

SSD REQUIRED PRACTICUM HOURS **(Jan. 2018-Feb. 2019 Program Cycle)**

Categories of Practicum:

1. One-on-One Spiritual Direction
2. Group Spiritual Direction
3. Individual Supervision
4. Facilitated Group Supervision

One-on-One Spiritual Direction (Ideally Face-to-Face/Web or Phone Call)

Right from the start of the SSD program (or even before), participants ought to be thinking of potential directees to meet with during the year. Who will they be, how will they find you or how will you find them, and where will you meet? For the best learning experience, aim for diversity in the individual you direct. We encourage diversity in faith tradition, gender, life experience, and age. If one of your directees is someone you know, make sure you have the experience of directing someone else you do not know, etc.).

- Participants are expected to be meeting with a spiritual director on a monthly basis for the entire duration of the program (total of **14 SD hours** from Jan. 2018-Feb. 2019).
- During the second quarter break, participants will engage in a simulated SD practice (with supervisor/mentor feedback/coaching) in both dyads (in person or via web connect for **4 hours**) and in mentoring groups (via web connect for **4 hours** minimum). Each participant pays a separate practicum flat fee of \$300 to cover supervision fees.
- Participants must be ready by the middle of Online Course [OC] # 5 to meet with at least 2 directees monthly starting September.
- Participants are expected to log at least **2 hours** of direction time each month within the next six months (September 2018-Feb. 2019) – total of **12 hours**.
- **TOTAL One-on-One Spiritual Direction Hours:** This gives participants minimally **36 hours** of one-on-one direction experience (practicing, receiving, and giving) during the entire duration of the program.

Group Spiritual Direction (Web Connect and Residency)

Aside from One-on-One, the SSD program puts premium emphasis on the practice of group spiritual direction.

- During the Opening Residency, participants take part in a mentor-facilitated **3-hour** Spiritual Autobiography sharing session (conducted in a Companionship format) and another **3-hour** Companions in Community (CinC) session – one of the two formats of contemplative Spiritual Guidance in Community (called Deep to Deep) that we employ in SSD. Total of **6 hours** of Companionship experience.
- During OC # 7 (GSD - Group Spiritual Direction), participants take part via web connect in a mentor-facilitated **3-hour** JourneyShare Direction Group (JSDG) – the group spiritual direction format of Spiritual Guidance in Community we employ in SSD.
- Also, during the GSD module, participants are expected to participate in three 30-minute sessions of video/audio Guided Prayer of Preparation in Sharing Silence and facilitate their own 30-minute face-to-face session with their praxis group (**2 hours total**).
- During the third and final week of the GSD module, participants also facilitate a **2 and 1/2-hour** CinC and JSDG session with their own praxis group of 3-4 people (total of 5 hours of CinC and JSDG practice).
- During the Closing Residency, participants gather for **two 3-hour** experiences of CinC (Cohort Facilitated) and JSDG totaling **6 hours**.
- Every quarter, each mentoring group participates in a **two-hour** Appreciative Inventory (AI) Shared Reflection in a group companionship format via web connect totaling **8 hours**.
- **TOTAL Group Spiritual Direction Hours:** This gives SSD participants **28 hours** of online and in-person experience.

Individual Supervision (Face-to-Face/Web or Phone Call)

Supervision is an essential part of spiritual direction practice. SSD participants will learn about supervision online and receive it offline.

- Starting September 2018 until February 2019, each participant will be expected to receive **one hour** of individual supervision (3 formal [with Dialogue] and 3 informal [without Dialogue]) by phone or via web connect (or in person wherever possible) from a contracted and CQ-approved supervisor (recommended by and trained under our CQ partner, *Together in the Mystery* [TIM]). Participants can expect to pay between \$60-70 per session (negotiable with their supervisor), for a total of **6 session hours**.
- **TOTAL Individual Supervision Hours:** This provides participants **6 hours** of initial one-on-one supervision during the program period.

Group Supervision (Closing Residency)

Aside from one-on-one supervision, participants will be exposed to and participate in a facilitated group supervision experience.

- During the Closing Residency in late February/early March, participants will be involved in group supervision and consultation totaling at least **5 hours**.
- **TOTAL Group Supervision Hours:** This gives SSD participants at least **5 hours** of in-person peer group supervision.

OVERALL PRACTICUM HOURS:

Depending upon their number of directees, SSD participants are expected to log in a minimum of **75 practicum hours** over the course of SSD's training cycle (close to 15 months). Those who fail to meet the minimum practicum requirements will be awarded a Certificate of Participation (not a Certificate of Completion) at the end of the program and will be advised to participate in a six-month to a year **Continuing Internship Program (CIP)** where they can log in more hours (doing one-on-one SD and engaging in supervision sessions on a monthly basis).

NOTE: This is a tentative projection for Cohort 3 participants (3rd cycle) and is subject to change.