared
 2. Clear topic and goal
 3. Set a positive tone
 4. Keep the focus
 5. Get some allies
 6. Use silence
 7. Active listening
 8. Pay attention to body language