STMA 553 Art of Spiritual Direction Practicum I

Syllabus

Welcome to STMA 553, The Art of Spiritual Direction Practicum I! Before you sign up for this course, please note the following:

1) This course is an STMA (STM Advanced) course. It is specifically designed for students desiring to engage in the ministry of spiritual direction. The following courses are required prerequisites for entrance into this class: STMM 557, MTI I; STMM 558, MTI II; STMM 559, MTI III; STMM 561, Contemporary Christian Spirituality and Prayer; STMM 571, The Art of Spiritual Direction; STMA 561, Psycho-Spiritual Development; and STMA 570, Spiritual Discernment. STMA 561 and STMA 570 may be taken concurrently if necessary. Please notify the instructor if you need to do this.

2) An Orientation for this course took place last May. If you did not come to this orientation, please contact the instructor of this class before registering for the course.

I look forward to your participation in this class!

Course Information

Course Number: STMA 553		Instructor:	Mary Rose Bumpus, RSM, Ph.D.
Units : 3		Office:	Hunthausen Hall #217
Prerequisites: STMM 557, 558, 559, 561, STMA 561 570		Office Hours:	By Appointment (see below)
		Phone:	206-296-6958
		Email:	bumpusm@seattleu.edu

Time and Place

Day:	Wednesday
Time:	9:00 a.m. – 11:50 a.m.
Place:	Hunthausen Hall #160
First Day of Class:	September 26, 2007
Holidays:	Thanksgiving: Wednesday, November 21, 2007
Last day of Class:	Wednesday, December 5, 2007

Course Description: This course begins a two quarter practicum in the art of spiritual direction. The sequence (STMA 553 and 554) combines two components: 1) an internship in the practice of spiritual direction and 2) a weekly class. Each participant offers spiritual direction for at least two people outside of class time during both quarters. In class, students present direction dialogues and reflect upon direction sessions within the context of a specific supervisory process. They engage in role playing, consultation, discussion of readings, and offer individual assessment of all participants.

Objectives

- To grow in the ability to recognize signs of the presence of the Spirit in direction
- To understand the purpose and practice the process of supervision
- To practice interpersonal skills and discernment in spiritual direction and supervision
- To learn to make use of interior movements to respond appropriately to persons in direction situations and to other members of the supervision group
- To recognize areas of strength and limitation in directing
- To develop an understanding of the spiritual direction process
- To grow in confidence and ability in the process of facilitating the faith life of others
- To learn various forms of group direction
- To integrate learnings, conceptual and experiential

STM Competencies

The Art of Spiritual Direction Practicum I and II are courses for students intent on becoming spiritual directors. Participants in this class are in the MATS degree, the joint M.Div./PMC in spiritual direction or the Post Master's Certificate in Spiritual Direction. This course is designed to assist students in meeting the following STM theological and ministerial competencies prescribed for the MATS and M.Div. degrees:

I. Theological Competencies

B. Theology

1. Understanding of the interaction of religious/spiritual experience and culture in their ecumenical, interfaith, and multicultural dimensions.
2. Knowledge of the methods of Christian spirituality, especially as they relate to the practice of spiritual direction.

II. Pastoral and Ministerial Skills Competencies

A. Understanding of self as human, minister, leader

1. Ability to name one's ministerial gifts, limitations, and opportunities for growth.
2. Ability to identify one's own cultural and co-cultural perspectives.

B. Understanding of the other and the dynamics of interaction with another

1. Ability to listen for understanding, respond with empathy, facilitate intra- and inter-personal conflict and make appropriate referrals when relating one-to-one in a pastoral context.

2. Ability to be an effective participant in different kinds of groups, maintaining one's personal authority and collaborating openly in the group process toward mutually sought outcomes.

D. Understanding of ministerial identity

1. Ability to articulate and perform out of a ministerial identity.
2. Ability to integrate theological reflection with practical/pastoral experience.
3. Capacity for intimacy with others balanced with understanding of and capacity to set appropriate boundaries.
4. Knowledge of appropriate boundaries and ability to exercise good judgment and ethical behavior in relation to a variety of issues (i.e., sexual boundaries, dual relationships, etc.)

