



TYNDALE

• SEMINARY •

Course Syllabus

**FALL 2019 / WINTER 2020
SPIRITUAL DIRECTION INTERNSHIP I & II
SPIR 0710 & SPIR 0711**

**FALL 2019: SEPTEMBER 11 – DECEMBER 4
WINTER 2020: JANUARY 15 – APRIL 8
WEDNESDAYS, 2:15PM – 5:05 PM**

INSTRUCTOR: SHARON BRADIMORE, STM, CSDS

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Access course material at <http://classes.tyndale.ca/>

Course emails will be sent to your @MyTyndale.ca e-mail account only.

[Learn how to access and forward emails to your personal account.](#)

The mission of Tyndale Seminary is to provide Christ-centred graduate theological education for leaders in the church and society whose lives are marked by intellectual maturity, spiritual vigour and moral integrity, and whose witness will faithfully engage culture with the Gospel.

I. COURSE DESCRIPTION

Designed for those seeking to become certified spiritual directors. Students learn the art and practice of spiritual direction through weekly practices of soul care, teaching, supervised inclass sessions, group and individual supervision, as well as providing bi-weekly spiritual direction to directees. Through these multi-faceted experiences, students explore their capacity to help others attend to God's presence in their lives while living out a theology of

love for God, self and others. The two courses run consecutively from September to April. Students must register for both courses.

Prerequisites: SPIR 0700, SPIR 0610, SPIR 0609, SPIR 0601; Successful interview with the instructor (prior to May 30 for the following Fall semester); Evidence of having met with a Spiritual Director for at least one year; Three references submitted to the internship instructor. Limited enrolment.

II. LEARNING OUTCOMES

At the end of the course, students will be able to:

1. Formulate a theological and biblical foundation for the practice of spiritual direction and practice theological reflection as the basis for ongoing conversion.
2. Employ hospitable, deep listening as a means helping others attend more deeply to God's presence and leading in their lives.
3. Appraise and employ wisdom from key authors and literature pertaining to the ancient roots and contemporary practices of spiritual direction.
4. Explain key components related to spiritual formation and direction, including but not limited to the contours of a healthy growing faith and spiritual pathways; deepening intimacy and prayer, God image, discernment, self-image and awareness; sin, suffering, forgiveness and healing; community, culture and growth "for the sake of others."
5. Practice listening prayer, ongoing reflection and supervision as essential to personal maturation and integrity of practice.
6. Recognize one's gifts and growing edges, posture and ongoing discernment related to the (ongoing) call of offering spiritual direction.

III. COURSE REQUIREMENTS

A. REQUIRED READING

Bakke, Jeanette A. *Holy Invitations*, Grand Rapids: Baker, 2000.

Hagberg, Janet O. & Robert A. Guelich. *The Critical Journey: Stages in the Life of Faith*. Salem, WI: Sheffield Pub. Co., 2005.

Hoare, Liz. *Using the Bible in Spiritual Direction*. New York: Morehouse Pub., 2015.

Job, Reuben P. & Norman Shawchuck. *A Guide to Prayer for All God's People*. Nashville, TN: The Upper Room, 1994.

B. SUPPLEMENTARY / RECOMMENDED READING AND TOOLS

Summer Reading:

Nouwen, Henri. *The Way of the Heart*. New York: HarperCollins Pub., 1981.

Consider: *How is God inviting you to tend your soul as you prepare for the upcoming class?*

Any time:

Calhoun, Adele Ahlberg. *Spiritual Disciplines Handbook (revised & expanded)*. Downers Grove: IVP, 2015.

Mulholland, Robert. *Invitation to a Journey*. Downer Grove: IVP, 1993.

Nouwen, Henri. *Spiritual Direction*. New York: Harper Collins, 2006.

Articles related to in-class teaching and topics arising within spiritual direction sessions are posted weekly to the class page. This helps familiarize you with what a wide range of historical and contemporary authors have written about spiritual direction. These articles plus the bibliography provide resources for your reflection/research assignments.

Tyndale recommends www.stepbible.com – a free and reputable online resource developed by Tyndale House (Cambridge University) – for word searches of original-language texts, as well as for topical searches, interlinear texts, dictionaries, etc. Refer to the library for other [online resources for Biblical Studies](#).

