DD8202W  Art of Spiritual Direction 1

This unit introduces the ministry of Spiritual Direction in theory and in practice, and provides a context in which to test a sense of call to this ministry. The seminars include teaching on the history of the tradition, characteristics of the ministry, common misconceptions, issues of discernment, the human experience of God, important psychological considerations, development of listening skills and growth in prayer and faith. There will be practical sessions on giving and receiving spiritual direction, and personal and peer supervision, as well as one residential weekend.

Upon successful completion of this unit, it is expected that students will be able to:
1. Articulate the distinctive parameters of the ministry of spiritual direction
2. Critically define similarities and differences between spiritual direction and other helping professions
3. Demonstrate a capacity to critically self-evaluate his or her spiritual direction practice particularly relating to listening skills
4. Identify and analyse key elements of discernment in the practice of spiritual direction
5. Demonstrate a personal and practice awareness of the diversity of human experiences of God

Pre-requisites: Strongly recommended that applications should have some experience in receiving personal spiritual direction and have completed the Art of Contemplative Practice (DS9201W). Each candidate will be required to undergo an interview prior to acceptance into the unit.

Unit Value: 30 points

Class Time: Intensive: 5 x 2 day blocks, including a live-in intensive

Assessment:
- One essay (4,000 words) (40%)
- One book review (2,000 words) (15%)
- One reflection journal (2,000 words) (15%)
- Ten verbatim reports – 400 words each (4,000 words) (30%)

Faculty: Peter Bentley (Co-ordinator), Lynette Dungan, Joan Wright-Howie, Rosanne Arnott

Offered: 2016: Intensive March – November (through WellSpring)

Select Bibliography:
* = set texts recommended for purchase