



## Course Syllabus

### SPIRITUAL DIRECTION PRACTICUM SPIR 0710 & SPIR 0711

Fall 2011 & Winter 2012

**SECTION 1: THURSDAY, 9:30 AM-12:30PM**  
**SECTION 2: THURSDAY, 4:30PM- 7:30PM**  
**INSTRUCTOR: SANDRA J. BROADUS, MDIV, CSD**

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Office Hours: Available Wednesday/Thursday afternoons

## I. COURSE DESCRIPTION

This course will train mature students in the art and science of spiritual mentoring through the supervised practice of spiritual direction. Students will provide weekly sessions of spiritual direction to an acceptable number of directees as well as receive weekly supervision from the professor. Through this experience, both students and supervisor(s) will continue to learn about the persons, process and practice of guiding fellow pilgrims deeper in their love for God, others and self. Enrollment is limited. The two courses run consecutively from September to May and students must register for both courses. Prerequisites include courses in Spiritual Formation and an interview with the course instructor by the end of May of the preceding year.

Enrollment will be limited to a maximum of 6 students per section.

Prerequisite: Successful completion of an interview process and final permission of the practicum committee

## II. LEARNING OUTCOMES

By the end of this course, students will be able to:

- identify character attributes of a spiritual director in their own lives;
- formulate key assumptions and essentials about the process of spiritual direction;

- identify and develop skills pertinent to the practice of spiritual direction.

### III. COURSE REQUIREMENTS

#### A. REQUIRED TEXTS

Fryling, Alice. *Seeking God Together. An Introduction to Group Spiritual Direction.* Downers Grove: IVP, 2009. ISBN 978-0-8308-3524-9

Lindahl, Kay. *Practicing the Sacred Art of Listening.* Woodstock, VT: Skylight Paths Publishing, 2003. ISBN 1-893361-85-3

Hay, Leslie A. *Hospitality The Heart of Spiritual Direction.* Harriburg, NY: Morehouse Publishing, 2006. ISBN 978-0-81922181-0

In addition, students will be responsible for formulating their own reading plan.

#### B. ASSIGNMENTS AND GRADING

**STUDENTS ARE REQUIRED TO ATTEND AND FULLY PARTICIPATE IN SCHEDULED GROUP AND INDIVIDUAL SUPERVISORY SESSIONS IN ORDER TO ACCUMULATE A SATISFACTORY NUMBER OF HOURS.**

1. Students are required to prepare and present for peer review during group supervision: (a) case studies; (b) structured reflections on their experience of giving spiritual direction; (c) centering exercises; (d) class presentation or essay.
2. Students are required to meet regularly with **15 directees** over the Fall and Winter Semesters in order to accumulate a satisfactory number of hours of individual spiritual direction.
3. Students are required to participate in the Retreat In Daily Life, offered in the Fall – over the course of 5 weeks.
4. Students are required to lead a **Spiritual Direction Group** in the Winter Semester as an addition to their ongoing individual spiritual direction in order to accumulate a satisfactory number of hours of group spiritual direction.
5. Students are required to participate as directors in the Retreat in Daily Life as offered to the Tyndale community in the Spring.
6. Students are required to complete and demonstrate that they have done a satisfactory number of hours of advanced formational and informational reading in the field. In this regard they will draft a **Learning Agreement** at the beginning of the Fall Semester and a **Learning Summary** after the end of the Winter Semester.

COMPONENT	EST. FALL HOURS	ACTUAL HRS	EST. WINTER HOURS	ACTUAL HRS
Individual Supervision	3: (6x1/2hr)		3: (6x1/2hr)	
Group Supervision	18: (6x3hr)		18: (6x3hr)	
Individual Direction	90: (7hr/wk)		90: (7hr/wk)	
Group Direction			12	
Formational Reading	10		10	
Informational Reading	20		20	
Personal Direction	6		6	
Personal Retreat	18		6	
Approved Events	12		12	
Class preparation	13		13	
<b>TOTAL</b>	<b>190 HOURS</b>		<b>190 HOURS</b>	

7. Students need to complete all other required documentation.
8. Please note that during the course of supervision, individuals &/or the group will be required to do preparatory or reflective work as an integral part of their learning.
9. Students are required to continue receiving spiritual direction on a regular basis.

Students completing/not completing all of the above requirements in a satisfactory manner will receive a **pass/fail** grade.

#### IV. COURSE SCHEDULE, CONTENT AND REQUIRED READINGS

During the first session of the Fall and Winter semesters a timetable will be worked out to accommodate individual and group supervision on alternate weeks. At this time students will also schedule preparatory and or reflective work due dates, as well as their responsibilities for supervision: e.g. leading centering exercises, presenting case studies.

Students should be aware that the practice of supervision is derived from an adult learner-centered model of education. As such, students are expected to take personal responsibility for their learning in order to gain maximum benefit from the course.