C. ASSIGNMENTS AND GRADING

1. This is an internship/practicum. Students are required to attend and fully participate in all scheduled classes: Wednesdays, 2:15-5:05PM. Also required: attendance and participation at the orientation class on **September 4, 2019 (10:00 am – 3:00 pm)**.
Classroom tbc.
2. Students are required to continue receiving personal spiritual direction on a regular basis. It is a prerequisite to have received spiritual direction for the immediate year before the practicum and to continue in receiving individual spiritual direction throughout the Practicum year. Retreat in Daily Life (**RDL**) dates to be confirmed. The RDL will substitute for personal spiritual direction and a retreat in the Fall Term.
3. Students are required to prepare and present for triads with supervision.
4. Supervisors will require preparatory and reflective work as an integral part of on-going learning as a spiritual director. Fall Semester: in-class practice and discussion plus three brief reflection papers. Winter Semester: developing facility with the CRF (Contemplative Reflection Form); continued in-class practice, discussion and written work.
Due: On going throughout the term
5. Submit a 9-11 page 2-part reflection and research paper (See Section D of this syllabus regarding Guidelines) at the end of **Fall Term**: a) continue to reflect on your personal prayer and experience and b) research into an area for deeper study and growth emerging from your practice of spiritual direction from September-December.
DUE December 11, 2019
6. Submit a 18-20 page 3-part paper including personal reflection (3 pages), research related to emerging questions and or area/s of competency as a spiritual director (9-11 pages) plus learning drawn from your CRFs (6-8 pages). These should highlight personal transformation and growth, skill development throughout the year and ongoing, personal discernment of the ministry of spiritual direction. It can draw from class soul care, teaching, reading and research discoveries, triad work and supervision, the prayer guide,

journaling and ongoing reflection during the **Winter Term**. Lastly, it should identify how you have been personally challenged and transformed through your time at Tyndale highlighting your internship year and practices you have incorporated into your rhythm of life. A final paragraph should identify what you see as your calling, passion and focus of ministry. This serves as a personalized mission statement for you. Attach the completed chart below which identifies your accumulated internship hours as part of the paper. Additional details will be given in class.

DUE April 15, 2020

- 7. Competency Interview** the week of **April 20-23, 2020** (*by appointment*).

D. EQUITY OF ACCESS

Students with permanent or temporary disabilities who need academic accommodations must contact the Accessibility Services at the Centre for Academic Excellence to register and discuss their specific needs. *New students* must self-identify and register with the Accessibility Office at the beginning of the semester or as early as possible to access appropriate services. *Current students* must renew their plans as early as possible to have active accommodations in place.

E. SUMMARY OF ASSIGNMENTS AND GRADING

This is pass/fail course.

| COMPONENT | Fall 2019 | Winter 2020 |
|---|---|---|
| Individual supervision | 3 hr | 3 hr |
| Group supervision of D'r | 3 hr | 3 hr |
| Giving individual direction | Track accumulated hours per class hand-out | Track accumulated hours per class hand-out |
| Retreat | RDL - required | 24-hour individual - required |
| Personal direction received | RDL substitutes for this | 3 sessions w/your own D'r |
| Personal Devotional Life and Journaling | Daily text: <i>A Guide to Prayer for All God's People</i> | Daily text: <i>A Guide to Prayer for All God's People</i> |
| Reading: Class texts / posts | ongoing | ongoing |

Evaluation is based upon the completion of the following assignments:

| | |
|--|------|
| Reflection papers (3 per term) | 18% |
| Fall Term research paper | 10% |
| 6 Contemplative Reflection Forms (CRF) for supervision | 18% |
| Winter Term research and CRF competency paper | 20% |
| Recommendation of your supervisor | 16% |
| Class/Triad interaction, participation and reading | 18% |
| Spiritual Direction Internship Evaluation Form | |
| Total grade | 100% |

F. GENERAL GUIDELINES FOR THE SUBMISSION OF WRITTEN WORK

Your work should demonstrate the following characteristics:

For proper citation style, consult the [Chicago-Style Quick Guide](#) (Tyndale e-resource) or the full edition of the [Chicago Manual of Style Online](#), especially [ch. 14](#). For citing scripture texts, refer to sections [10.44 to 10.48](#) and [14.238 to 14.241](#).

Guidelines for submitting CRFs will be given in class.

Academic Integrity

Integrity in academic work is required of all our students. Academic dishonesty is any breach of this integrity, and includes such practices as cheating (the use of unauthorized material on tests and examinations), submitting the same work for different classes without permission of the instructors; using false information (including false references to secondary sources) in an assignment; improper or unacknowledged collaboration with other students, and plagiarism. Tyndale University College & Seminary takes seriously its responsibility to uphold academic integrity, and to penalize academic dishonesty.

Students are encouraged to consult [writing resources](#).

