

DD8202W Art of Spiritual Direction 1

Offered: 2018: Extensive March – October (*through WellSpring*)

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 applicants 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 – please refer to the WellSpring website for their application form and process:

<https://www.wellspringcentre.org.au/accredited-courses/spiritual-direction-formation/>.

Unit Value: 30 points

Class Time: 5 x 2 day blocks

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)

Recommended Reading:

* = set texts recommended for purchase

*Barry, W. & W. Connolly, *The Practice of Spiritual Direction*, 2nd edn, revised, New York: Harper Collins Publishers, 2009.

Buckley, S. M., *Sacred Is the Call: Formation and Transformation in Spiritual Direction Programs*. New York: Crossroad Pub., 2005.

Dyckman, K.M. & L.P. Carroll, *Inviting the Mystic, Supporting the Prophet*, Mahwah, NJ: Paulist Press, 1981.

Edwards, D., *Human Experience of God*. New York: Paulist Press, 1983.

Green, T.H., *Weeds Among the Wheat: Discernment: Where Prayer and Action Meet*, Notre Dame, IN: Ave Maria Press, 1990.

Guenther, M., *Holy Listening: The Art of Spiritual Direction*, London: Darton, Longman and Todd, 1992.

Kidd, S. M., *When the Heart Waits: Spiritual Direction for Life's Sacred Questions*. San Francisco: Harper San Francisco, 2006.

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