



## **PROGRAM CURRICULUM FOR COHORT 3 (2018-2019)** **Online and Residency Modules, Practicums, and Presentations**

### **PRE-PROGRAM PREPARATION**

#### **Highly Recommended Textbooks (HR):**

William A. Barry and William J. Connolly, *The Practice of Spiritual Direction*

Katherine Marie Dyckman and L. Patrick Carroll, *Inviting the Mystic, Supporting the Prophet*

Henri Nouwen, *Spiritual Direction: Wisdom for the Long Walk of Faith*

**PRE-REQUISITE ONLINE COURSE via Moodle (TBD)** - This is offered 4-5 times a year.

**SC** – Soul Companionship: Introduction to Spiritual Direction

**Main Facilitator:** Wil Hernandez, Ph.D., Obl. O.S.B. (with other Co-Facilitators)

#### ***Course Description:***

The spiritual work of soul companionship within the Christian tradition has a rich and long history starting from the pre-biblical times down through the evolving history of the Church to our contemporary times. This course provides a sweeping overview of the Christian "care of souls" (*cura animarum*) and its resultant expressions in the modern pastoral theology, counseling, and care movement. Attention is given to spiritual friendship, guidance, and mentoring, with special focus on the distinct and time-honored ministry of spiritual direction.

#### **Required Texts:**

Thomas Green, *The Friend of the Bridegroom: Spiritual Direction and the Encounter with Christ*

Alice Fryling, *Seeking God Together: An Introduction to Group Spiritual Direction*

**HR:** Gordon Smith, *Spiritual Direction: A Guide to Giving & Receiving Direction*

**Rec:** Wil Hernandez, *Henri Nouwen and Soul Care: A Ministry of Integration*

### **PRE-RESIDENCY ONLINE REQUIREMENT via Moodle (Jan. 8-10, 2018)**

**OOL** - Orientation to Online Learning

**Presenter:** Scott Strand, M.Div., D.Min. (Cand.)

#### ***Presentation Description:***

OOL focuses on preparing students for success as online learners. This three-day orientation includes a hands-on workshop aimed to familiarize students with the technology used in our online courses – primarily Moodle, the elements and flow of an online course, and the skills and habits needed to effectively learn online modality.

## **OPENING RESIDENCY (Jan. 21-26, 2018)**

### **Introductory Presentation**

**SSD** – Overview of CenterQuest Spiritual Direction Program

**Presenter(s):** Wil Hernandez, Ph.D./Lisa Myers, M.A.

***Presentation Description:***

Every Spiritual Direction program is unique. Not all programs are suited for all people. CenterQuest's School of Spiritual Direction (SSD) is distinct in its approach and target audience. This presentation underscores the distinctives of the SSD program and offers the rationale behind our chosen structure and its essential features. Likewise, the presentation highlights, in an integrated overview fashion, the program's nonnegotiable thrusts: compassionate presence, prayerful listening and discernment, and contemplation-and-action. It hopes to clearly articulate the vision for this training program in terms of assessed outcomes for our participants-in-training.

### **Presentation # 1**

**MSD** - The Art and Ministry of Spiritual Direction

**Presenter:** Fr. Stephen Coffey, O.S.B. Cam., D.Min. (Cand.)

***Presentation Description:***

Historically, spiritual direction has taken many different forms, exhibiting both change and continuity over its long history. Although historical models of spiritual direction vary, spiritual direction as a practice has remained constant in Christian tradition. These typological models include the fourth-century desert abbas and ammas, the Benedictine monastic model, the late medieval non-monastic model, the 16th century Ignatian interventionist model, the 17th to 19th century post Tridentine director of conscience, and the Vatican II model and other contemporary models. This presentation will explore each of these models and the assumptions about spiritual direction that are implied.

**HR:** Kenneth Leech, *Soul Friend* by (rev. edition, 2001)

### **Presence Module (Three-Part Series)**

**OBP** - On Being Present

**Instructor:** Dan Miller, Ph.D.

***Module Description:***

In the life of faith, there are four primary relationships where presence is expressed: being present to oneself, to other persons, to creation, and to God who grounds and guides the other three. This three-part series focuses on the constitutive place of presence in spiritual direction as viewed from a Christian, incarnational, mystical, and prophetic perspective. Attention is also given to the relationship between human and divine presence, types and characteristics of presence, and presence as a way of being and engaging in life. Through presentations, readings, dialogue, contemplative practices, and interactive exercises, participants get to reflect on and engage in the practice of being present.