Students should also consult the current [Academic Calendar](#) for academic policies on Academic Honesty, Gender Inclusive Language in Written Assignments, Late Papers and Extensions, Return of Assignments, and Grading System.

Research Ethics

All course-based assignments involving human participants requires ethical review and approval by the [Tyndale Research Ethics Board \(REB\)](#). Check with the Seminary Office (Room B302; aau@tyndale.ca) before proceeding.

G. COURSE EVALUATION

Tyndale Seminary values quality in the courses it offers its students. End-of-course evaluations provide valuable student feedback and are one of the ways that Tyndale Seminary works towards maintaining and improving the quality of courses and the student's learning experience. Student involvement in this process is critical to enhance the general quality of teaching and learning.

Before the end of the course, students are required to complete the Spiritual Direction Internship Evaluation Form posted on the course page and submit it to the instructor by April 15, 2020.

IV. COURSE SCHEDULE, CONTENT AND REQUIRED READINGS

Orientation day is September 4, 2019 from 10:30AM-3:30 PM. **Instructor to send Room number in late August once it is confirmed.** Specific dates and schedule, content, and further explanations of the internship experience will be presented at the orientation.

Fall 2019 (SPIR 0710)

Note: check for further readings posted to Class Page.

Summer reading 2019: *The Way of the Heart*, Henri Nouwen

Sept 4: Orientation Day

Sept 11/Round 1.1: What is spiritual direction? Who is a spiritual director?

- Reading: Bakke, Ch. 1; Hoare, Ch. 1, 3, 7
- Prayer Guide, Year C, 46: *God's Unlimited Grace*, 280ff

Sept 18/Round 1.2: Listening to the RAIN

- Reading: Bakke, Ch. 2; Hoare, Ch. 5; Hagberg & Guelich, Ch 1 & 2
- Prayer Guide, Year C, 47: *Good Stewards*, 286ff

Sept 25/Round 1.3: Reflecting on Experience

- Reading: Bakke, Ch. 10; Hoare, Ch. 2, 6
- Prayer Guide, Year C, 48: *Who Enters God's Kingdom?*, 292ff

Oct 2/Round 1.4: Supervision 1 - by appointment

- Reading: Bakke, Ch. 3, 4, 5
- Prayer Guide, Year C, 49: *Faithful and Obedient*, 297ff

Oct 9/Round 2.1: Ways of Knowing: Emotions

- Reading: Johnson, Ch. 11; Bakke, Ch. 12
 - Prayer Guide, Year C, 50: *All Things Are Possible*, 303ff
- DUE:** Reflection paper 1 (bring hard copy to class)

RDL Opening (Retreat in Everyday Life)

10 am - 12:30 pm (*details to follow*)

Oct 16/Round 2.2: Ways of Knowing: The Body

- Reading: Bakke, Ch. 14; Hoare, Ch. 4
- Prayer Guide, Year C, 51: *Servanthood*, 308ff

Oct 23: Reading Week

- **Self knowledge:** Personality, Spiritual Pathways, Navigating the Interior Life: Sin
- Prayer Guide, Year C, 52: *When Jesus Calls*, 314ff

Oct 30/Round 2.3: Open the Eyes of our Heart: Images & Imagination

- Prayer Guide, Year C, 53: *True Humanity*, 319ff

Nov 6/Round 2.4: **Supervision 2** - by appointment

- Reading: Bakke, Ch. 11
- Prayer Guide, Year C, 54: *A Resurrection People*, 325ff

Nov 13/Round 3.1: **Stages of Faith; Awakening, Sin, Purgation**

- Reading: Hagberg, Ch. 3 & 4.
- Prayer Guide, Year C, 55: *Faithful Witness*, 331ff
DUE: Reflection paper 2 (bring hard copy to class)

Nov 20/Round 3.2:

- Reading: Hoare, Ch. 8; Hagberg and Guelich, Ch. 5 & 6
- Prayer Guide, Year C, 56: *Christ the King*, 336ff

RDL Closing (*details to follow*)

10:00 am - 12:30 pm

Nov. 27/Round 3.3: **Ways of knowing: Interior Dialogue** (CRF)

- Reading: Hoare, Ch. 11
- Prayer Guide, Advent I begins Dec. 1; **Year A**; 1: *Waiting and Watching*, 23ff

Dec. 4/Round 3.4: **Supervision 3** - by appointment

- Reading: Bakke, Ch. 9, 15, 16
- Prayer Guide, Advent II, Year A; 2, *Getting Ready*, 30ff