## V. SELECTED BIBLIOGRAPHY

### SPIRITUAL DIRECTION

- Bakke, Jeannette. *Holy Invitations*. Grand Rapids: Baker, 2000.
- Barry, William A., and Connolly, William J. *The Practice of Spiritual Direction*. New York: Harper, 1986.
- Benner, David. *Care of Souls, Revisioning Christian Nurture and Counsel*. Grand Rapids: Baker Books, 1998.
- Benner, David. [\*Sacred Companions: The Gift of Spiritual Friendship and Direction\*](#). Downers Grove: IVP, 2002.
- Benner, David. [\*The Gift of Being Yourself\*](#). Downers Grove: IVP, 2004.
- Birmingham, Madeline., and Connolly, William. [\*Witnessing to the Fire: Spiritual Direction and the Development of Directors, One Center's Experience\*](#). Theological Book Service, 1995.
- Conroy, Maureen. [\*Looking into the Well: Supervision of Spiritual Directors\*](#). Chicago: Loyola Press, 1995.
- Edwards, Tilden. [\*Spiritual Director, Spiritual Companion: Guide to Tending the Soul\*](#). Mahwah, NJ: Paulist Press, 2001.
- Fleming, David, S.J. *The Christian Ministry of Spiritual Direction*. St. Louis, MO: Review for Religious, 1996.
- Gire, Ken. [\*Intimate Moments With the Savior: Learning to Love\*](#). Grand Rapids: Zondervan, 1989.
- Gratton, Carolyn. *The Art of Spiritual Guidance*. New York: Crossroad, 1992 (2000).
- Green, Thomas. *The Friend of the Bridegroom: Spiritual Direction and the Encounter with Christ*. Notre Dame, IN: Ave Maria Press, 2000.
- Guenther, Margaret. *Holy Listening: The Art of Spiritual Direction*. Cambridge, MA: Cowley, 1992.
- Hay, Leslie A. *Hospitality: The Heart of Spiritual Direction*. Milwaukee: Morehouse, 2006.
- Heidish, Marcy. *A Candle at Midnight, Keeping Vigil as a Path Through Depression*. Notre Dame, IN: Ave Maria Press, 2001.
- Job, Rueben. *A Guide to Spiritual Discernment*. Nashville: Upper Room Books, 1996.
- Jones, Alan. *Exploring Spiritual Direction*. Cambridge, MA: Cowley, 1999.

- Krebs Hirsh, Sandra and Jane A.G. Kise, *Soul Types*. Minneapolis: Augsburg Books, 2006.
- Leech, Kenneth., and George Carey. [\*Soul Friend: Spiritual Direction in the Modern World\*](#). Milwaukee: Morehouse, 2001.
- Merton, Thomas. [\*New Seeds of Contemplation\*](#). Bardstown, KY: Abbey of Gethsemani Inc., 1961.
- Merton, Thomas. [\*Spiritual Direction and Meditation\*](#). Collegeville, MN: Liturgical Press, 1986.
- Morneau, Robert. *Spiritual Direction: Principles and Practices*. New York: Crossroad/Herder & Herder, 1992.
- Mulholland, M. Robert. [\*The Deeper Journey, The Spirituality of Discovering Your True Self\*](#). Downers Gove, IL: IVP, 2006.
- O'Collins, Gerald. [\*Following the Way: Jesus Our Spiritual Director\*](#). New York: Paulist Press, 2001.
- Peace, Richard. *Meditative Prayer: Entering God's Presence*. Colorado Springs: Navpress, 1998.
- Peterson, Eugene H. [\*The Contemplative Pastor: Returning to the Art of Spiritual Direction\*](#). Grand Rapids: Eerdmans, 1993.
- Range, Fleetwood. *The Reluctant Spiritual Director*. Catacombs Press, 1996.
- Reese, Randy, and Keith Anderson. [\*Spiritual Mentoring: A Guide for Seeking and Giving Direction\*](#). Downers Grove, IL: InterVarsity Press, 1999.
- Ruffing, Janet, R.S.M. [\*Spiritual Direction: Beyond the Beginnings\*](#). New York: Paulist Press, 2000.
- Skehan, James, S.J. [\*Place Me With Your Son\*](#). Washington, DC: Georgetown University Press, 1991.
- Stairs, Jean. [\*Listening for the Soul: Pastoral Care and Spiritual Direction\*](#). Minneapolis: Fortress Press, 2000.
- Stinissen, Wilfried. *The Gift of Spiritual Direction: On Spiritual Guidance and Care for the Soul*. Liguori, Missouri: Liguori Publications, 1999.
- Thomas, Gary. [\*Sacred Pathways\*](#). Grand Rapids: Zondervan, 1996.
- Tyndale Spiritual Formation Reading Room:**  
(<http://www.tyndale.ca/seminary/mtsm modular/viewpage.php?pid=38>).
- Vennard, Jane. *Be Still: Designing and Leading Contemplative Retreats*. Herndon, VA: Alban Institute, 2000.
- Vest, Norvene, ed. [\*Still Listening, New Horizons in Spiritual Direction\*](#). Milwaukee: Morehouse Publishing, 2000.
- Williams, Ruthann, O.P. *Go In Peace: A Biblical Perspective on Healing for Women*. Boston: Pauline Books and Media, 1997.

Wolff, Pierre. *Discernment, The Art of Choosing Well*. Liguori, Missouri: Liguori/Triumph 2003.

### **INTERDENOMINATIONAL SPIRITUAL DIRECTION**

Addison, Howard. *Show me Your Way: The Complete Guide to Exploring Interfaith Spiritual Direction*. Woodstock, VT: Skylight Paths Publications, 2000.

Allen, Joseph. *Inner Way: Toward a Rebirth of Eastern Christian Spiritual Direction*. Grand Rapids: Eerdmans, 1999.

Ashley, Benedict. *Spiritual Direction in the Dominican Tradition (Integration Books)*. New York: Paulist Press, 1995.

Baker, Howard. *Soul Keeping: Ancient Paths of Spiritual Direction (Spiritual Formation Line)*. Colorado Springs: NavPress, 1998.

Ball, Peter. *Anglican Spiritual Direction*. Cambridge, MA: Cowley, 1999.

Houdek, Francis J., and Frank J. Houdek. *Guided by the Spirit: A Jesuit Perspective on Spiritual Direction*. Chicago: Loyola Press, 1996.