TOGETHER IN THE MYSTERY
CONTEMPLATIVE REFLECTION FORM FOR SMALL GROUPS -- INSTRUCTIONS

To be filled out by student and delivered to supervisor in advance of session
Note: the CRF includes a portion of Dialogue between Director and Directee

Group’s Code Name:  
Date of Group Meeting:  
Group Meeting #:  
Supervision Visit #:  
Form of Group (All for One or One for All):  
Type of Group (Lectio Divina, Examen, or Contemplative Listening):

I. Preparation

A. Doing an Examen on your recent group meeting(s), notice those experiences that either draw or repel you.

B. Discern which of these experiences is most likely lead to your growth as a spiritual director should you reflect upon it further with your supervisor. Choose this one to bring to supervision.

C. Before your supervision session fill out your Contemplative Reflection Form in light of your discernment. (Note: The dialogue is part of the CRF and must be completed as well.)

D. Mail this form to your supervisor at least five days ahead of your scheduled session.

II. Completing the Contemplative Reflection Form

A. Contemplate the experience that you have chosen to bring to supervision.

1. Articulate a Focus. Having settled upon a particular experience to bring to supervision

   a. Notice your interior movements in relation to this experience, e.g., which challenges, emotions, body reactions, or mental confusions arise in you as you contemplate it.
b. In light of your interior movements, formulate and record below the one thing about your experience as spiritual director that you most desire to explore in supervision.

2. **Describe what you noticed about yourself** in the session that you find most striking.

3. **Describe difficult relational dynamics.**

   a. Supervision is mostly about YOU. However, there are times when YOU might feel caught in a relational dynamic with your group or an individual in it that makes you uncomfortable. For example: The group or one of its members is consistently late or noisy and you consistently go over the time limit to adjust for that. Or, the group or one of its members brings particularly challenging material on a regular basis expecting you to provide expert advice and you work hard to do so.

   b. In each of the above cases the director may feel as if the group or one of its members is causing him/her discomfort. Indeed, the group or one of its members is problematic. However, in each of these cases the director makes accommodations in ways that violate the contract with the group and/or cross professional boundaries. The director’s crossing of boundaries may well play a far larger role in the director’s discomfort than any behavior on the part of the group or its members.

   c. If you notice difficult relational dynamics connected to the experience you chose for supervision and/or connected the group or its members with whom you had the experience, please write them below.

B. **Introduce the group to your supervisor:**

1. Where do you meet?
2. How many group members do you have?
3. Is your group under the auspices of a particular church/tradition? If so, which one?
4. If you are doing *Lectio Divina* what is your focus for prayer?
5. What do you notice about this group and/or its dynamics that you find particularly striking?

C. **Introduce the group members to your supervisor:**

1. Using words and phrases, give a **brief** description of the life-context and characteristics of each group member -- those that particularly contribute to an understanding of the experience upon which you are focusing, e.g., married,
male, pastor, 45 years old, 3 teen-age children, recent surgery, out-going, energetic, active, overly busy, etc.

2. Describe the thing(s) you noticed about an individual member or members in this session that you find particularly striking.

D. Notice the Holy Spirit: Of all the things you notice about the meeting in which this experience occurred where did you see glimpses of the gifts, fruits, or movement of the Holy Spirit? e.g., signs of life, freedom, joy, compassion, solidarity in suffering, enhanced self-identity before God, ability to stand in the truth, invitation, consolation, a “new word spoken,” etc. Note these things below:

E. Write the Dialogue: Please write what amounts to approximately three (3) pages of dialogue in the six-column format provided.

1. How to Choose the Dialogue: Choose an area of the conversation directly related to the experience you are bringing for supervision, if possible. If not, choose any part of the conversation that you believe illustrates something significant about the way in which you interact with your group or its members or about your skills as a director. For example, you might choose a portion of the dialogue in which you were having trouble exercising one of the skills you are learning.

2. How to Record the Dialogue: Assign code names to each group member who will be speaking in this dialogue.
   a. In the left hand column of the form, write the dialogue itself. If relevant, note which portions of the dialogue relate most closely to your focus, e.g., from SD (spiritual director)1-SD5.
   b. In the “Thoughts” column directly to the right of that, write which thoughts arose in you during this portion of the conversation, including ideas, convictions, beliefs, and self-perceptions.
   c. In the “Feelings” column, write what you were feeling as the conversation unfolded, included all emotions but paying special attention to desires.
   d. In the “Director’s Body” column to the right, note the bodily sensations you experienced in this part of the sessions, such as warmth, chills, pain, tingling, and the like.
   e. In the “Directee’s Body” column to the right, note the body language your directee demonstrated in this part of the sessions, such as arms crossed over chest, tears, slumping of shoulders, and the like.
   f. In the “Intuition” column, record the intuitions you experienced in this part of the session, including: spontaneously arising images, knowings, sounds, colors, biblical references, and the like.
F. **Consultation Question(s):** Formulate and record below any questions about which you would like to consult with your supervisor. Consultation question deal with the practical aspects of practicing group spiritual direction, for example

1. One of the group members keeps asking questions that disturb the group in the middle of what is supposed to be quiet time. What is a good strategy for me to pursue in this case?
2. Some group members keep giving advice. How do I invite them away from that?

G. **At the close of your supervision appointment:** Share with your supervisor (and note below)

1. any new awareness gained through the supervision process that might help you in your next session with this directee.
2. what, if anything, you would do differently in the future in light of this supervision session.
3. any new freedom or refinement of skills that has arisen for you as a spiritual director through what you’ve learned in supervision today.