Dec 11: Term Paper **DUE**

- Prayer Guide, Advent III, Year A; 3, *Good News*, 36ff
- Fyi: Dec 18; *When God Comes*, 42ff. (Advent finishes Dec 24)
Dec 25, Year A, 5, *God's Greatest Gifts*, 47ff
Jan 1, 2020; Year A, 6, *Chosen by God*, 52ff
Jan 8, Year A, 7, *God's Eternal Purpose*, 58ff

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Note: [check for further readings posted to Class Page.](#)

Jan 15/Round 4.1: **"We begin again"; Repetition and Resistance**

- Reading: Johnson, Ch 1-3; Hagberg & Guelich, Ch 5, 6 (also pages 169-175)
- Prayer Guide, Year A, 8: *Following Jesus*, 65ff
- Class Post: Guidelines for Final Paper

Jan 22/Round 4.2: **Forgiveness and healing**

- Reading: Johnson, Ch. 9
- Prayer Guide, Year A, 9: *The Call of God*, 72ff

Jan 29/Round 4.3: **Transference, countertransference**

- Reading: Johnson, Ch 7 & 8
- Prayer Guide, Year A, 10: *The Power of God's Word*, 78ff

Feb 5/Round 4.4: **Supervision 4**, by appointment

- Reading: Johnson, Ch. 5
- Prayer Guide, Year A, 11: *The Meaning of Discipleship*, 85ff

Feb 12/Round 5.1: **The Wall (Dark Nights)**

- Reflection paper 4 **DUE** (Bring hard copy to class)
- Reading: Hagberg & Guelich, Ch 7 & 13 (also p175-178)
- Prayer Guide, Year A, 12: *Choose Life*, 91ff

Feb 19: **Reading Week**

- Reading: Hagberg & Guelich, Ch. 8 & 9 (also p179-184)
- Take Spiritual Life Inventory
<http://www.elmdm.com/wp-content/uploads/2017/02/Spiritual-Life-Inventory.pdf>
- Prayer Guide, Year A, 13: *The Abundance of God's Mercy*, 96ff

Feb 26/Round 5.2: **"Pray with all kinds of prayers"** (Eph 6:18)

- Reading: Johnson, Ch. 10; Hagberg & Guelich, Ch. 11
- Prayer Guide, Year A 14: *Good People - Good Actions*, 102ff

Mar. 4/Round 5.3: **A Discerning Heart**

- Reading: Johnson, Ch. 13; Hagberg & Guelich, Ch. 12
- Prayer Guide, Year A, Ash Wed/Lent begins, 16: Getting Ready to Serve, 114ff

Mar 11/Round 5.4: **Supervision 5** - by appointment

- Reading: Johnson, Ch. 15; Hagberg & Guelich, Ch. 10
- Prayer Guide, Year A, 17: *What God Has Promised*, 120ff

Mar 18/Round 6.1: **Spiritual Direction: "For the sake of others"**

- Reflection paper 5 **DUE** (bring hard copy to class)
- Reading: Johnson, Ch. 6; Hagberg & Guelich, Ch 8, 9 (also p179-184)
- Prayer Guide, Year A, 18: *Meeting God Face to Face*, 125ff

Mar 25/Round 6.2: **Suffering; Stations of the Cross**

- Reading: Johnson, Ch. 14; Hagberg & Guelich Ch. 14
- Prayer Guide, Year A, 19: *The God Who Seeks*, 131ff

Apr 1/Round 6.3: **Discerning the practice of spiritual direction**

- Reading: Johnson, Ch. 12
- Prayer Guide, Year A, 20: *Power to Give Life*, 137ff

April 8/Round 6.4: **Supervision 6** - by appointment

- Reading: Johnson, Ch. 17
- Prayer Guide, Year A, 21: *The Cost of Right Choices*, 143ff

April 15: **Final paper due**

- Lent ends April 18; Easter Apr 21
- Prayer Guide, Year A, 22: *The Living Christ*, 148ff

April 20-22: **Competency interview** (by appointment)

- Prayer Guide, Year A, 23: *Life in Christ*, 153ff

V. SELECTED BIBLIOGRAPHY

(Tyndale Library supports this course with [e-journals and e-books](#). See the [Library FAQ page](#).)
(see bottom of bibliography)

Anderson, Keith, and Randy D. Reese. *Spiritual Mentoring; A Guide for Seeking and Giving Direction*. Downers Grove, IL: InterVarsity, 1999.

Baker, Howard. *Soul Keeping; Ancient Paths of Spiritual Direction*. Colorado Springs, CO: NavPress, 1998.

Bakke, Jeannette. *Holy Invitations*. Grand Rapids: Baker, 2000.

