

The General Theological Seminary of the Episcopal Church

## **AT 300: INDIVIDUAL SPIRITUAL DIRECTION PRACTICUM**

Easter/Spring Term 2017

Thursdays, 2:00–5:00 PM

Adjunct Professor Anne Silver

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### **Course Description**

Students learn about the history and practice of spiritual direction with individuals, experience a variety of traditional and contemporary approaches, and learn to apply ethical standards for spiritual direction and other spiritual guidance ministries. This course provides a foundation for further training and supervised experience in offering spiritual direction to individuals.

### **Objectives**

After taking this course, students should be able to:

- **Demonstrate familiarity with the history and theology of spiritual direction.**  
Assessed by in-class presentation, reading reaction papers, and final paper
- **Reflect on the relevance of their own spiritual development, discernment, and contemplative listening to the ministry of spiritual direction.**  
Assessed by practicum activities and seminar discussions
- **Draw upon a repertoire of approaches for spiritual conversations with individuals.**  
Assessed by practicum activities and verbatim/case study
- **Understand how to apply ethical principles to the ministry of spiritual direction.**  
Assessed by seminar discussions and verbatim/case study
- **Evaluate and choose from ways of offering spiritual direction in specific contexts with specific populations.**  
Assessed by seminar discussions, reading reaction papers, and final paper

### **GTS Policies**

#### *GTS Student Disability Policy and Services:*

The General Theological Seminary is committed to supporting the academic progress of students with permanent or temporary disabilities. Services for students with disabilities are coordinated by the Registrar's Office. Students with disabilities should call or stop by the Registrar's office to discuss their needs. The official General Seminary disability policy is Appendix C at the end of the GTS On-Line Catalog.

#### *Academic Regulations:*

Students are expected to be familiar with all academic regulations as stated in the Seminary catalog. The Policy on Inclusive Language (Appendix D in the GTS On-Line Catalog) deserves special attention.

## Course Requirements and Grade Assessment

Students who successfully complete these requirements receive **3 credits** and a **letter grade**.

### IN CLASS:

1. **Regular attendance and participation**  
*40% of course grade*
2. **Practicum activities**
  - Participating in practice pairs and triads in class
  - Offering/leading at least two opening or closing prayers for class sessions
  - Discussing processes and dynamics of practice experiences in class*Required but not graded*
3. A brief **presentation to the class about an article** from the required reading list  
**Date to be scheduled**  
*10% of course grade*

### WRITTEN WORK:

4. **Two short** (up to 2 pages double spaced) **reading reaction papers**, each written in response to a **book** chosen from the required or recommended reading list  
**Due Feb. 23 and Mar. 9**  
*20% of course grade (10% each)*
5. **A verbatim or case study** taken from a role-play or “real” spiritual conversation, written up according to a specified format  
**Due Apr. 6**  
*15% of course grade (graded on format only, not on content)*
6. **Final paper** (about 8 pages double spaced) on a topic chosen from the seminar portion of the course, using several sources beyond those used in class  
**Due May 4**  
*15% of course grade*

### OTHER:

7. **Personal spiritual development**
  - Meet regularly with your own spiritual director (*required*)
  - Formulate and follow a personal spiritual discipline/rule of life
  - Attend a quiet day or retreat
  - Journal/reflect in some form*Expected, but not reflected in course grade*

For **additional details**, see **Guidelines for Assignments**, to be distributed and discussed in class.

