

Introduction to Spiritual Direction

AEISD 101

Marilyn Bever

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

Course Description

This course will provide a general overview of the discipline of spiritual direction, the role of spiritual director, and the Arizona Ecumenical Institute of Spiritual Direction two year program.

Objectives (students will)

- Discuss the meaning of spirituality and spiritual direction
- Review the historical development of Christian spiritual direction
- Explore the role of spiritual director
- Examine the components of the program, its processes and procedures
- Learn the characteristics of the Adult learning model and what it means to their role as adult learners.

Measurement Tool

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

Required Reading

The Way of Spiritual Direction, Francis Kelly Nemeck & Marie Theresa Coombs (Collegeville, Minnesota: The Liturgical Press, 1985)

Recommended Readings and Resources

The Practice of Spiritual Direction, William A. Barry and William J. Connolly (HarperSanFrancisco)

Prayer and Spiritual Direction

AEISD 102

Gail Hartman

Saturday, November 1, 2008 (9:00-4:00)

Course Description

Introduction and discussion regarding the importance and use of prayer in spiritual direction. Emphasis is given to types of prayer with special emphasis on contemplative prayer, lectio divina, mantric prayer, centering prayer, psalmody, music/chanting.

Objectives (student will)

- *Explain the stages of faith development as part of the spiritual journey
- *Recognize the qualities of authentic prayer.
- *Demonstrate the ability to distinguish between many forms and methods of prayer.
- *Practice Lectio Divina as prayer

*Understand the value of discernment for determining authentic prayer

Measurement Tool

The student will write a 2-3 page reflection paper articulating personal learnings and applications. Ongoing discussion with advisor regarding personal prayer practices.

Required Reading

A Praying Congregation, Jane E. Vennard , The Alban Institute, Herndon, Virginia, 2005

Recommended Readings and Resources

Everything Belongs: The Gift of Contemplative Prayer. Richard Rohr, New York: Crossroad Publishing Co., 2003

Word into Silence, John Main, OSB (Medio Media, Tucson, 1-800-324-8305)

Lectio Divina, Sam Anthony Morello, OCD, ICS Publications, Washington DC, 1934/1994.

Open Heart, Open Mind, Thomas Keating, Continuum, New York, 1997.

Present Moment, Wonderful Moment, Thich Nhat Hanh, Parallax Press, Berkeley, Ca. 1990.

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

Too Deep for Words, Thelma Hall, Paulist Press, New York, 1988.

Who We Are Is How We Pray, Dr. Charles Keating, 23rd Publications, Mystic, Ct. 1987.

Ethics and Professional Boundaries

AEISD 103

Duncan Macauley

Saturday, December 6, 2008

Course Description This course will introduce students to the set of internationally recognized ethical guidelines to be abided by for the safety and protection of the director and the directee. Session will focus on the definition and types of boundaries as well as the development of healthy boundaries. Information regarding the spiritual practice of boundaries will also be discussed.

Objectives (students will)

- Accept professional standards of practice regarding ethical behavior and appropriate boundary setting
- Develop the ability to know and apply appropriate boundaries and standards of ethics.
- Learn the definition of boundaries and the different types of boundary violations common to spiritual direction.
- Use case studies and other learning vehicles to explore boundaries

Measurement Tool

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

Required Reading

Where to draw the line: How to set healthy boundaries for everyday, Anne Katherine, Fireside, NY, NY, 2000.

Guidelines for Ethical Conduct, Spiritual Directors International, (provided)
Code of Ethics for Spiritual Directors, Spiritual Directors International, (provided)

Recommended Readings and Resources

No Boundary: Eastern and Western Approaches to Personal Growth, Ken Wilbur, Shambhala Publications, 1979

“Spiritual Practices of Boundaries” Pia Mellody (provided)

Discernment In Spiritual Direction

AEISD 104

Vivian Barrera

Saturday, January 10, 2009, 9:00-4:00

Course Description

A discussion regarding the ancient theological practice of discernment will be provided, as well as the necessary qualities for discernment in spiritual direction.

Objectives (students will)

- Explore the meaning of discernment in spiritual direction through studying the historical and theoretical perspectives.
- Learn how to apply various models of discernment in spiritual direction.
- Discuss how discernment is practiced within the various stages of the spiritual journey.

Measurement Tool

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

Required Reading

The Discerning Heart: Exploring the Christian Path, Wilkie Au and Noreen Cannon Au, Paulist Press, New York, 2006.

Recommended Readings and Resources

Silent Presence, Ernest E. Larkin, O.Carm., (Dimension Books, 2001). (*Out of print*)

Guided by the Spirit, Frank Houdek, SJ (Chicago: Loyola, 1996)

Scripture and Spiritual Growth

AEISD 105

Vern Meyer

Saturday, February 7, 2009

Course Description

An understanding of scripture is an important companion for the spiritual journey. This course will give an overview of themes and approaches to Scripture that open one to deeper meaning and personal reflection. The spiritual value of scripture in deepening one's connection and relationship to God will be particularly highlighted.

