

CONCENTRIC CIRCLE CONVERSATIONS

Concentric Circle conversations are about honoring the all encompassing nature of traumatic violence and its impact - socially, emotionally, culturally, financially, physically and beyond. Conversations are framed in a transformative justice context, typically lasting 3-4 hours. Adjustments will be made for the group and/or timing as needed, and various therapeutic resources will be available depending on the event.

We look forward to engaging in authentic, vulnerable conversation, addressing the long-term repercussions of intimate trauma, and learning how we can shape responses, create solutions and cultivate justice and healing within ourselves and throughout our communities.

WELCOME AND SIGN IN

Community Members will sign in and receive a nametag that will indicate how they choose to identify for the conversation (see side bar for definitions). Nothing is mandatory; every decision is by individual choice.

IDENTITIES AND INTRODUCTIONS

COMMUNITY MEMBERS: Depending on the conversation, they may include some or all of the following individuals

SURVIVOR: I identify as a survivor; I have experienced intimate harm firsthand

ADJACENT: I have someone in my life who has experienced intimate harm; I'm looking for the tools to best support them (could be survivor who does not want to disclose)

ALLY: I may not be personally affected, but I want to support those who are

PARTNER HOST & CO-COLLABORATOR

Healing Courage Host & Co-Collaborator

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COMMUNITY NORMS AND CONVERSATION BASICS

EMBRACE VULNERABILITY AS A STRENGTH

Practice the courage to be yourself openly, honestly, and unapologetically; Vulnerability involves uncertainty, risk, or emotional exposure, and cultivates intimate, human connection through the sharing of truths

HONOR AUTHENTICITY IN YOURSELF & OTHERS

Practice being true to one's own personality, spirit, or character; Showing up with your whole self, physically, culturally, emotionally & mentally

ACKNOWLEDGE YOURSELF & OTHERS

Practice acceptance of experiential truth; the action of expressing or displaying appreciation for the complex lived experiences of yourself and others

SHOW & SHARE VALIDATION

Practice recognizing or affirming that a person and / or their feelings and opinions are valid & worthwhile

QUESTIONS FOR THE CONVERSATION

The conversation incorporates reflective, written, verbal and experiential ways through which we can share, connect and better understand our experiences with intimate trauma and will involve some or all of the following questions. Please note that the example questions below are focused on those who have experienced intimate violence and harm. There will also be questions designed for community members who have not experienced intimate violence, but may have witnessed or experienced its repercussions. Again, each individual decides what they share, when and how, as we all participate in our own way.

HEAD, HEART AND BODY

- What symptoms did/do you experience?
- What kind of support did you receive?
- What kind of support did you want?
- What do you need now in your healing process?

COMMUNITY RESPONSE

- How did your community respond? What did you need from those in your community?
- What do you wish was said? What would you have your community do differently?
- What did your community do or say that was helpful and healing?

JUSTICE AND HEALING

- What did you face in navigating systems of justice and support?
- If you could define it for yourself, what would justice look, sound & feel like?
- What would you say to the person who harmed you?
- What, if anything, would you want to hear from the person who harmed you?