## Schedule

<b>Feb. 2</b>	<b>Topic:</b>	<b>Spiritual Direction, Past and Present</b>
<b>Feb. 9</b>	<b>Topic:</b> Reading:	<b>Listening, Part 1: A Welcoming Space</b> Guenther, <i>Holy Listening</i>
<b>Feb. 16</b>	<b>Topic:</b> Readings:	<b>Listening, Part 2: Spiritual Direction as Prayer</b> Barry & Connolly, <i>The Practice of Spiritual Direction</i> , Preface–Ch. 7; Hay, “Hospitality: The Heart of Spiritual Direction”
<b>Feb. 23</b>	<b>Topic:</b> Readings:  Due:	<b>Room to Grow</b> Silver, <i>Trustworthy Connections</i> , Introduction–Ch. 3 (pp. xiii–35); Ryan, “Companion on the Journey of Faith”  Reading reaction #1
<b>Mar. 2</b>	<b>Topic:</b> Readings:	<b>Listening, Part 3: Presence vs. Problem Solving</b> Barry & Connolly, <i>The Practice of Spiritual Direction</i> , Ch. 8–10; Fullam & Mabry, “Six Archetypes of Spiritual Guidance”; Hamilton-Poore & Sullender, “Psyche and Soul”
<b>Mar. 9</b>	<b>Topic:</b> Reading: Due:	<b>Spiritual Direction, Scripture, and Spiritual Practice</b> Nouwen, <i>Spiritual Direction: Wisdom for the Long Walk of Faith</i>  Reading reaction #2
<i>Mar. 16</i>	<i>No class: Spring break</i>	
<b>Mar. 23</b>	<b>Topic:</b> Reading:	<b>Listening, Part 4: Spiritual Direction and Discernment</b> Edwards, “Discernment of the Holy Spirit”
<b>Mar. 30</b>	<b>Topic:</b> Readings:	<b>Resistance and Interpersonal Dynamics</b> Barry & Connolly, <i>The Practice of Spiritual Direction</i> , Ch. 6 (review); Bauman, “Letting God Be God”; Fischer, “Working with the Emotions in Spiritual Direction”
<b>Apr. 6</b>	<b>Topic:</b> Reading: Due:	<b>Dealing with Problem Situations and Making Referrals</b> Silver, <i>Trustworthy Connections</i> , Ch. 4–9 (pp. 37-103)  Verbatim/case study
<i>Apr. 13</i>	<i>No class: Maundy Thursday</i>	
<b>Apr. 20</b>	<b>Topic:</b> Readings:	<b>Ethics, Accountability, and Professionalization</b> Barry & Connolly, <i>The Practice of SD</i> , Ch. 11–Conclusion; Silver, <i>Trustworthy Connections</i> , Ch. 10–Bibliography (pp. 105-159); Schulte, “Witnessing the Emergence of a Split in Spiritual Direction”; Tallman, “Revolutionizing the World: A New Vision for SD”
<b>Apr. 27</b>	<b>Topic:</b> Reading:	<b>Considering Context: Individual and Cultural Factors</b> Bryant-Johnson, Norman-McNaney, & Taylor-Stinson, <i>Embodied Spirits: Stories of Spiritual Directors of Color</i> - OR - Wagner, <i>Spiritual Direction in Context</i>
<b>May 4</b>	<b>Topic:</b> Due:	<b>Spiritual Growth: What Are the Fruits?</b>  Final paper

## Required Reading

### Books (listed in the order we'll use them)

1. Guenther, Margaret. *Holy Listening: The Art of Spiritual Direction*. Cowley Publications, 1992. ISBN 1-56101-056-1
2. Barry, William A., and William J. Connolly. *The Practice of Spiritual Direction*. 2nd ed., rev. HarperOne, 2009. ISBN 978-0-06-165263-9
3. Silver, Anne Winchell. *Trustworthy Connections: Interpersonal Issues in Spiritual Direction*. Cowley Publications, 2004. ISBN 1-56101-252-1
4. Nouwen, Henri J. M., with Michael J. Christensen and Rebecca J. Laird. *Spiritual Direction: Wisdom for the Long Walk of Faith*. HarperOne, 2006. ISBN 978-0-06-075473-0
5. One of the following:
  - a. Bryant-Johnson, Sherry, Rosalie Norman-McNaney, and Therese Taylor-Stinson. *Embodied Spirits: Stories of Spiritual Directors of Color*. Morehouse Publishing, 2014. ISBN 978-0-8192-2893-2
  - OR -
  - b. Wagner, Nick, ed. *Spiritual Direction in Context*. Morehouse Publishing, 2006. ISBN 978-0-8192-2209-1

