

## **Integrative Theological Reflection Paper Requirements**

A final theological reflection paper will integrate reflection on the experiences of Phase III, a reflection on growth and development in the "ministerial competencies" and the integration of the sixteen Contemplative Reflection Forms and relevant reading. The paper is intended to reveal the director's learned and appropriated theology and practice of spiritual direction as a ministry developed throughout the formation program. **The paper is to include:**

- creative reflection on continuing growth in the "ministerial competencies," which are integral to the Spiritual Direction Practicum
- creative reflection on experience, including the integration of specific examples from Phase III practice
- an integration of theory from their courses and readings
- demonstrated awareness that this ministry occurs in the context of diverse cultures and within various faith communities

**Length:** 20 pages; Citations and Bibliography are required. (The sixteen Contemplative Reflection Forms and the Signed Supervision Covenant will be submitted with the paper)

### **1. A Contemplative Stance as a Spiritual Director**

- How do I understand 'a contemplative stance'?
- How did I demonstrate my contemplative stance during a session as a spiritual director? Some examples.
- What is my practice in preparing for spiritual direction sessions; and in writing my Contemplative Reflection Form?

### **2. A Capacity for Genuine Self-Awareness**

- What is my awareness of my covenantal and ethical responsibilities as a spiritual director? Examples...providing clarity about the nature of spiritual direction ministry; attending to boundaries of time and space; to periodic evaluation and confidentiality and its limits. Examples from my practice.
- What is my awareness of significant emotions, bodily sensations and body language experienced by myself and by the directee? (E.g. Relaxed, tense, vulnerable, eye contact, tears...) Examples & learnings from my practice
- What is my awareness of:
  - challenges to my theological assumptions

- cultural and religious differences; and varieties of beliefs or values.
  - Struggles within myself to invitations to growth.
- Am I aware of the key role that Eros, sexuality/sensuality plays in spiritual direction relationships? Examples & Learnings from my practice.
  - Am I aware of the power differential in the spiritual direction relationship and its implications in my role as spiritual director? Examples.
  - Am I aware of particular issues that draw me toward and away from God's presence?
  - What is the current "growing edge" of my capacity for genuine self-awareness and to what would I like to attend?

### **3. Discernment as Foundational to Spiritual Direction**

- What is my understanding of holistic discernment?
- How is my understanding of the Ignatian guidelines for discernment ;
- (Week I and Week II guidelines), in service of my practice as a spiritual director? Examples & Learnings from my practice.
- What is my understanding of consolation and what is my understanding of desolation? Some examples from my practice.
- How do I distinguish discernment from teaching or giving advice? Examples.
- Is there a scripture passage, symbol or image which best expresses my understanding of discernment?

### **4. Awareness of Theological Assumptions**

- What are my theological assumption about spiritual direction ministry? What scripture passage, image or metaphor help support my theological understandings?
- What are my theological assumptions about God, the human person, the community of faith, and creation?
- What are my assumptions about the relationship between human growth and development and growth in relationship with God?
- How do I integrate justice into my theology of spiritual direction ministry? For example, how do I attend to social justice, cultural, political and natural environments within my theology? Examples from my practice.

### **5. Prayer and Growth in Relationship with God**

- What is my understanding of prayer? What is my understanding of the

role of prayer within spiritual direction ministry? Some examples from my experience as a spiritual director.

- Am I aware of some paradigms for articulating phases, movements or patterns in a person's growth in their relationship with God? Some examples from my experience as a spiritual director.
- Do I have an image, metaphor or scripture passage that illustrates growth in intimacy with God?

#### **6. Awareness of Human Development and Culture**

- What is my operative model of human and/or psychological development? What resources do I engage and consider as I encounter the uniqueness of each person's journey?
- What do I understand are the important similarities and differences between pastoral counselling and spiritual direction? What would be indicators of possible referral to pastoral or psychological counseling? Examples.
- Am I aware of the central role that my culture, both formative and present, plays in my spiritual direction relationships? Some examples from my practice where my awareness of my culture and/or the directee's culture was important in the spiritual direction relationship.

#### **7. Supervision as Integral to Spiritual Direction Ministry**

- What is my understanding of supervision within spiritual direction ministry?
- What is my understanding of the difference between consultation and supervision?
- How is supervision in service of the growth of the spiritual director? Some examples from one-on-one supervision and peer group supervision?
- How is supervision in service of the directee? Examples.
- How is the Contemplative Reflection Form (CRF) helpful following a spiritual direction session; in my preparation for supervision and in increasing my self-awareness? Am I aware of any resistances within myself as I prepare a CRF?
- What is the current "growing edge" in my use of the CRF for my formation as a spiritual director?

#### **8. Continuing Education and Professional Development in Ministry of Spiritual Direction**

- What resources (include books, journals, writers, mystics) have been integral to my understanding and practice of spiritual direction ministry? Why?
- During this formation program what topics have arisen for me that require further exploration for my ongoing development as a spiritual director?

- 9. Ongoing Discernment of the Call to the Ministry of Spiritual Direction**
- What are my gifts that I bring to the ministry of spiritual direction?
  - How do I receive and integrate challenges experienced in the practice of spiritual direction and supervision? Examples.
  - Is there a scripture passage, image, or metaphor that helps me articulate my present identity as a spiritual director?
  - What supports do I seek out to deepen my ongoing education and formation as a spiritual director?