STMA 553-02 Art of Spiritual Direction Practicum I

Syllabus

Course Information

Course Number : STMA 553-02 Units : 3

Time and Place

Day:	Thursday
Time:	9:00 a.m. – 11:50 a.m.
Place:	
First Day of Class:	September 22, 2005
Breaks in Schedule:	Instructor Away: Thursday, November 3, 2005
	Thanksgiving Day: Thursday, November 24, 2005
Last day of Class:	Thursday, December 8, 2005

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 verbatims and reflect upon direction sessions within the context of a specific supervisory process. Participants also engage in role playing, consultation, discussion of readings, and offer individual assessment of each group member.

Objectives

- To grow in the ability to recognize signs of the presence of the Spirit in direction
- To practice interpersonal skills in both 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 weakness in directing
- To formulate a growing 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

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 verbatims, three of which will be presented in class
5) Critical and engaged reflection of readings
6) Written assessment of each class participant

Special Needs

If you have any special learning needs, please inform me early so that arrangements can be made for course requirements to be met.

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

Scheduled Classes and Assigned Readings

Sept. 22 Introductory Matters

1. Review Syllabus
2. Code of Ethics
3. Sign up for Verbatims
4. Verbatim Form
5. Contemplative Reflection Form
6. Dynamics and Atmosphere of Peer Supervision

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Introductions/Faith Sharing

Sept. 29 What Is Supervision?

Explanation of Process
Sample Processes
First Verbatim and Demonstration of Process
What Is Supervision?

Assigned Readings:

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

Oct. 6 Signs of the Presence of God: LOVE

Verbatim One
Verbatim Two
Reflection on Experience of Love
Discussion of Reading

Assigned Reading:

Tad Dunne, "The Praxis of Noticing," Ch. 5 in Spiritual Mentoring (In Reader)

Oct. 13 Transference and Countertransference: A Different View

Verbatim One
Verbatim Two
Discussion of Transference and Countertransference

Reading for Review:
Mary Rose Bumpus, "Outline of Transference and Countertransference." (In Reader)
Eric Greenleaf, "Transference and Countertransference." (In Reader)

Oct. 20 Signs of the Presence of God: INVITATION/CHALLENGE

Verbatim One
Verbatim Two
Reflection on Experience of Invitation/Challenge
Discussion of Reading

Assigned Reading:

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

Oct. 27 Ignatian Discernment: Review

Verbatim One
Verbatim Two
Review of Ignatian Discernment
Discussion of Reading

Ignatian Rules for Discernment (In Reader)
Mary Rose Bumpus, "Paraphrase of Ignatian Rules for Discernment." (In Reader)
David Lonsdale, "Consolation and Desolation," Ch. 4 in Listening to the Music of the Spirit (In Reader)

Nov. 3 NO CLASS – Instructor Away

Nov. 10 Signs of the Presence of God: BEING KNOWN

Verbatim One
Verbatim Two
Reflection on experience of Being Known
Discussion of Reading

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 (In Reader)

Nov. 17 Group Spiritual Direction: One for All Model

Verbatim One
Verbatim Two
Introduction to Group Spiritual Direction
One for All Model: Small Group/Preaching

Assignment: **Additional Verbatim Due**

Nov. 24 Holiday: Thanksgiving Day

Dec. 1 Group Spiritual Direction: All for One Model

Assignment: Write an evaluation of each participant of the supervision class, including oneself, according to the "Peer Evaluation Form" (In Reader)

Dec. 8 Peer Evaluation Process

Required Reading

Book

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

This book is being readied for publication. It is supposed to be in print in November of 2005.

Reference Materials

The following books and materials are works I assume you have read or are currently reading for another course in the spiritual direction specialization. They 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, I would encourage you to read them before the class begins.

Silver, Ann Winchell. Trustworthy Connections: Interpersonal Issues in Spiritual Direction. Cambridge, MA: Cowley Publications, 2003. (including appendices)

Sheldrake, Philip. Befriending Our Desires. Toronto: Novalis Press, 2001.

Reader: Articles and Chapters from Books

Assessment Instrument. Unpublished. Reprinted with permission of instructor.

Conroy, Maureen. "What to Look for in Your Spiritual Direction." Praying 34 (January-February, 1990), 9-11.

Dunn, Tad. "The Praxis of Noticing," Ch. 5 in Spiritual Mentoring: Guiding People through Spiritual Exercises to Life Decisions. HarperCollins, 1991, 84-103.

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

Greenleaf, Eric. "Introduction" and "Dreaming and Healing," Ch. 1 in The Problem of Evil: Disturbance and Its Resolution in Modern Psychotherapy. Phoenix, AZ: Zeig, Tucker & Theisen, Inc., 2000, xiii-xviii, 1-21, 36-67.

_____. "Transference and Countertransference." In The Handbook of Ericksonian Psychotherapy. Edited by Brent B. Geary and Jeffrey K. Zeig. Phoenix, AZ: The Milton H. Erickson Foundation Press, 2001), 93-111.

Lonsdale, David. "Consolation and Desolation," Ch. 4 in Listening to the Music of the Spirit: The Art of Discernment. Notre Dame, IN: Ave Maria Press, 1993, 67-93.

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: Outline." Unpublished. Reprinted with permission of instructor.