

## DD9204W Art of Spiritual Direction 3

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**Offered:** 2018: Extensive March – October (*through WellSpring*)  
[Unit offered alternatively as a Capstone unit, XD9770W]

This unit will explore significant theological and psychological issues in spiritual direction as well as the student's developing sense of call to this ministry. Topics covered include discerning ministry directions, different types of conversion, the Trinity, sexuality and spirituality, and the prophetic aspects of spiritual direction. In addition, each student will undertake a research project in an area of personal interest in the ministry of spiritual direction.

Upon successful completion of this unit, it is expected that students will be able to:

1. Demonstrate creativity and initiative in integrating theological reflection, knowledge and skills of spiritual direction, and the capacity to apply them to new situations in ministry and/or further learning;
2. Describe and articulate the distinctive role of spiritual direction among the helping professions;
3. Evaluate how psychological issues impact the practice of spiritual direction;
4. Research an aspect of spiritual direction and justify its unique relationship with spiritual direction practice.

**Pre-requisites:** Art of Spiritual Direction 2 (DD8203W)

**Unit Value:** 30 points

**Class Time:** Intensive: 5 x 2 day blocks

**Assessment:**

One 8,000 word research project and a one-hour presentation of the findings	(70%)
4,000 word – reflection papers for peer group work	(30%)

**Faculty:** Peter Bentley (Co-ordinator)

**Recommended Reading:**

\* = set texts recommended for purchase

Ahlberg-Calhoun, A., *Spiritual Disciplines Handbook: Practices that Transform Us*, Illinois: IVP, Press, 2005.

Chittister, J., *Scarred by struggle: Transformed by Hope*, William B. Eerdmans Publishing Company, 2003.

Conn, W., *Christian Conversion: A Developmental Interpretation of Autonomy and Surrender*, New York: Paulist Press, 1986.

May, Gerald G., *Will and Spirit : A Contemplative Psychology*. San Francisco: Harper & Row, 1983.

Palmer, P., *Let Your Life Speak*, San Francisco: John Wiley, 2000

Soelle, D., *The Silent Cry: Mysticism and Resistance*, Augsburg: Fortress, 2001.

Ruffing, Janet K., *To Tell the Sacred Tale*. Mahwah, NJ: Paulist Press, 2011.

\* Wagner, Nick, *Spiritual Direction in Context*. Harrisburg, Pa.: Morehouse Pub., 2006.

Whitehead, Evelyn Eaton, and James D. Whitehead, *Transforming Our Painful Emotions: Spiritual Resources in Anger, Shame, Grief, Fear, and Loneliness*. Maryknoll, N.Y.: Orbis Books, 2010.