STMA 553 Art of Spiritual Direction Practicum I

Syllabus

***Note: This syllabus is subject to change at the discretion of the instructor

Course Information

Course Number: STMA 553 Instructor: Mary Rose Bumpus, RSM, Ph.D.

Units: 3 Office: Hunthausen Hall #129

Prerequisites: STMM 557, 558, Office Hours: By Appointment (see below)

559, 561, 571 STMA 561, 570 Phone: 206-296-6958

Email: bumpusm@seattleu.edu

Time and Place

Day: Thursday

Time: 9:00 a.m. – 11:50 a.m. Place: Hunthausen Hall #160 First Day of Class: September 22, 2011

Mass of Holy Spirit: September 29, 2011 (Class meets from 9:00-10:45)

Holiday: November 24, 2011 Thanksgiving

Last day of Class: December 1, 2011

Course Description: This course begins a two quarter practicum in the art of spiritual direction. The sequence (STMA 553 and 554) combines two components: 1) an internship in the practice of spiritual direction and 2) a weekly class. Each participant offers spiritual direction for at least two people outside of class time during both quarters. In class, students present direction dialogues and reflect upon direction sessions within the context of a specific supervisory process. They engage in role playing, consultation, discussion of readings, and offer individual assessment of all participants. Course content focuses on particular aspects of the work of direction, common issues, and dynamics of the spiritual life: discernment, invitation and challenge, sexual and ethical issues, injustice and the care of souls, spiritual direction and the arts, group spiritual direction, and others.

Learning Outcomes and Objectives

The Art of Spiritual Direction Practicum I and II constitute courses for students intent on becoming spiritual directors. Participants in this class are in the MATS degree, the joint M.Div./PMC in spiritual direction, or, the Post Master's Certificate in Spiritual Direction. The Art of Spiritual Direction Practicum I and II are designed to meet the learning outcomes of the MATS degree. These outcomes are listed below, and they are accompanied by those strategies, objectives, and tasks designed to promote the outcomes. All of the listed outcomes have roots in work of previous courses and culminate in this two course sequence.

- ♣ Ability to reflect theologically on the central themes of the Christian Tradition
 - Students reflect theologically upon themes that arise in spiritual direction sessions and in classic spiritual texts.
- ♣ Knowledge of the interaction of religious/spiritual experience and culture in their ecumenical and multicultural dimensions
 - •Students accompany others of various faith traditions and cultures.
 - ◆Students read and discuss spiritual texts written by men and women of different faith traditions.
 - •Students read and discuss texts about pastoral care and spiritual direction written from various cultural perspectives.
- ♣ Ability to read scriptural texts critically
 - ◆Students learn how to read scriptural texts critically in STMM 526 and STMM 527, Hebrew and Christian Scriptures. In this course students learn how to connect a directee's experience of God and scriptural texts when appropriate.
- Ability to draw critically and constructively on Christian moral traditions to lead toward a more just and sustainable world
 - ◆Students agree to and live by the Spiritual Directors International *Guidelines for Ethical Conduct*.
 - •Students draw critically and constructively on Christian moral traditions as they assist those whom they serve to live ethical lives.
- ♣ Ability to listen and respond to how the Spirit is active and alive in local, global and cosmic communities
 - Students learn processes of group direction that focus on the life of the Spirit in local community settings.
 - Students may choose to offer group spiritual direction within the settings of their local ecclesial communities or other professional settings.
- ♣ Ability to articulate one's relationship with God, as it is informed by theological reflection in one's social context
 - •Students have a spiritual director with whom they articulate this relationship.
 - •Written dialogues reflect both students' and directees' sense of relationship with God and serve as points of departure for theological reflection in social context.
- ♣ Ability to lead from spiritual depth toward practice for justice and wholeness in the world
- ◆The ministry of spiritual direction has both mystical and prophetic dimensions.