**Required Text:**

Ronald Rolheiser, *The Shattered Lantern: Rediscovering a Felt Presence of God*  
**HR:** Gerald G. May, *The Awakened Heart: Opening Yourself to the Love You Need*  
**Rec:** David G. Benner, *Presence and Encounter*

### **FIRST QUARTER (Feb. 12-Apr. 21, 2018)**

**Online Course # 1** (Feb. 12-Mar.10)

**CP I** - Contemplative Prayer I

**Instructors:** Wil Hernandez, Ph.D./Brenda Buckwell, D.Min.

**Course Description:**

CP I addresses the importance of cultivating a contemplatively grounded life that will inform and sustain an effective spiritual direction practice. Emphasis is on understanding and experiencing contemplative prayer as a way of *seeing*. Participants learn about, practice, and discuss ways to cultivate awareness of themselves, others, God, and the world of God's creation. In addition to the practice of noticing and gazing, participants explore how a contemplative way of seeing invites and opens persons to insights into the More that God longs for them to see. Spiritual practices include the examen, journaling, and visual meditation.

**Required Texts:**

Martin Laird, *Into the Silent Land: A Guide to the Christian Practice of Contemplation*  
Richard Rohr, *Everything Belongs: The Gift of Contemplative Prayer* (rev. and updated, 2003)  
**HR:** Thomas Merton. *New Seeds of Contemplation*

**Online Course # 2** (Mar. 26-Apr.21)

**CP II** - Contemplative Prayer II

**Instructors:** Brenda Buckwell, D.Min./Wil Hernandez, Ph.D.

**Course Description:**

This course emphasizes contemplative prayer as a way of *listening*—cultivating our awareness and ability to attend, wait, attune, rest, and be in the presence of God, self, others, and the world. Our focus is on presence, stillness and openness as paths to centered listening, which is a holy practice at the core of spiritual direction. Listening prayer is a foundational practice of being in the world that allows for the transformative work of the Divine in and through us. This course explores developing the interior awareness and skills necessary to be a listening presence in the world, without which a spiritual direction practice falters. Spiritual practices include contemplative listening prayer, and individual and group lectio divina.

**Required Texts:**

David Benner, *Opening to God: Lectio Divina and Life as Prayer*  
Alice Fryling, *The Art of Spiritual Listening: Responding to God's Voice Amidst the Noise of Life*  
Kay Lindahl, *Practicing the Sacred Art of Listening: A Guide to Enrich Your Relationships and Kindle Your Spiritual Life*  
**HR:** Margaret Guenther, *Holy Listening: The Art of Spiritual Direction*  
**Rec:** Thomas Hart, *The Art of Christian Listening*  
Adam S. McHugh, *The Listening Life*

## **SECOND QUARTER (May 14-Jul. 21, 2018)**

### **Online Course # 3 (May 14-Jun. 9)**

#### **PD I - Prayerful Discernment I**

**Instructors:** Evan Howard, Ph.D./Susan Phillips, Ph.D.

#### **Course Description:**

PD I provides a general survey to the topic of Christian discernment. It gives the student a sense of the types of discernment that arise in the Christian life and a review of the various ways that discernment has been understood and practiced. The class also offers a conceptual/theological framework that assists in pursuing wise principles of discerning. PD I focuses on discernment as a way of noticing or recognizing what is from God, emphasizing the important relationship between prayer and discernment as well as between discernment and spiritual direction.

#### **Required Texts:**

Elizabeth Liebert, *The Way of Discernment: Spiritual Practices for Decision Making (Part I)*  
Gordon Smith. *The Voice of Jesus*

#### **Additional Required Texts with Option to Choose**

Wilkie Au and Noreen Cannon, *The Discerning Heart: Exploring the Christian Path*

David Benner, *Desiring God's Will: Aligning Our Hearts with the Heart of God*

Dallas Willard, *Hearing God: Developing a Conversational Relationship with God*

**HR:** Classic - Jonathan Edwards, *Religious Affections*

**HR:** Contemporary - One of the other books not used under Option

Henri Nouwen, *Discernment: Reading the Signs of Daily Life*

### **Online Course # 4 (Jun. 25-Jul.21)**

#### **PD II - Prayerful Discernment II**

**Instructor:** Larry Warner, M.A.T.

#### **Course Description:**

PD II equips participants to translate the principles of discernment taught during PD I for use within the context of a spiritual direction session. Particular attention is given to the Rules of Discernment found in the Spiritual Exercises of Saint Ignatius. Additionally, participants explore personal practices of discernment in order to help them expand their self-awareness, develop their ability to discern the movements of the Spirit, and practice discernment as an ongoing and holistic way of life, rather than as an episodic event.

