STMA 553 Art of Spiritual Direction Practicum I

Syllabus

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, 571 STMA 561, 570		Office Hours:	By Appointment (see below)
		Phone:	206-296-6958
		Email:	bumpusm@seattleu.edu

Time and Place

Day:	Thursday
Time:	9:00 a.m. – 11:50 a.m.
Place:	Hunthausen Hall #160
First Day of Class:	September 24, 2009
Short Class:	October 1, 2009, class ends at 10:30 a.m. (Mass of the Holy Spirit)
Holidays:	Thanksgiving: Thursday, November 25, 2009
Last day of Class:	Thursday, December 3, 2009

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.

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. The Art of Spiritual Direction Practicum I and II are designed to meet the learning outcomes of the MATS degree. These outcomes are listed below, and they are accompanied by those strategies, objectives, and tasks designed to promote the outcomes.

- Ability to reflect theologically on the central themes of the Christian Tradition
  - Students reflect theologically upon themes that arise in spiritual direction dialogues.
  - Students reflect theologically upon chosen themes in classic spiritual texts.
- Knowledge of the interaction of religious/spiritual experience and culture in their ecumenical and multicultural dimensions
  - Students have opportunities to accompany others of various faith traditions and cultures.
  - Students read spiritual texts written by men and women of different faith traditions.

- Students read texts discussing pastoral care and spiritual direction from various cultural perspectives.

- Ability to read scriptural texts critically
  - Students learn how to read scriptural texts critically in STMM 526 and STMM 527, Hebrew and Christian Scriptures. In this course students learn how to connect a directee's experience of God and scriptural texts when appropriate.
- Ability to draw critically and constructively on Christian moral traditions to lead toward a more just and sustainable world
  - Students agree to and live by the Spiritual Directors International *Guidelines for Ethical Conduct*.
  - Students draw critically and constructively on Christian moral traditions as they assist those whom they serve to live ethical lives.
- Ability to listen and respond to how the Spirit is active and alive in local, global and cosmic communities
  - Students learn processes of group direction that focus on the life of the Spirit in local community settings.
  - Students may choose to offer group spiritual direction within the settings of their local ecclesial communities or other professional settings.
- Ability to articulate one's relationship with God, as it is informed by theological reflection in one's social context
  - Students have a spiritual director with whom they articulate this relationship.
  - Written dialogues reflect both students' and directees' sense of relationship with God and serve as points of departure for theological reflection in social context.
- Ability to lead from spiritual depth toward practice for justice and wholeness in the world
  - The ministry of spiritual direction has both mystical and prophetic dimensions. Students lead from spiritual depth when they encourage the development of both dimensions in self and other and respond to God's invitation to practice justice and compassion in the world.
- Ability to discern and nurture spiritual experience in relation to self and others
  - Students discern and nurture spiritual experience in their own lives through consistent on-going spiritual direction, personal prayer, and a vibrant life of faith.
  - Discerning and nurturing spiritual experience in another is at the heart of the spiritual direction relationship. Students reflect upon direction conversations verbally and in writing in a process designed to elicit identifying signs of the presence of God.
  - Students have facility with various prayer forms and exercises that promote awareness of the presence of God. Students facilitate the knowledge of such prayer forms and practices as prompted by a directee's life and ongoing relationship with God.
- Ability to articulate and live from an understanding of self as human, minister, and leader
  - Through reflection on practice and assessment, students come to know their strengths and limitations as a spiritual director. They grow in confidence as a spiritual director, begin to see themselves as a spiritual director, and expand their ability to facilitate the faith life of others.
- Ability to be a responsive, discerning listener who can enter another's worldview
  - Students learn and practice the process of supervision.
  - They practice responsive listening skills and discernment.

- They make greater use of interior movements to respond appropriately to directees and other members of the supervision group.
- They formulate a growing understanding of the relational nature of spiritual direction.
- They learn and practice the art of presence in solidarity with those who suffer.
- They make appropriate use of the imagination as a vehicle for transformation.
- They integrate learnings, both conceptual and experiential.
- They grow in understanding the spiritual direction process.

Course Requirements

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 will be in the office on Tuesdays and some Thursday afternoons.

Scheduled Classes and Assigned Readings

Sept. 24 ***Introductory Matters***

1. Review Syllabus
2. Pragmatics
3. Sign up for Presentations
4. Journals and SDI
5. Dynamics and Atmosphere of Peer Supervision
6. Explanation and Demonstration of Supervision Process
7. Introductions/Faith Sharing

Oct. 1 ***Supervision and Beginning Directors***
Class Ends at 10:30 a.m. (Mass of the Holy Spirit)

Dialogue & CRF One
Discussion: Supervision and Beginning Directors

Assigned Reading:

1. Mary Rose Bumpus, "Supervision: The Assistance of an Absent Other," in *Supervision of Spiritual Directors*, vi-viii, 3-15.
2. James Neafsey, "Seeing Beyond: A Contemplative Approach to Supervision," in *Supervision of Spiritual Directors*, 17-31.
3. Rebecca Bradburn Langer, "Seeing with Clarity: Defining the Supervision Task," in *Supervision of Spiritual Directors*, 33-45.
4. Mary Rose Bumpus and Rebecca Bradburn Langer, "Supporting Beginning Directors: Participating in the Dance," in *Supervision of Spiritual Directors*, 49-64.

