

Supervision and Spiritual Direction

AEISD 201

Vivian Barrera

Saturday October 4, 2008 (9:00-4:00)

Course Description

This course introduces spiritual directors to the peer supervision model. The approach is practical and experiential within a contemplative framework.

Objectives (students will)

- Examine the meaning and purpose of peer group supervision
- Observe and experience the model of peer supervision
- Review and practice interpersonal communication skills used in spiritual direction
- Be assigned a supervision group, and meet their supervision resource person

Measurement Tool

The student will write a 2-3 page reflection paper articulating personal learnings and applications.

Monthly participation in peer group with three verbatims and presentations.

Required Reading

Looking Into the Well, Maureen Conroy, RSM, Loyola University Press, Chicago, 1995

ISBN 0-8294-0827-4

Recommended Readings and Resources

Supervision of Spiritual Directors, Mary Rose Bumpus and Rebecca Bradburn Langer, Morehous, Harrisburg, London, 2005.

Spiritual Direction Tools for Life's Challenges

AEISD 202

Carolyn Jones

Kay Sheridan

Saturday November 1, 2008 (9-4)

Course Description

This course will explore the human experience of grief, loss, and bereavement in relation to mental health issues and the spiritual phenomenon of the "dark night."

Objectives (students will)

- Examine grief, loss and bereavement issues significant to the human experience.
- Differentiate between the symptoms of depression, and the "dark night" experience.
- Recognize empathy, sympathy, projection, and over identification within the suffering of our own hearts so that as "wounded healers" we may be more useful as we companion and minister to others
- Learn the steps to refer our directees to a mental health professional when appropriate to do so

Measurement Tool

The student will write a 2-3 page reflection paper articulating personal learnings and applications.

Required Reading

Darkness Visible: A Memoir of Madness, William Styron, First Vintage Books Edition, Jan. 1992, Random House, New York, NY, 1990.

A Grief Observed, C.S. Lewis, Harper Collins, New York, NY, 1961, restored 1996.

Recommended Readings and Resources

“The Dark Night and Depression,” Kevin Culligan, Presence, Feb. 2004, 99ff.

The Wounded Healer, Henri J. M. Nouwen, Image Book, Doubleday, 1972.

Praying Our Goodbyes, Joyce Rupp, Ivy Books, Ballantine Books, 1988.

Little Piece of Light: Darkness and Personal Growth, Joyce Rupp, Illumination Books, Paulist Press, 1994.

Dying Well: Peace and Possibilities at the End of Life, Ira Byrock, M.D., Riverhead Books, Penguin Putnam, 1997.

The Psychological Dimensions of Spiritual Direction

AEISD 203

Scott Haasarud

Saturday Dec. 6, 2008 (9:00-4:00)

Course Description

Exploration of the relationship between depth psychology and spirituality and how the two relate to wholeness and holiness will be presented. A comprehensive understanding of the other and of the self is paramount to the practice of spiritual direction.

Objectives (students will)

- Differentiate between psychology and spirituality, counseling and spiritual direction.
- Learn the important psychological variables that are addressed in spiritual direction.
- Become aware that one’s own psychology, defenses, attachment styles, shadow material and counter-transference issues impact the spiritual direction relationship.

Measurement Tool

The student will write a 2-3 page reflection paper articulating personal learnings and applications.

Required Reading

Care of Mind Care of Spirit: A Psychiatrist Explores Spiritual Direction, Gerald May, Harper San Francisco, 1992

Recommended Readings and Resources

The Dark Night of the Soul, Gerald May, Harper SanFrancisco, 2004
Dark Nights of the Soul, Thomas Moore, Gotham Books, 2004
In a Dark Wood, Edited by Linda Jones and Sophie Stanes, Fortress Press, 2004
Sacred Therapy, Estelle Frankel, Shambhala, 2003
Introducing Spiritual Direction, Peter Ball, Bookmarque, Croydon, Surrey, 2003
The Spirituality of Imperfection: Storytelling and the Search for Meaning, Ernest Kurtz and Katherine Ketcham, Bantam Books, 1992
The Spiritual Path: An Introduction to the Psychology of the Spiritual Traditions, Hans F. de Wit, Duquesne University Press, Pittsburg, Pennsylvania, 1999

Christian Traditions of Spirituality I: Christian Mysticism

AEISD 204

Marilyn Bever

Saturday, January 10, 2009

Course Description

This course is an overview of the meaning and development of Christian Mysticism. Attention will be given to the influence of the Desert Abbas and Ammas, Monasticism, and mystics of the early centuries in the Church. Students will be briefly introduced to Benedictine, Augustinian and Ignatian Spiritualities.

Objectives (students will)

- Define Christian mysticism
- Examine recurring themes in the lives and writings of early mystics.
- Examine mystical expressions in spiritualities promoted by Benedictine monasticism, Augustine and Ignatius
- Clarify aspects of “the dark night” as presented by John of the Cross and the teachings of Teresa of Avila
- Discuss implications of mysticism for spiritual direction today.

Measurement Tool

The student will write a 2-3 page reflection paper articulating personal learnings and applications.

