

RGP3251 – 11
PSYCHOTHERAPY AND SPIRITUAL DIRECTION

Instructor

Joseph Schner, S.J.
416-922-5474 ext 222
joseph.schner@utoronto.ca

Description

The course will examine links between psychotherapeutic and spiritual direction theories and practices. Lectures will discuss the following:

- Humanistic theory (Rogers) and listening skills & counter-transference,
- Cognitive Behavioural theory (Bandura & Williams) and mindfulness,
- Psychoanalysis (Freud) and attachment, God image & transference,
- Analysis (Jung) and personality type and individuation,
- Intensive Soul Care (Benner) and Ignatian spiritual direction.

Students are encouraged to explore and evaluate the implementation of these theories in spiritual direction within the Christian tradition.

Text

Wm. Barry & Wm. Connolly. 2009. *The practice of spiritual direction*. Second Edition
N.Y.: HarperOne. [on Regis Library reserve]

Outline and Procedure

The lectures will be organized as follows:

	Barry & Connolly
Overview of Course (10-12 am & 2-4 pm)	
Spiritual Direction & Psychotherapy	Chapter 1 & 3
Humanistic therapy (Rogers)*	8 & 9
Empathy, Genuineness & Regard	
Cognitive therapy (Bandura)*	4 & 7
Cognitive Restructuring and Mindfulness	
Psychoanalysis (Freud)*	5
Unconscious & (counter)transference	6 & 10
Jungian Analysis*	2
Individuation and personality types	
Intensive Soul Care (1 to 5 pm) Essay	
Presentations	

Four 3 page, double-spaced papers due for * classes

Essay (10 pages) due June 11 (can be submitted by email in Word or Word Perfect).

Requirements and evaluation

- (1) short papers – As described above 4 x 10 (40%)
- (2) final paper – As described above (60%)

Learning outcomes

COURSE OUTCOMES	COURSE ELEMENT	BD OUTCOMES
By the end of this course, students will have	This outcome will be achieved through these course elements:	Proposed M.Div. (Regis) outcomes:
gained increased familiarity with psychological theories that can impact spiritual direction	by studying & discussing significant aspects of theories of personality and psychotherapy and the ways in which they can be useful in spiritual direction	1. Religious Heritage Application of psychological theory in variety of spiritual direction situations
increased awareness of the links between psychological theory and faith and spiritual life	by reviewing various aspects of psychotherapy in relationship to spiritual direction	3. Personal Spiritual Formation Articulate a personal understanding of the relationship between spiritual direction and contemporary theories of personality and psychotherapy; articulate and evaluate appropriate professional boundaries for ministry
increased their skill in the application of critical tools and methods;	by in-course papers and final paper; by discovering and using resources needed for a more effective ministry	2. Cultural context Reflect critically on their experiences both active and passive of spiritual direction
increased skills to respond constructively to pastoral situations in spiritual direction	apply course material to spiritual direction practica	4. Capacity for Public Leadership Evaluate specific psychological and spiritual needs of persons asking for direction; practice listening skills