 Students lead from spiritual depth when they encourage the development of both dimensions in self and other and respond to God's invitation to practice justice and compassion in the world. Such praxis is actively fostered in and through direction dialogues, supervision conversations, and course readings.
- ♣ Ability to discern and nurture spiritual experience in relation to self and others
 - •Students discern and nurture spiritual experience in their own lives through consistent on-going spiritual direction, personal prayer, and a vibrant life of faith.
 - •Discerning and nurturing spiritual experience in another is at the heart of the spiritual direction relationship. Students reflect upon direction conversations verbally and in writing in a process designed to elicit identifying signs of the presence of God.
 - •Students have facility with various prayer forms and exercises that promote awareness of the presence of God. Students facilitate the knowledge of such prayer forms and practices as prompted by a directee's life and ongoing relationship with God.

- ♣ Ability to articulate and live from an understanding of self as human, minister, and leader
 - ◆Through reflection on practice and assessment, students come to know their strengths and limitations as a spiritual director. They grow in confidence as a spiritual director, begin to see themselves as a spiritual director, and expand their ability to facilitate the faith life of others.
- ♣ Ability to be a responsive, discerning listener who can enter another's worldview
 - •Students learn and practice the process of supervision.
 - ◆They practice responsive listening skills and discernment.
 - •They make greater use of interior movements to respond appropriately to directees and other members of the supervision group.
 - •They formulate a growing understanding of the relational nature of spiritual direction.
 - •They learn and practice the art of presence in solidarity with those who suffer.
 - ◆They make appropriate use of the imagination as a vehicle for transformation.
 - ◆They integrate learnings, both conceptual and experiential.
 - •They grow in understanding the spiritual direction process.

Course Requirements

- 1) Class attendance each week
- 2) Participation in supervision process and small group exercises
- 3) Offering spiritual direction for a *minimum* of two people who are significantly different in some way, e.g., male and female, older and younger, different cultural heritages
- 4) Four written Dialogues and Contemplative Reflection Forms presented in class for supervision. Dialogues and CRF's are due to all participants by Monday noon of the week of presentation.
- 5) Critical and engaged reflection of readings
- 6) Written assessment of each class participant

Special Needs

If you have or think you may have a disability (including an "invisible disability" such as a learning disability, a chronic health problem, or a mental health condition) that interferes with your performance as a student in this class, you are encouraged to discuss your needs and arrange support services and/or accommodations through Disabilities Services staff in the Learning Center, Loyola 100, 206-296-5740.

Appointments and Office Hours

Please call or email for a specific appointment time. The office phone number is 206-296-6958. I can also be reached by email: bumpusm@seattleu.edu. I am most available for appointments on Monday afternoons, Wednesday afternoons, and some Thursday afternoons.

<u>Grades</u>

The final grade for this course is based on the improvement of the participant in the practice of the art of spiritual direction during the quarter. Indicators include but are not limited to the

following: ability to recognize the presence of God in the life of the directee and within the direction session itself; ability to savor a directee's experience; ability to evidence solidarity in the face of the suffering of a directee; ability to articulate inner sensations, thoughts, and feelings of the director in the spiritual direction conversation.

The following weight is given to work in the course and provides the basis for the final grade:

Dialogue/CRF I – 10% Dialogue/CRF II – 20% Dialogue/CRF III – 25% Dialogue/CRF IV – 25%

Class participation and credible completion of Assessments and Assessment Process – 20%.

<u>Academic Honesty</u>

The School of Theology and Ministry strictly adheres to the Academic Policy concerning Academic Honesty as published in the Seattle University Student Handbook (see the Seattle University website).

Scheduled Classes and Assigned Readings

Sept. 22 Introductory Matters

- 1. Review Syllabus
- 2. Pragmatics
- 3. Sign up for Presentations
- 4. Journals and SDI
- 5. Dynamics and Atmosphere of Peer Supervision
- 6. Explanation and Demonstration of Supervision Process
- 7. Introductions/Faith Sharing
- 8. Initial Meetings with Directees

Sept. 29 Supervision, Ethics, Initial Meetings with Directees (Class meets from 9:00-10:45 a.m.)