#### **Required Texts:**

Maureen Conroy, *The Discerning Heart: Discovering a Personal God*

Thomas Green, *Weeds Among the Wheat: Discernment, Where Prayer and Action Meet*

Elizabeth Liebert, *The Way of Discernment: Spiritual Practices for Decision Making (Part II)*

Larry Warner, *Discernment, God's Will & Living Jesus*

**HR:** David Fleming, *Draw Me into Your Friendship: The Spiritual Exercises*

**Rec:** Wilkie Au and Noreen Cannon Au, *The Discerning Heart*

### **QUARTER BREAK: Introduction/Orientation to PRACTICUM (July 23-Aug. 18, 2018)**

During this period participants will engage in a weeklong's worth of simulated one-on-one SD session in both dyads and mentoring groups with supervisor feedback/coaching (in person or via web connect) in preparation to starting the six-month formal practicum phase (directing two people and engaging in supervision). See the Practicum document for more details.

#### **Required Text:**

Susan Phillips, *Candlelight: Illuminating the Art of Spiritual Direction*

**Rec:** Christopher Basil Brown, *Guiding Gideon: Awakening to Life and Faith*

### **THIRD QUARTER (Aug. 20-Oct. 27, 2018)**

#### **Online Course # 5 (Aug. 20-Sept. 15)**

**SDS** – Spiritual Direction Supervision

**Instructors:** Maria Tattu Bowen, Ph.D. / Tammy Ichinotsubo-Ezzi, Ph.D.

#### **Course Description:**

The Guidelines for Ethical Conduct by Spiritual Directors International (SDI) calls for practicing spiritual directors to receive one-on-one and/or peer-group supervision on a regular basis. Supervision provides spiritual directors with an opportunity to contemplate their experience of themselves as spiritual directors with a more experienced spiritual director or a group of spiritual directors. In supervision, spiritual directors focus on their own personal growth and development as a director in service to the directee's the wellbeing. In this course, participants will review the theological, philosophical and ethical foundations of supervision for spiritual directors, receive an overview of the theories and methods supervision, and discuss the rationale for their faithful engagement in it. In addition, participants will explore some means of self-care and engage in contemplative self-supervision, both as an ongoing personal/professional practice and in preparation for ongoing meeting with a supervisor.

#### **Required Texts:**

Rose Mary Bumpus and Rebecca Bradburn Langer, *Supervision of Spiritual Directors: Engaging in Holy Mystery*

Spiritual Directors International, 2000. *Guidelines for Ethical Conduct*. (SDI brochure).

**HR:** Maureen Conroy. *Looking into the Well: Supervision of Spiritual Directors*

#### **Online Course # 6 (Oct. 1-27)**

**TR** - Theological Reflection

**Instructor:** Fr. Stephen Coffey, O.S.B. Cam. (D.Min. Cand.)

#### **Course Description:**

This course is designed to help participants grasp the importance of doing theological reflection as an essential component of spiritual direction ministry. It encourages them to cultivate the discipline of theological reflection as an aid to discernment and a reflection tool for supervision. Included are four exercises in the art of theological reflection: on a current life experience, a ministry experience, a spiritual direction experience (either as directee or

director), and a prayer experience. Aside from the main exercises, thoughtful reading of primary materials, responses to questions based on readings, engagement in critical evaluation of methods, active participation in forum and web discussions/interactions are key components in order to achieve the desired outcomes of this course.

