

RGP 6251 - 11
PSYCHOTHERAPY AND SPIRITUAL DIRECTION

Texts

Wm. Barry & Wm. Connolly. 2009. *The practice of spiritual direction*. Second Edition
 N.Y.: HarperOne. [on Regis Library reserve]
 Len Sperry & Edward P. Shafranske (Eds.). 2006. *Spiritually oriented psychotherapy*.
 Washington, D.C.: American Psychological Association. [Handouts & 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	
<i>Seminar 1 Sperry & Shafranske</i>	<i>Chapter 6</i>
Cognitive therapy (Bandura)	4 & 7
Cognitive Restructuring and Mindfulness	
<i>Seminar 2 Sperry & Shafranske</i>	<i>Chapter 4</i>
Psychoanalysis (Freud)	5
Unconscious & (counter)transference	6 & 10
<i>Seminar 3 Sperry & Shafranske</i>	<i>Chapter 5</i>
Jungian Analysis	2
Individuation and personality types	
<i>Seminar 4 Sperry & Shafranske</i>	<i>Chapter 3</i>
Intensive Soul Care (1 – 5 pm) Essay	
Presentation	

Four 3-page, double spaced seminar papers.

Essay (15 pgs) on a Psychotherapy & Spiritual Direction topic. Students may send the paper by email (Word or Word Perfect format). Due August 31, 2011.

Requirements and evaluation The final mark for the course will be based on evaluations in two areas:

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

Learning outcomes

COURSE OUTCOMES	COURSE ELEMENT	AD OUTCOMES
By the end of this course, students will have	This outcome will be achieved through these course elements:	At the end of the course:
gained increased familiarity with personality and psychotherapy theories and their application in spiritual direction;	by discussing several theories and practices in psychotherapy and how they might influence contemporary practice of spiritual direction	2.4 to make appropriate use of such resources (1) at a level of proficiency in their own area of research, and (2) at a level of competence in practice;
increased their awareness of the influence of psychological and psychodynamic variables on spiritual direction ;	by reviewing various contextual factors and intra-psychic processes at work in psychotherapy and their implication and application in spiritual direction, and by exploring issues involved in such application	4.3.1.1 recognize the importance of working with scholarly peers and associates in a collegial manner;
increased their skill in the application of critical tools and methods;	seminar papers; final paper	4.1.1 be able to engage in further ongoing, self-directed research activity, to take their place in various appropriate communities of researchers and practitioners
had an opportunity for detailed exploration of a theory or application of a theory;	final paper	