**Formal Verbatim**

**Director - Laura Directee - Sabrina**

**Date of Session – July 1, 2009 Location: XYZ School of Theology**

Introduction: Sabrina is a new student at the XYZ School of Theology. She is a 46 years old, African American, married woman with two college age children. She was raised in a strict religious home (Holiness Church) in a family of two working parents and three brothers. She spoke highly of her parents who both worked hard to maintain a good life for their children. Being the only girl, she was the apple of her father’s eye. She mentioned how her mother would always have her in dresses and bows (pants were not allowed) Sabrina was often the main caregiver for her brothers and though she had a pretty stable and happy childhood, she began looking for ways to be “her own person” outside the home which led to some promiscuous teenage years. She currently works in the public school system as a social worker and is looking to weave ministry into this field. She is faith filled practicing Christian who is very familiar with scripture and she refers to God as HE. This was our first session which took place right after class. She was processing with me the topic discussed during class about sexuality and spirituality. This is a portion of the dialogue that took place after she introduced me to a brief life history. She was very open with her sharing.

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| **Dialogue** | **Thoughts of Director** | **Feelings of Director** | **Body Response in Director** | **Body Response in Directee** | **Intuition** |
| L1 How are you enjoying classes? |  | relaxed |  | relaxed | She seems comfortable |
| S1 I really like them—they are so interesting. Especially today. I never thought about sexuality linked to spirituality. Brought up a lot of things while we were in quiet prayer |  |  |  |  |  |
| L2 What sorts of things? | Opening here | neutral | Soft voice to invite |  |  |
| S2 Well, here….( She wrote that should have had five children, years written down on when they would have each been born) “I had three abortions as a teenager” | So glad she feels safe here—proceed gently | compassion |  | she hands me her journal page, head down | Directee is vulnerable |
| **Dialogue** | **Thoughts of Dir** | **Feelings of Dir** | **Body response Dir** | **Body response Dee** | **Intuition** |
| L3 Sabrina, did you ever get the chance to grieve for these children? | She could have lots of different feelings around this issue | Cautious to not assume feelings of directee |  | Eyes welled up | she is grieving |
| S3 No, not properly. | Not unusual | Sad for her |  |  |  |
| L 4 What are your feelings as you think about these children. |  |  | Still relaxed |  | She is ok with me going there |
| S4 Not sure. Maybe God is inviting me to mourn their loss. See I was raised in such a strict home. Each time I got pregnant, I had to hide it | She has been through a lot |  |  |  |  |
| L5 That must have been a lot to handle emotionally. Do you feel like you are still hiding it? | Opening again | wondering | Engaged in her eye contact | Eye contact strong | She feels safe |
| S5 Yes, it’s a part of me that nobody knows |  | Love/compassion |  |  | She is all alone in this |
| L6 Do you want to be known? | Opening again | objective |  |  |  |
| S6 I want to know who I am. I was always the outgoing, leader of the bunch as a younger woman. Now, when I quiet myself and close my eyes, I see a white poster board with a marker outline of myself. | Identity an issue |  | Imagine it automatically in my mind’s eye |  |  |
| L7 Plain? Any details or color? | clarify | curious |  |  |  |
| S7 No |  |  |  |  |  |
| L8 What do you think God sees when he looks at you? | God image check |  |  |  |  |
| S8 A mess! But a blessed mess! | Aren’t we all! | united | Smile inside and out | giggles | Safe way to say a hard thing |
| L9 Well, I know a story about God looking down at some mess and coming to dwell with it! |  | whimsical |  |  |  |
| S9 Mm hmm, oh yea…that’s right |  |  |  | Shaking head in praise |  |
| L10 Do you feel God dwelling with you Sabrina? |  | hopeful |  |  |  |
| S 10 Oh yes, all the time. I sometimes feel him right beside me |  |  |  | Confident posture |  |
| L 11 You do not have to answer this now but what do you most desire from this God who dwells right beside you? | I could ask how but time is running out | Worried I won’t be able to close well | A little edgy | attentive | Don’t know why I asked this but I felt prompted by spirit |
| S 11 To know how I can serve him best—that I did not go through all this for nothing—that my life experiences have a purpose | God can use all of us to bring us to God | Sad she thinks her life could not otherwise have purpose |  | weeping | Needs justification |
| L12 Ok—if God was sitting across from you now, what one gift would you ask from him? | She is not answering question | Patient— time and space disappears | Edgy-ness has turned to calm | In gut, feel an ascetic shift | Holy Spirit here freeing me |
| S12 I would ask how I could serve him. | She did it again!  I need to reword | Still patient | excited | Confused look | Feels bad for having her own needs |
| L13 You are asking what you can do for God…and that is wonderful…but what would you like God to do for you? | a- ha moment for her | expectant |  | WOW, deer in headlights look |  |
| S13 Help me to stop feeling bad about myself | Naming it –good! | empathy |  | Tears again |  |
| L14 Would you say healing? | She feels broken |  |  |  |  |
| S14 Yes |  |  |  |  | A grace—relief |
| L15 So glad you can name it. Why don’t we pray now together, asking God for direction to begin this healing path. (we pray) | Good place to close | glad | peaceful | Smiling | She felt love here |
| L16 Until we meet again, why don’t you spend time with some healing scriptures, placing yourself in the shoes of the person who is asking Jesus for healing. | Give her tools for prayer to begin the healing process with God |  | Write a few down |  | Woman with hemorrhage, adulterous woman, Bartimaeus, etc. |
| S15 Thank you so much. You were very easy to talk to. |  | honored |  | Hugs me |  |
| L17 And so we thank God together for this time. AMEN! | It’s not about me—stay humble! | embarrassed | Hug back |  | Good fruit was gleaned here today |

Reflection: In hindsight, I wish I had not been so leading with her. I think she is suffering from shame but I didn’t know what to do with that except offer a path for her healing via scripture which is her natural go-to. I would like to be supervised on how best to deal with people who feel bad about themselves.