### Articles (listed in the order we'll use them)

1. Hay, Leslie A. "Hospitality: The Heart of Spiritual Direction." *Presence*, 13:1 (March 2007), 11-16.
2. Ryan, Zoe. "A Companion on the Journey of Faith." *National Catholic Reporter*, December 7-20, 2012. [http://www.fscenter.org/uploads/content\\_files/NCR\\_Dec\\_7\\_2012\\_Spirituality.pdf](http://www.fscenter.org/uploads/content_files/NCR_Dec_7_2012_Spirituality.pdf)
3. Fullam, Lisa A., and John R. Mabry. "Six Archetypes of Spiritual Guidance." *Presence*, 18:1 (March 2012), 29-39.
4. Hamilton-Poore, Samuel, and R. Scott Sullender. "Psyche and Soul: Dialogue at the Crossroads of Pastoral Counseling and Spiritual Direction." *Presence*, 15:1 (March 2009), 25-30.
5. Edwards, Denis. "Discernment of the Holy Spirit." *Presence*, 13:4 (December 2007), 21-29.
6. Bauman, Ward. "Letting God Be God: Reflections from Meister Eckhart's Spiritual Direction." *Presence*, 22:4 (December 2016), 43-49.
7. Fischer, Kathleen. "Working with the Emotions in Spiritual Direction: Seven Guiding Principles." *Presence*, 12:3 (September 2006), 26-35.
8. Schulte, June M. "Witnessing the Emergence of a Split in Spiritual Direction." *Presence*, 11:4 (December 2005), 6-9.
9. Tallman, Bruce. "Revolutionizing the World: A New Vision for Spiritual Direction." *Presence*, 20:1 (March 2014), 18-21.

## Recommended Reading

### Books

1. Ball, Peter. *Anglican Spiritual Direction*. 2nd Ed. Morehouse Publishing, 2007. ISBN 978-0819222541
2. Edwards, Tilden. *Spiritual Director, Spiritual Companion: Guide to Tending the Soul*. Paulist Press, 2001. ISBN 0-8091-4011-X
3. Hart, Thomas N. *The Art of Christian Listening*. Paulist Press, 1980. ISBN 0-8091-2345-2
4. Lebacqz, Karen, and Joseph D. Driskill. *Ethics and Spiritual Care: A Guide for Pastors, Chaplains, and Spiritual Directors*. Abingdon Press, 2000. ISBN 0-687-07156-9
5. Leech, Kenneth. *Soul Friend: New Revised Edition*. Morehouse Publishing, 2001. ISBN 978-0819218889 (Older edition may be used.)
6. May, Gerald G. *Care of Mind, Care of Spirit: A Psychiatrist Explores Spiritual Direction*. HarperOne, 1992. ISBN 0-06-065567-4
7. Vest, Norvene, ed. *Tending the Holy: Spiritual Direction Across Traditions*. Morehouse Publishing, 2003. ISBN 978-0-8192-1918-3

### Articles

1. Blackie, Margaret A. L. "Finding the Divine Hot Spots: An Ignatian Contrast to Parent and Friend Models of Spiritual Direction." *Presence*, 12:1 (March 2006), 27-31.
2. Clymer, Donald R. "Resting in the Presence of God: Soul Care for Busy People." *Presence*, 19:4 (December 2013), 24-31.
3. Griffin, Darrell. "The Healing Wisdom of Those Who Came Before: Discovering Spiritual Direction in an African American Context." *The Covenant Companion*, February 2010. <http://www.covchurch.org/wp-content/uploads/sites/2/2010/05/Healing-Wisdom.pdf>
4. McCarty, V. K. "Wisdom from the Desert for Spiritual Directors." *Presence*, 18:3 (September 2012), 52-61. (also available in PDF format)
5. McHugh, Joe. "Starting Out as a Spiritual Director." *Presence*, 19:2 (June 2013), 15-18.
6. Phan, Peter C. "Spiritual Direction in a Multicultural Church: Helping Others Encounter God in Their Own Cultures." *New Theology Review* 13:1 (2013). <http://newtheologyreview.org/index.php/ntr/article/viewFile/290/464>
7. Rakoczy, Susan. "Women and Spiritual Direction." *Presence*, 20:2 (June 2014), 47-55.
8. Reeves, Nancy C. "Spirituality for Extroverts." *Presence*, 14:3 (September 2008), 10-22.
9. Self, Gordon, and Dale Rhodes. "Spotting the Men." *Presence*, 13:4 (December 2007), 6-11.