

Facilitator Reflection Guide

A preparation and debrief sample for trauma-informed spiritual formation.

Synthetic concept resource

This file demonstrates how downloadable curriculum could appear inside a consultant website. It is not Rory's curriculum, therapy, diagnosis, emergency guidance, or a substitute for qualified clinical care.

Before the gathering

Purpose

- What is the intended learning or spiritual purpose?
- Could that purpose be met through more than one form of participation?

Power and access

- Who may feel unable to decline?
- What mobility, sensory, language, or privacy needs should be anticipated?

Boundaries

- What disclosures are not needed for this activity?
- Who owns follow-up if a participant needs more support?

Write the opt-out language before the session begins. Do not improvise choice only after someone becomes distressed.

After the gathering

Observe without diagnosing

- What did participants explicitly say helped or hindered?
- Where did the facilitator assume meaning rather than ask?
- Did anyone's refusal, silence, or departure change how they were treated?

Repair and amendment

- What should be clarified before this session runs again?
- Is any private information being retained unnecessarily?
- Does a participant need a direct follow-up, referral, or apology?

This worksheet is a synthetic interface sample. A real curriculum should be reviewed by qualified practitioners and adapted to the context, population, jurisdiction, and facilitator competence.