

**AT 320:  
SUPERVISION FOR INDIVIDUAL AND GROUP SPIRITUAL DIRECTION**

Easter/Spring Term 2017, Biweekly Module (January 30—April 3)  
Mondays (approximately every other week), 1:30–3:30 PM

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**Course Description**

Supervision is key to effective and healthy ministries of spiritual direction. This course provides supervision for ministries of spiritual direction with individuals and groups. Activities include presentation of case summaries and verbatims, related reading, an individual supervision meeting with the instructor, and guidance in ways of forming and facilitating peer supervision/support groups in one's own community.

*This course is intended for students in a Spiritual Direction certificate or degree program.  
This course may be taken more than once.*

Pre- or co-requisite: *AT300: Individual Spiritual Direction Practicum*, or *AT305: Group Spiritual Guidance Practicum*, or *permission of the Director of the Center for Christian Spirituality*.

**Course Objectives**

In this course you will learn to:

- **Evaluate and enhance your offering of spiritual direction.**  
Assessed by class group participation, verbatims/case studies, and supervisory conversation
- **Provide constructive supervisory feedback to colleagues.**  
Assessed by class group participation and class group facilitation
- **Draw upon theological and practical resources for spiritual direction.**  
Assessed by final paper and class discussions
- **Observe appropriate boundaries and covenants with spiritual directees.**  
Assessed by verbatims/case studies and supervisory conversation
- **Form, use, and facilitate peer supervision or support groups in your own ministry setting.**  
Assessed by class group facilitation and final paper

**Class Schedule**

The class will meet on Mondays from **1:30–3:30 PM** on the following dates:

**January 3**  
**March 6**

**February 13**  
**March 20**

**February 27** (2<sup>nd</sup> verbatim/case study due)  
**April 3** (final paper due)

## Course Requirements and Grading

Students who successfully complete these requirements will receive **one credit** and a **letter grade**.

1. **Regular attendance and participation** (60% of grade)
2. **Two detailed, written verbatims or case studies** (30% of grade—15% each; graded on format only, not on content)
  - a. One verbatim or case study to be **presented in class** (date TBA)
  - b. One verbatim or case study to be **handed in by February 27**
3. **Final paper** (10% of grade)  
Read **three articles** (see Required Articles instructions below) and write approximately 5 pages of concise reflections on:
  - some **things you learned from the readings** (see below) AND
  - how you might **use what you learned from this course** in your future development and ministry.  
**Due April 3**
4. **Serve as facilitator** for one in-class supervision group session (*required but not graded*)
5. **A supervisory conference** with the instructor (to be scheduled outside of class time) (*not reflected in grade*)
6. **Personal spiritual development** (*not reflected in grade*)
  - Meet regularly with your own spiritual director (*required*)
  - Formulate and follow a personal spiritual discipline/rule of life
  - Journal/reflect in some form

For additional details, see **Supervision Group Handbook**, to be distributed and discussed in class.

### Reading

#### Required Books:

1. Palmer, Parker J. *A Hidden Wholeness: The Journey Toward an Undivided Life*. Jossey-Bass, 2004. ISBN 978-0-470-45376-6 (with particular emphasis on **Chapters 5 & 8**)
2. Silver, Anne Winchell. *Trustworthy Connections: Interpersonal Issues in Spiritual Direction*. Cowley Publications, 2004. ISBN 1-56101-252-1  
(with particular emphasis on the **two codes of ethics** which are included as appendices)

#### Required Articles:

The GTS library has issues of *Presence: An International Journal of Spiritual Direction* from 2009 to the present. Find and read **three articles** that might help you in your ministry.

## Recommended Books:

Addison, Howard. *Show Me Your Way: The Complete Guide to Exploring Interfaith Spiritual Direction*. Jewish Lights, 2001. ISBN 1893361411

Brooke, Avery. *Healing in the Landscape of Prayer*. Morehouse, 2004. ISBN 0-8192-2126-0

Bryant-Johnson, Sherry, Rosalie Norman-McNaney, and Therese Taylor-Stinson. *Embodied Spirits: Stories of Spiritual Directors of Color*. Morehouse, 2014. ISBN 978-0-8192-2893-2

Dougherty, Rose Mary. *Group Spiritual Direction: Community for Discernment*. Paulist Press, 1995. ISBN 0-8091-3598-1

Fannin, B. Kathleen. *Wonder and Other Life Skills: Spiritual Life Retreats for Young Adults Using the Creative Arts*. Cowley, 2007. ISBN 1-56101-307-2

Guenther, Margaret. *Toward Holy Ground: Spiritual Directions for the Second Half of Life*. Cowley, 1995. ISBN 1-56101-114-2

Linn, Matthew, Sheila Fabricant Linn, and Dennis Linn. *Understanding Difficult Scriptures in a Healing Way*. Paulist, 2001. ISBN 0-8091-4029-2

Manney, Jim. *God Finds Us: An Experience of the Spiritual Exercises of St. Ignatius Loyola*. Loyola, 2013. ISBN 978-0-8294-3827-7

Moon, Gary W., and David G. Benner. *Spiritual Direction and the Care of Souls: A Guide to Christian Approaches and Practices*. IVP Academic, 2004. ISBN 978-0-8303-2777-

Prechtel, Daniel L. *Where Two or Three are Gathered: Spiritual Direction for Small Groups*. Morehouse, 2012. ISBN 978-0-8192-2772-0

Rohr, Richard. *Breathing Under Water: Spirituality and the Twelve Steps*. St. Anthony Messenger Press, 2011. ISBN 978-1-61636-157-0

Ruffing, Janet K. *Spiritual Direction: Beyond the Beginnings*. Paulist Press, 2000. ISBN 0-8091-3958-8

Wagner, Nick, ed. *Spiritual Direction in Context*. Morehouse, 2006. ISBN 978-0-8192-2209-1

## 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.

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