III. Spiritual Growth and Development Competencies

A. Awareness, development and expression of one's personal spirituality

1. Ability to reflect leading to self-awareness and self-knowledge.
2. Ability to articulate one's relationship with God, self, others, and creation.
3. Ability to engage in communal forms of prayer.

B. Context and Content

1. Knowledge of the plurality of contemporary Christian traditions and diverse forms of prayer.
2. Knowledge of one's denominational piety and spirituality.

C. Ability to live everyday spirituality grounded in justice

1. Knowledge that sustained action flows from a spirituality based on justice.
2. Ability to facilitate small groups in spiritual expression; i.e., faith sharing, theological reflection, prayer, etc.

<u>Course Requirements</u>

1) Class attendance each week
2) Participation in supervision process and small group exercises
3) Offering spiritual direction for a ***minimum*** of two people
   They should be significantly different in some way
   e.g., male and female, older and younger,
   different cultural heritages
4) Four written dialogues and Contemplative Reflection Forms, two of which will be presented in class for supervision
5) Critical and engaged reflection of readings
6) Written assessment of each class participant

Special Needs

If you have or think you may have a disability (including an "invisible disability" such as a learning disability, a chronic health problem, or a mental health condition) that interferes with your performance as a student in this class, you are encouraged to discuss your needs and arrange support services and/or accommodations through Disabilities Services staff in the Learning Center, Loyola 100, 206-296-5740.

Appointments and Office Hours

Please call or email for a specific appointment time. The office phone number is 206-296-6958. I can also be reached by email: bumpusm@seattleu.edu. I am most available on Wednesday afternoons and Thursday mornings.

Scheduled Classes and Assigned Readings

Sept. 26 Introductory Matters

1. Review Syllabus
2. Code of Ethics
3. Sign up for Presentations
4. Dialogue Form
5. Contemplative Reflection Form
6. Dynamics and Atmosphere of Peer Supervision
7. Explanation of Supervision Process
8. Introductions/Faith Sharing

Oct. 3 What Is Supervision?

Dialogue & CRF One: Demonstration of Process – Instructor and Student
Dialogue & CRF Two: Entire Group Process
Discussion: "What Is Supervision?"

Assigned Reading:

Mary Rose Bumpus, "Supervision: The Assistance of an Absent Other," Ch. 1 in Supervision of Spiritual Directors: Engaging in Holy Mystery, vi-viii, 3-15.
James Neafsey, "Seeing Beyond: A Contemplative Approach to Supervision," Ch. 2 in Supervision of Spiritual Directors: Engaging in Holy Mystery, 17-31.
Rebecca Bradburn Langer, "Seeing with Clarity: Defining the Supervision Task," Ch. 3 in Supervision of Spiritual Directors: Engaging in Holy Mystery, 33-45.

Oct. 10 Noticing the Presence of God

Dialogue & CRF One
Dialogue & CRF Two
Discussion on the Presence of God -- Thomas R. Kelly

Assigned Reading:

Thomas R. Kelly, A Testament of Devotion, pages vii-22, 65-127.
Mary Rose Bumpus, "Paraphrase of Ignatian Rules for Discernment," (Reader).

Oct. 17 Reflections on Simplicity

Dialogue & CRF One
Dialogue & CRF Two
Discussion of "Transference and Countertransference"
Discussion of "Reflections on Simplicity"

Assigned Reading:

Mary Rose Bumpus, "Transference and Countertransference" (Reader)
Elaine M. Prevallet, "Reflections on Simplicity," Pendle Hill Pamphlet #244.

Oct. 24 Invitation and Challenge

Dialogue & CRF One
Dialogue & CRF Two
Dialogue & CRF Three
Discussion of Place of Invitation in Spiritual Direction – Barbara Sheehan

Assigned Reading:

Barbara Sheehan, "The Art of Confrontation in Spiritual Direction" (Reader)

Additional Verbatim Due Today

Oct. 31 Befriending Our Desires

Dialogue & CRF One
Dialogue & CRF Two
Discussion of "Befriending Our Desires"

Assigned Reading:

Philip Sheldrake. Befriending Our Desires, 120 pages.