Oct. 8 ***Beginning Spiritual Direction***

Dialogue & CRF One
Dialogue & CRF Two
Dialogue & CRF Three

Oct. 15 ***Spiritual Direction and Cultural Dilemmas***

Dialogue & CRF One
Dialogue & CRF Two
Discussion: Spiritual Direction and Cultural Dilemmas

Assigned Reading:

1. Cheryl Giles, "Never at Ease: Black, Gay, and Christian," in *Injustice and the Care of Souls*, 139-152.

2. Kenneth Leech, "The Time of No Room: Changing Patterns in Responses to Homelessness in Britain," in *Injustice and the Care of Souls*, 263-274.
3. Christopher Medeiros, "Pastoral Care and Gay Men: the Amazing and True Story of the Life and Death of One Good Man," in *Injustice and the Care of Souls,* 253-261.
4. Joel Glenn Wixson, "Addiction, Power, and the Question of Powerlessness," in *Injustice and the Care of Souls*, 153-172.
5. Susan S. Phillips, *Candlelight: Illuminating the Art of Spiritual Direction*. Read in this order:
   John's story – 80-85, 148-152, 191-197.

Oct. 22 ***Exploring Direction Dialogues***

Dialogue & CRF One
Dialogue & CRF Two
Dialogue & CRF Three

Oct. 29 ***Invitation and Challenge***

Dialogue & CRF One
Dialogue & CRF Two
Discussion: "Transference and Countertransference"
Discussion : Invitation and Challenge

Assigned Reading:

1. Mary Rose Bumpus, "Transference and Countertransference" (Reader)
2. Barbara Sheehan, "The Art of Confrontation in Spiritual Direction" (Reader)

First Additional Dialogue and CRF Due Today

Nov. 5 ***Discernment***

Dialogue & CRF One
Dialogue & CRF Two
Discussion: Ignatian Rules of Discernment
Discussion: Examples of Discernment in Spiritual Direction

Assigned Reading:

1. Mary Rose Bumpus, "Paraphrase of Ignatian Rules for Discernment," (Reader).
2. Susan S. Phillips, *Candlelight: Illuminating the Art of Spiritual Direction*. Read in this order:
   Jim's Story – pages 68-74, 144-147, 187-190.
   Carl's Story – pages 75-79, 116-126, 220-229.

Nov. 12 ***Group Spiritual Direction/Strength to Love***

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

Assigned Reading:

Martin Luther King, Jr., *Strength to Love*, 7-20, 39-68, 77-86.

Second Additional Dialogue and CRF Due Today

Nov. 19 ***Group Spiritual Direction/Strength to Love***

Dialogue & CRF One

Group Covenants
One for All Model: Small Group/Preaching
Discussion: Strength to Love

Assigned Reading:

Martin Luther King, Jr., *Strength to Love*, 87-96, 107-136, 146-154.

Nov. 26 ***Thanksgiving Holiday***

Dec. 3 ***Peer Evaluation Process***

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

Required Reading

Books

Bumpus, Mary Rose and Rebecca Bradbury Langer, eds. *Supervision of Spiritual Directors: Engaging in Holy Mystery*. Harrisburg, PA: Morehouse Publishing, 2005; 3-64, 83-122, 165-179.
ISBN 0-8192-1994-0

Galland, China. *The Bond Between Women: A Journey to Fierce Compassion*. New York: Penguin Putman, Inc., 1998; 3-53, 66-92, 173-219, 252-261, 269-282.
ISBN 978-07567-5945-2

Kelly, Thomas R. *A Testament of Devotion*. Originally published in 1941. San Francisco, CA: HarperSanFrancisco, 1996; vii-22, 65-127.
ISBN 0-06-064361-7

King, Jr., Martin Luther. *Strength to Love*. Minneapolis, MN: Augsburg Fortress Press, 1981; 7-20; 39-68, 77-96, 107-136, 146-154.
ISBN 978-0-8006-1441-6

Kujawa-Holbrook, Sheryl A. and Karen B. Montagno, Editors. *Injustice and the Care of Souls: Taking Oppression Seriously in Pastoral Care*. Minneapolis: Fortress Press, 2009; 139-226, 237-274.
ISBN 978-0-8006-6235-6

Merton, Thomas. *Thoughts in Solitude*. New York: Farrar, Straus, and Giroux, 1956, 77-130.
ISBN 978-0-374-51325-2

Phillips, Susan E. *Candlelight: Illuminating the Art of Spiritual Direction*. Harrisburg, PA: Morehouse Publishing, 2008; 59-62, 68-92, 116-129, 144-157, 187-197, 214-239.
ISBN 978-0-8192-2297-8

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

Steindl-Rast, David. *Gratefulness, the Heart of Prayer: An Approach to Life in Fullness*. Mahwah, NJ: Paulist Press, 1984, 1-59.
ISBN 0-8091-2628-1

Reader: Articles and Chapters from Books

Assessment Instrument. Unpublished. Reprinted with permission of instructor.

Bumpus, Mary Rose. "Paraphrase of Ignatian Rules for Discernment." Unpublished. Reprinted with permission of author/instructor.

Bumpus, Mary Rose. "Transference and Countertransference." Unpublished. Reprinted with permission of author/instructor.

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.

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

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Reference Material

The following books with appendices are works I assume you have read. 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.]

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

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