Barry, William A., and William J. Connolly. *The Practice of Spiritual Direction*. HarperSanFrancisco, 1984.

_____. *With an Everlasting Love; Developing an Intimate Relationship with God*. Mahwah, NJ: Paulist Press, 1999.

Barton, Ruth Haley. *Invitation to Solitude and Silence*. Downers Grove, IL: InterVarsity, 2010.

_____. *Sacred Rhythms*. Downers Grove, IL: InterVarsity, 2006.

_____. *Pursuing God's Will Together*. Downers Grove, IL: InterVarsity, 2012.

_____. *Strengthening the Soul of Your Leadership*. Downers Grove, IL: InterVarsity, 2008.

Benner, David. *Sacred Companions: The Gift of Spiritual Friendship and Direction*. Downers Grove, IL: InterVarsity, 2002.

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_____. *Desiring God's Will; Aligning Our Hearts With the Heart of God*. Downers Grove, IL: InterVarsity, 2005.

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_____. *Opening To God*. Downers Grove, IL: InterVarsity, 2010.

_____. *Spirituality and the Awakening Self*. Grand Rapids: Brazos Press, 2012.

_____. *Surrender to Love*. Downers Grove, IL: InterVarsity, 2004.

_____. *The Gift of Being Yourself*. Downers Grove, IL: InterVarsity, 2004

Benner, Juliet. *Contemplative Vision*. Downers Grove, IL: InterVarsity, 2011.

Brown Taylor, Barbara. *Learning to Walk in the Dark*. New York: HarperCollins Pub., 2014.

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- Buckley, Suzanne M., Ed. *Sacred Is the Call: Formation and Transformation in Spiritual Direction Programs*. New York: The Crossroad Pub. Co., 2005
- Calhoun, Adele Ahlberg. *Invitations from God*. Downers Grove, IL: IVP, 2011.
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- Casey, Michael. *Sacred Reading: The Ancient Art of Lectio Divina*. Liguori, MO: Liguori, 2002.
- Cepero, Helen. *Journaling As A Spiritual Practice: Encountering God Through Attentive Writing*. Downers Grove, IL: IVP, 2008.
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- Chandler, Diane. *Christian Spiritual Formation*. Downers Grove: IVP, 2014.
- Conroy, Maureen. *Looking into the Well: Supervision of Spiritual Directors*. Chicago: Loyola Press, 1995.
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- de Caussade, Jean-Pierre. *The Sacrament of the Present Moment*. Reissue edition. HarperSanFrancisco, 2010.
- Demarest, Bruce. *Soul Guide: Following Jesus As Spiritual Director*. Colorado Springs, CO: NavPress, 2003.
- Des Cotes, Rob. *Fan the Flame: Meditations for Spiritual Direction*. Toronto: Clements Pub., 2006.
- Dougherty, Rose Mary. *Group Spiritual Direction: Community for Discernment*. Mahwah, NJ: Paulist Press, 1995.
- Dyckman, Katherine M., & Carroll, L. Patrick. *Inviting the Mystic, Supporting the Prophet: An Introduction to Spiritual Direction*. Mahwah, NJ: Paulist Press, 1981.
- Edwards, Tilden. *Spiritual Director Spiritual Companion: Guide to Tending the Soul*. Mahwah, NJ: Paulist Press, 2001.
- Fischer, Kathleen, *Women at the Well: Feminist Perspectives on Spiritual Direction*. Mahwah, NJ: Paulist Press, 1988.
- Frager, Robert, Ed. *Sharing Sacred Stories: Current Approaches to Spiritual Direction and Guidance*. New York: Crossword Pubs. Co., 2007.
- Fryling, Alice. *Seeking God Together: An Introduction to Group Spiritual Direction*. Downers Grove, IL: IVP, 2009.
- Gatta, Julia. *Three Spiritual Directors for Our Time*. Cowley Pubs., 1986.
- Gratton, Carolyn, *The Art of Spiritual Guidance*. New York: Crossroad Pub. Co., 2003.
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- _____. *When The Well Runs Dry*. Notre Dame, IN: Ave Maria Press, 1978.
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[eReflections](#). Ruth Haley Barton.

[Imago Dei Christian Community](#). Rob Des Cotes. Subscribe to weekly meditations.

[Sight Psalms](#). The Upper Room. A daily, online photo and line from the Psalms for reflection through the use of images.

Apps:

[3 minute retreat](#). Loyola Press, A Jesuit Ministry. Daily: Scripture followed by brief commentary and 2 questions for personal reflection.

[PrayerMate](#). A wide range of options for organizing one's prayer life.