**Required Texts:**

Janet Ruffing, *To Tell the Sacred Tale: Spiritual Direction and Narrative*

Kathleen McAlpin, *Ministry That Transforms: A Contemplative Process of Theological Reflection*

**HR:** Elaine Graham, Heather Walton, and Frances Ward, *Theological Reflection: Methods*

**Rec:** Patricia O'Connell-Killen and John de Beer, *The Art of Theological Reflection*

**FOURTH QUARTER (Nov. 19, 2018-Jan. 26, 2019)**

**Online Course # 7** (Nov. 19-Dec. 15)

**GSD** - Group Spiritual Direction

**Instructors:** Lisa Myers, M.A. /Christy Brink

**Co-Instructors:** All the Mentors

**Course Description:**

This course is an introduction to the benefits of experiencing contemplative community and sharing spiritual guidance with others. It offers a specific definition and model for contemplative spiritual guidance in community identified as "Open Circle" and "Deep to Deep." Based on these definition and model, two different formats are presented. The first is a structured and facilitated process for group companioning identified as "Companions in Community." The second is a structured and directed process for the offering of mutual direction called "JourneyShare." The practice of group direction using the JourneyShare format is the focus of the course explored through reading, video, praxis, and reflection.

**Required Texts:**

Rose Mary Dougherty, *Group Spiritual Direction*

Henri Nouwen, *Reaching Out: The Three Movements of the Spiritual Life*

**HR:** Daniel Schrock and Marlene Kropf, eds. *An Open Place: The Ministry of Group Spiritual Direction*

**Online Course # 8** (Jan. 7-Feb. 2, 2019)

**CLS** - Critical Life Stages

**Instructor:** Wil Hernandez, Ph.D., Obl. O.S.B./Craig Babb, Ed.D.

**Course Description:**

CLS highlights the intriguing nature and reality of our faith journey: its shape and its texture, as well as its developmental and transformational patterns. Special focus is on the expansive adaptation of "The Critical Journey" paradigm popularized by Janet Hagberg and Robert Guelich. Through a combination of small group interactions and case studies, participants grapple with the evident correlation between journey stages and the process of spiritual transformation. Ultimately, the course is aimed at learning how to maximize the employment of certain spiritual direction dynamics to cater to directee's varying life-stages.

**Required Text:**

Janet Hagberg and Robert Guelich. *The Critical Journey: Stages in the Life of Faith* (2<sup>nd</sup> edition)

**HR:** David Benner, *Spirituality and the Awakening Self: The Sacred Journey of Transformation*

**CLOSING RESIDENCY (Feb. 24-Mar. 3, 2019)****Practicum # 1**

**GSD** - Group Spiritual Direction

**Facilitators:** Lisa Myers, M.A. /Christy Brink and the SSD Mentors

***Practicum Description:***

The GSD practicum facilitated by trained mentors focuses on engaging participants in the experience of two formats of contemplative spiritual guidance (Deep to Deep) within a “live” communal setting: *Companions in Community* and *JourneyShare* group direction. The first one is designed to be used within congregations and faith communities as a formational process of contemplative listening and discernment. The second one is designed to assist a presence-oriented contemplative stance focused on the preparation the individual has done as part of his/her SSD mentor-assisted self-assessment and discernment process. Each of the two 3 -hour sessions follow a time of group reflection and evaluation and summarized in a plenary forum in which all of the groups share their experiences together.

**Practicum # 2**

**GS** - Group Supervision

**Facilitators:** Maria Tattu Bowen, Ph.D. / Tammy Ichinotsubo-Ezzi, Ph.D.

***Practicum Description:***

In keeping with our commitment to theory and praxis, this final practicum in the SSD cycle offers participants the opportunity to experience firsthand the dynamic process, structure, and benefits of facilitated as well as peer group supervision.

**Transformation Module (Three-Part Series)\***

**IDT** – Inner Dynamics of Transformation

\* From time to time, this module will feature **Special Topics** within the field of spiritual direction to be facilitated by a chosen speaker from our Guest Residency Speakers pool.

**HR:** Sue Monk Kidd, *When the Heart Waits*

**Rec:** Len Sperry, *Transforming Self and Community*

**Closing Presentation**

**FI** – Final Integration

**Presenter:** Wil Hernandez, Ph.D., Obl. O.S.B.

***Presentation Description:***

This final session represents an integrative attempt to pull together each of the key constructs covered during the entire program and to debrief on their impact to the ongoing practice of spiritual direction. As a practical way of concluding the program, this closing presentation also covers the 'nuts and bolts' of an effective spiritual direction practice.

**Required Text:** Janet Ruffing, *Spiritual Direction: Beyond the Beginnings*

**HR:** Tilden Edwards, *Spiritual Director, Spiritual Companion: Guide to Tending the Soul*

**Rec:** Norvene Vest, *Still Listening: New Horizons in Spiritual Direction*