REGIS COLLEGE

Practicum in Spiritual Direction

RGP3661/6661 HY

2011-2012

PRACTICUM IN SPIRITUAL DIRECTION RGP 3661/6661 HY

INSTRUCTOR: Maureen McDonnell, D.Min
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COURSE DESCRIPTION:

A two-term supervised peer-based practicum enabling discovery of the assumptions and capacities one brings to the ministry of spiritual direction. Designed for persons discerning their potential for this ministry. **Regular attendance essential.**
The course is the first phase of the Regis College Spiritual Direction Diploma practicum.

Assignments: Reflection papers/exercises. Final integrating ritual
Course Format: Regular Lecture / Practicum

Previous experience as a directee and permission of instructor necessary for participation

Schedule: Mondays, 4:30 **(sharp)**-6:30. One credit. (Fall & Winter Semesters)

Course Learning Objectives:

Students successfully completing this course will learn:

1. To develop a contemplative stance, to develop the art of compassionate listening and evocative presence as foundational communication skills in the practice of spiritual direction

2. To develop and articulate an understanding of the theory and practice of the ministry of spiritual direction

3. To reflect on their noticing of interior movements during the experience of spiritual direction

4. To develop the art of recognizing an experience of God, the sacred, Holy Mystery

5. To develop an awareness of their own beliefs and assumptions regarding the meaning of spirituality, the spiritual journey, spiritual direction, discernment

6. To participate in a foundational process of contemplative reflection on their experience as a spiritual director with a staff supervisor

7. To discern one's capacities and one's vocational call to the ministry of spiritual direction

Course Outline:

25 two-hour sessions with the expectation of some preparation for each session. Also,

periodic supervision for individuals when they are in the role of director.

Each participant will get at least five experiences in each of three roles: director, directee, observer.

REQUIREMENTS and CRITERIA FOR EVALUATION

1. *Attendance for each class is mandatory*. If you are going to miss a class please inform the course instructor as soon as possible.

2. **Punctuality is important**. If you are going to be late please let the course instructor know, please call: 416 922-5474 ext 264 (M.McDonnell) or Grace Brubacher, 416 922-5474 ext 272

3. The triads depend on the presence of each of the participants in order to proceed.

4. Participation in each of the three roles, the assigned triads, their related role groups, and the large group interaction is expected.

5. Completion of readings, reflection papers, exercises, and final integrating ritual is expected.

Meeting with supervisor as arranged when you are the spiritual director of the triad is mandatory.

Books on Reserve in Regis Library

RGP3661/6661HY / Practicum in Spiritual Direction

BT771.2 .F69 2000 Becoming adult, becoming Christian : adult develop / Fowler, James W., 1940-

BV4409 .H37 The art of Christian listening / by Thomas N. Hart. / Hart, Thomas N.

BV4527 .F57 Women at the well : feminist perspectives on s / Fischer, Kathleen R., 1940-

BV5053 .E37 2001 Spiritual director, spiritual companion : guide to tendin / Edwards, Tilden.

BV5053 .G84 Holy listening : the art of spiritual direction / Guenther, Margaret, 1930-

BV5053 .M38 1982 Care of mind, care of spirit : psychiatric dimensions of sp / May, Gerald G.

BV5053 .S68 2004 Spiritual direction and the care of souls : a guide t / Moon, Gary W., 1956-

BV5053 .S75 2000 Still listening : new horizons in spiritual direction / edi / Vest, Norvene.

BX2179 .L85 D5 C65 1993 The discerning heart : discovering a personal God / / Conroy, Maureen, 1948-

BX2179 .L85 D5 G35 2005 The discernment of spirits : an Ignatian guide for e / Gallagher, Timothy M.

BX2350.7 .B35 The practice of spiritual direction / William A. Barry a / Barry, William A.

BX2350.7 .R83 2000 Spiritual direction : beyond the beginnings / Janet / Ruffing, Janet, 1945-