Objectives (students will)

- Explore scripture and its historical significance to spiritual direction.
- Study the use of scripture in spiritual direction
- Explore methods of scripture study and reflection for spiritual direction

Measurement Tool

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

Required Reading

Spirituality of the Psalms, Walter Brueggemann, Fortress Press, Minneapolis, 2002

Recommended Reading: TBD

Cultural and Religious Diversity In Spiritual Direction

AEISD 106

Jim Sterling

Saturday, March 7, 2009

Course Description

As we reach out to all people in our ministry of spiritual direction, we encounter diversity. Our society is increasingly multicultural and multifaith. Spiritual seekers may come to us for spiritual guidance from a variety of religious and cultural backgrounds. The seminar will address the larger question of diversity in spiritual direction and then will focus on selected aspects of it.

Objectives (students will)

- Demonstrate an understanding of how listening to the heart involves expanding our worldview to go beyond all individual and collective differences.
- Learn methods of observation to assist with developing another's spiritual journey
- Discover how literature and other media can become a tool for spiritual direction.
- Recognize various dimensions of spirituality that the director and the directee bring to the relationship.

Measurement Tool

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

Required Reading

Four Souls, Louise Erdrich, Harper Collins

Recommended Readings and Resources

The Study of Spirituality, Jones, Cheslyn, Geoffrey Wainwright, Edward Yarnold, SJ, Oxford, 1986.
 (Discussion of apophatic and cataphatic spirituality in reference to spiritual grounding.)
Landscapes of the Sacred: Geography and Narrative in American Spirituality, Belden Lane, John Hopkins University Press, 2001. (Discussion of spiritual geography.)
The Five Stages of the Soul, Moody, Harry R. PhD, David Carroll, Anchor Books, 1997.
 (Discusses spiritual dynamics.)
Exclusion and Embrace: a Theological Exploration of Identity, Otherness, and Reconciliation, Miroslav Volf, Abingdon Press, 1996. (Discusses spiritual identity.)
 "Cross Currents", 475 Riverside Drive, Ste. 1945, New York, NY 10115.
 Quarterly publication of the Association for Religion and Intellectual Life.
 (Fosters spiritually diverse discussion.)
Still Listening. New Horizons in Spiritual Direction, Norvene Vest (ed) (Harrisburg, PA: Morehouse Publishing, 2000).
Jewish Spiritual Guidance. Finding Our Way to God, Carol Ochs and Kerry Olitzky (San Francisco: Jossey-Bass, 1997).
Pastoral Counseling Across Cultures, David Augsburger (Philadelphia: Westminster Press, 1986) (chapters 1-3).
Show Me Your Faith. The Complete Guide to Exploring Interfaith Spiritual Direction, Howard Addison (Woodstock, VT: Skylight Paths Publishing, 2000).

Human Relationships and Spiritual Direction

AEISD 107

Sheila Howe

Saturday, April 4, 2009, 9:00-4:00

Course Description

This class will explore relationships and spiritual direction. Topics discussed include the process of relationship and faith development, the Christian call to love and the exploration of the nature of love, as well as the process of differentiation and individuation as a necessary precursor for healthy intimacy and compassionate intention. Also included will be discussions regarding gender reconciliation and social healing and transformation.

Objectives (students will)

- Discuss spiritual direction, relationships, and the Christian commandment to Love
- Reflect on how diverse relationships affect and express ones spirituality.
- Demonstrate an understanding of the process of differentiation and individuation
- Explain the role of compassionate intention for building and choosing healthy relationships

Measurement Tool

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

Required Reading

Urgings of the Heart: A Spirituality of Integration, Wilkie Au and Noreen Cannon, Paulist Press, New York/Mahwah, NJ, 1995.

Recommended Readings and Resources

The Four Loves: The Much Beloved Exploration of the Nature of Love, CS Lewis, Harvest Book, Harcourt Press, San Diego, 1988.

“The Alchemical Communion. New Frontiers in Gender Healing”. Shift. Vol 7, 2005 Keepin, Will; Dwyer, Morry and Haug, Diane

“Social Healing for a Fractured World”. Shift, vol 7, 2005. Thompson, Judith and O’Dea, James

Spiritual Direction Skills

AEISD 108

Vivian Barrera

Saturday, May 2, 2009, 9:00-4:00

Course Description

Spiritual Direction Skills looks at spiritual growth as a process. Also included is a workshop on communication and listening as well as a consideration of the tools of the spiritual direction process.

Objectives (students will)

- Examine various Spiritual Direction styles and their role in the Direction experience.
- Learn the qualities of a Spiritual Director.
- Engage in the practice of listening through a communication role play.
- Learn basics of spiritual direction practice management

Measurement Tool

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

Required Reading

Spiritual Director, Spiritual Companion: Guide to Tending the Soul, Tilden Edwards (New York: Paulist Press, 2001).

Guidelines for Ethical Conduct, Spiritual Directors International, (previously provided)

Code of Ethics for Spiritual Directors, Spiritual Directors International, (previously provided)

Recommended Readings and Resources:

Holy Listening: The Art of Spiritual Direction, Margaret Guenther (Boston: Cowley Publications, 1992).