Required Reading

Mystical Theology: The Science of Love, William Johnston, Orbis Books, Maryknoll, NY, 2003

Recommended Readings and Resources

The Foundations of Mysticism: Origins to the Fifth Century, Bernard McGinn, Crossroad, NY, 1991

Light From Light: An Anthology of Christian Mysticism,

Ed. By Louis Dupré & James A Wiseman, OSM, Paulist Press, NY, 1988

Christian Traditions of Spirituality II

AEISD 205

Liz Cummins

Saturday, February 7, 2009

Course Description

Franciscan spirituality and the emerging ecological spirituality share similar intuitions about creation, about our ‘shared beginnings’ and our call to live within the one Community of Life.

In this class we will approach ecological spirituality as the emerging consciousness of a larger horizon which challenges us to re-vision and expand our traditional spiritualities.

We will reflect on key elements of ecological spirituality and within this larger horizon, examine key intuitions of Francis and Clare that are held in the Franciscan tradition.

We will reflect on how this expanding horizon of ecological spirituality and Franciscan spirituality might look in spiritual direction today.

Objective (students will)

- + Reflect on key elements of emerging ecological spirituality**
- + Examine key characteristics of spirituality of Francis and Clare**
- + Explore how an expanding horizon calls us to re-imagine the Franciscan vision of life**
- + Reflect on implications for contemporary spiritual direction**

Measurement Tool

The student will write a 2-3 page reflection paper articulating personal learnings and applications.

Required readings

Poverty and Joy: The Franciscan Tradition. William Short, Maryknoll, NY: Orbis Books, 1996 (ISBN 1-57075-295-8)

The Hidden Heart of the Cosmos, Brian Swimme, Maryknoll, NY: Orbis Books, 1996 (ISBN 1-57075-281-8)

EARTH CHARTER – download at earthcharter.org

“Igniting Life: An interview with Brian Swimme”, PRESENCE, March 2007, Carol Ludwig and Bob Gardenhire

“The Universe Story and Spiritual Direction”, PRESENCE, June 2008, Judy Cannato

Additional Bibliography will be given in class

Christian Traditions of Spirituality III

AEISD 206

Rev. Jan Olav Flaaten

Saturday March 7, 2009

Course Description

This course will deal with Protestant and Ecumenical Spirituality. Diverse Christian traditions and experiences will be explored.

Objectives (students will)

- Develop an understanding of the variety of traditions and resources for spiritual practice and growth.
- Learn to integrate a range of resources shedding light and insight on the spiritual journey.
- Demonstrate an understanding of Protestant spirituality in assisting people to experience the gospel message of Jesus Christ.
- Distinguish between the similarities and differences of particular Protestant religious traditions

Measurement Tool

The student will write a 2-3 page reflection paper articulating personal learnings and applications.

Required Reading

Christian Spirituality: High Middle Ages and Reformation, edited by Jill Raitt, Chapters 12-15

The Pietists (The Classics of Western Spirituality) edited by Peter Erb, esp. Introduction, Sener, Radical Pietis, and Zinzendorf.

Recommended Reading

The History of American Liberal Christianity from 1805-2005 (3 volumes), Gary Dorrien, Westminster John Knox Press, Louisville, Kentucky

Spirituality in Action

AEISD 207

Jackie Bergan

Saturday, April 4, 2009

Course Description

This day will focus on the Christocentric dynamism of the Spiritual Exercises as they were revealed through the spiritual journey of St. Ignatius of Loyola. The objective of this day is to impart to AEISD participants the beauty and wonder of the Spiritual Exercises of St. Ignatius and to thereby entice them to consider a personal appropriation of the Exercises both for themselves and their future directees.

Objectives (students will)

- Examine the life and Spiritual Exercises of St. Ignatius.
- Develop an understanding of how to apply Ignatian spirituality to your life, and that of your directees.
- Discuss how spirituality impacts both personal and social action in the world.

Measurement Tool

The student will write a 2-3 page reflection paper articulating personal learnings and applications.

Required Reading

Praying With Ignatius of Loyola, Jacqueline Syrup Bergan and Marie Schwan, The Word Among Us Press, 1991

Recommended Readings and Resources

The Spiritual Exercises of St. Ignatius Pierre Wolff, Liguori, 1962

The Spiritual Exercises of Saint Ignatious, George Ganss SJ, The Institute of Jesuit Sources, St. Louis, 1992.

Drawing It All Together

AEISD 208

Marilyn Bever

Saturday, May 2, 2009

Course Description

This course will provide a process to reflect upon and integrate the two year course of study. Using the image of mystic/prophet students will be challenged to reflect on their presence as spiritual seekers in our world today.

Objectives (students will)

- Articulate their personal call to the ministry of Spiritual Direction.
- Reflect on their call as mystic and prophet to promote spiritual life in church and society.
- Identify ways they will continue to develop their role as Spiritual Directors individually and within the AEISD community.

Measurement Tool

The student will write a 2-3 page reflection paper articulating personal learnings and applications.

Required Reading

Arise My Love: Mysticism for a New Age, William Johnston, Orbis Books, Maryknoll, NY 2000

Recommended Readings and Resources

The Inner Eye of Love: Mysticism and Religion, William Johnston, Fordham University Press, New York, 1997

The Shattered Lantern: Rediscovering God's Presence in Everyday Life, Ronald
Rolheiser, Hodder & Stoughton, London, 1994
Mystic Heart: Discovering a Universal Spirituality in the World's Religions,
Wayne Teasdale, New World Library, Novato, California, 1999