

Closing Reflections

This activity can be completed at or near the end of a workshop to help participants reflect on their experiences, identify what knowledge, feelings or opinions have remained the same or changed as a result of the workshop and express any outstanding issues or concerns related to the material that was covered.



Objectives

By the end of this activity, participants will be able to:

- Articulate their current knowledge, feelings, values and intentions on second-trimester abortion and how they were impacted by the workshop;
- Identify areas where they feel their values, beliefs and/or behaviors still conflict;
- Express any outstanding questions or concerns about the workshop or topics discussed.



Materials

- Closing Reflections worksheet
- Pens



Timeline

5 minutes to reflect on and complete the worksheet statements
20 minutes to share completed statements and discuss

25 minutes total



Advance Preparation

- Review and adapt the handout statements if needed.
- Photocopy worksheet, one per participant.



Instructions

1. Give each participant a worksheet. Ask them to read the statements silently and imagine how they would complete each statement. Invite them to individually reflect on their experiences during the workshop and what impact they might have on them in the future.
2. Ask participants to spend a few more minutes completing three statements of their choosing in writing. Remind participants that their responses reflect their personal views and experiences; there are no wrong answers.
3. When participants have finished writing, ask each participant to read one of their completed statements out loud. Participants may decline if they do not feel comfortable sharing any of their statements with the group.
4. Ask one or two participants to share their observations about people's completed statements.

5. Debrief the completed statements and participants' observations. Some possible debriefing questions are:
 - *What are some similarities among our group's feelings and intentions?*
 - *Where are the greatest differences in the group?*
 - *How would you describe the feelings in the room right now?*
 - *For anyone who identified a continued conflict between their values and/or behaviors on second-trimester abortion, what suggestions do we have for resolving those values?*
 - *What is your sense about the impact of this workshop on our group?*

Note to facilitators: Some suggestions for resolving ongoing second-trimester abortion values and/or behavior conflicts may include: talking to a trained counselor who is knowledgeable on the subject and can offer nonjudgmental counseling; undergoing additional training on second-trimester abortion and/or abortion values clarification, meditating or praying on the topic; keeping a journal; and starting a peer discussion or support group to create dialogue and work through these conflicts.

6. Solicit and discuss any outstanding questions, comments or concerns with the participants. Thank the group for their participation.

Activity adapted from:

Marais, Thea. 1996. *Abortion values clarification training manual*. Melrose, South Africa, Planned Parenthood Association of South Africa.

Closing Reflections Worksheet

Instructions

Choose **three** of the following statements that have meaning to you and that you would like to complete. Please complete the statement according to how you feel now.

- My personal feelings about second-trimester abortion are _____.
- My professional responsibilities regarding second-trimester abortion are _____
_____.
- I may not agree with _____, but I can respect _____.
- My ideas about _____ have changed because _____.
- I still do not fully understand _____.
- I want to explore _____ further.
- What I have learned here makes sense, but _____.
- When I think about second-trimester abortion, I still feel conflicted about _____
_____.
- One conflict between my values and behaviors on second-trimester abortion is _____.
- One way I plan to resolve conflict I feel about second-trimester abortion is _____
_____.
- This workshop has helped me to _____.
- As a result of this workshop, I will _____.

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