Nov. 7 Being Known
Dialogue & CRF One
Dialogue & CRF Two
Dialogue & CRF Three
Discussion of "Being Known" – Maria Tattu Bowen

Assigned Reading:

Maria Tattu Bowen, "Dimensions of the Human Person in Relationship and the Practice of Supervision," Ch. 5 in Supervision of Spiritual Directors: Engaging In Holy Mystery, 65-81.

Nov. 14 Group Spiritual Direction: One for All Model

Dialogue & CRF One
Dialogue & CRF Two
Introduction to Group Spiritual Direction
One for All Model: Small Group/Preaching

Additional Verbatim Due Today

Nov. 21 Thanksgiving Holiday

Nov. 28 Group Spiritual Direction: All for One Model

Dialogue & CRF One
Dialogue & CRF Two
Group Spiritual Direction: All for One, Spiral Model

Dec. 5 Peer Evaluation Process

Written Assignment: Write an evaluation of each participant in the supervision group, including oneself, according to the "Peer Evaluation Form" (Reader, p. 89).

Required Reading

Books

Bumpus, Mary Rose and Rebecca Bradburn Langer, eds. Supervision of Spiritual Directors: Engaging in Holy Mystery. Harrisburg, PA: Morehouse Publishing, 2005.
ISBN 0-8192-1994-0

Kelly, Thomas R. A Testament of Devotion. Originally published in 1941. San Francisco, CA: HarperSanFrancisco, 1996.
ISBN 0-06-064361-7

Merton, Thomas. Thoughts in Solitude. New York: Farrar, Straus, and Giroux, 1956.
ISBN 978-0-374-51325-2

Prevallet, Elaine M. "Reflections on Simplicity." Pendle Hill Pamphlet #244. Wallingford, PA: Pendle Hill Publications, 1982.
ISBN 0-87574-244-0

Sheldrake, Philip. Befriending Our Desires. Toronto, Canada: Novalis Publishing, 2003.
ISBN 2-89507-177-2

Soelle, Dorothee. Suffering. Minneapolis, MN: Augsburg Fortress, 2003.
ISBN 0-8006-1813-0

Steindl-Rast, David. Gratefulness, the Heart of Prayer: An Approach to Life in Fullness. Mahwah, NJ: Paulist Press, 1984.
ISBN 0-8091-2628-1

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Reference Material

The following book with appendices is a work I assume you have read or are currently reading for another course in the spiritual direction specialization. These are important resources to have at your disposal now and for the work you do in spiritual direction in the future. If you have not read these materials, please read them before the class begins.

Silver, Ann Winchell. Trustworthy Connections: Interpersonal Issues in Spiritual Direction. Cambridge, MA: Cowley Publications, 2003 [including appendices: 1. "Guidelines for Ethical Conduct." Established and published by Spiritual Directors International. 2. Hedburg, Thomas and Betsy Caprio. A Code of Ethics for Spiritual Directors. Rev. Ed. Pecos, NM: Dove Publications, 1992.]

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Reader: Articles and Chapters from Books

Assessment Instrument. Unpublished. Reprinted with permission of instructor.

Fagin, Gerald M. "The Spirituality of the Spiritual Director." Presence: The Journal of Spiritual Directors International Vol. 8, No. 3 (October 2002), 7-18.

Lynch, William F. "Introduction," "On Hope," "On Hopelessness," Intro., Chs. 1 and 2 in Images of Hope: Imagination as Healer of the Hopeless. Notre Dame, IN: University of Notre Dame Press, 1965, 21-62.

"Paraphrase of Ignatian Rules for Discernment." Unpublished. Reprinted with permission of instructor.

Sheehan, Barbara. "The Art of Confrontation in Spiritual Direction." Presence: The Journal of Spiritual Directors International 4/3 (September 1998), 47-54.

"Transference and Countertransference." Unpublished. Reprinted with permission of instructor.