

Spiritual Conversation Participant Observation Guide

What is the listener's learning focus for the session?

Body language (that seemed appropriate and helpful)

Still appropriate eye contact posture smiling gestures

Presence of the listener

at ease patient contemplative nervous relaxed open reverent
friendly warm bored tense distracted creates & holds a safe space

Active listening skills

mirroring (a word or phrase) paraphrasing clarifying summarising
focussing reflects back feelings minimal encouragers
simple, single interventions helpful questions comfortable silences
uses the language of the speaker contains own material

Deepening skills:

Appropriate pace	Explores the experience
Creates and maintains rapport	Recognises movement & countermovement
Focused on prayer/ spiritual experience	Focuses on movement
Uses explicit God language	Responds to movement appropriately

Management of the session

Time management
Begins and ends well