Discussion: Supervision Ethical Issues

Assigned Reading:

- 1. Mary Rose Bumpus, "Supervision: The Assistance of an Absent Other," in *Supervision of Spiritual Directors*, 3-15.
- 2. James Neafsey, "Seeing Beyond: A Contemplative Approach to Supervision," in *Supervision of Spiritual Directors*, 17-31.
- 3. Rebecca Bradburn Langer, "Seeing with Clarity: Defining the Supervision Task," in *Supervision of Spiritual Directors*, 33-45.
- 4. Samuel Hamilton-Poore, "The Given and the Gift: Sexuality and God's Eros in Spiritual Direction and Supervision," in *Supervision of Spiritual Directors*, 83-103.
- 5. Joseph D. Driskill, "Preventing Common Quagmires with Ethical Forethought," in *Supervision of Spiritual Directors*, 105-122.

Oct. 6 Invitation and Challenge

Dialogue & CRF One Dialogue & CRF Two

Discussion: Invitation and Challenge in Spiritual Direction

Discussion: "Transference and Countertransference"

Assigned Reading:

- 1. Mary Rose Bumpus, "Transference and Countertransference" (Reader)
- 2. Barbara Sheehan, "The Art of Confrontation in Spiritual Direction" (Reader)

Oct. 13 Exploring Spiritual Direction Dialogues and Suicide Intervention

Discussion: Suicide Intervention

Dialogue & CRF One Dialogue & CRF Two

Assigned Reading: Packet of Materials on Suicide Intervention and Abuse Reporting (will be distributed in class)

Oct. 20 Discernment

Dialogue & CRF One Dialogue & CRF Two

Discussion: Ignatian Rules of Discernment and Examples of Discernment

Assigned Reading:

- 1. Mary Rose Bumpus, "Paraphrase of Ignatian Rules for Discernment," (Reader).
- 2. Susan S. Phillips, *Candlelight: Illuminating the Art of Spiritual Direction*, Jim's Story pages 68-74, 144-147, 187-190. Carl's Story pages 75-79, 116-126, 220-229.

Oct. 27 Group Spiritual Direction

Introduction to Group Spiritual Direction

Group Covenants

Group Direction Models including: All for One, Spiral, and One for All

Nov. 3 Direction, Injustice, and Attention to Racism

Dialogue & CRF One Dialogue & CRF Two

Discussion: Views of Injustice and the Care of Souls

Assigned Reading:

- 1. Sheryl A. Kujawa-Holbrook, "Love and Power: Antiracist Pastoral Care" in *Injustice and the Care of Souls: Taking Oppression Seriously in Pastoral Care*, 13-27.
- 2. Marsha I. Wiggins and Carmen Braun Williams, "Pastoral Care with African Womanist Perspectives and Strategies" in *Injustice and the Care of Souls: Taking Oppression Seriously in Pastoral Care*, 45-58.

Nov. 10 Spiritual Direction and the Arts

Dialogue & CRF One Dialogue & CRF Two

Discussion: Spiritual Direction and the Arts

Assigned Reading:

Christine Valters Paintner and Betsy Beckman, *Awakening the Creative Spirit: Bringing the Arts to Spiritual Direction*, xi-xvi, 3-33, 76-108, 127-142.

Nov. 17 Spiritual Direction, Injustice, and the Care of Souls

Dialogue & CRF One Dialogue & CRF Two

Assigned Reading:

- 2. Brita L. Gill-Austern, "Engaging Diversity and Difference: From Practice of Exclusion to Practices of Practical Solidarity" in *Injustice and the Care of Souls: Taking Oppression Seriously in Pastoral Care*, 29-44.
- 4. Miguel A. de la Torre, "Pastoral Care from the Latina/o Margins" in *Injustice and the Care of Souls: Taking Oppression Seriously in Pastoral Care*, 59-72.

Nov. 24 Thanksgiving Holiday

Dec. 1 Peer Evaluation Process

Peer Evaluation Process
Course Evaluation
Contemplation and Celebration of Growth and Learning

Written Assignment:

Write an evaluation of each participant in the supervision group, including oneself, according to the "Peer Evaluation Form" (Reader).

Required Reading

Books

- Bumpus, Mary Rose and Rebecca Bradburn Langer, eds. *Supervision of Spiritual Directors: Engaging in Holy Mystery*. Harrisburg, PA: Morehouse Publishing, 2005. ISBN 978-0-8192-1994-7
- Cairns, Scott. *The End of Suffering: Finding Purpose in Pain*. Brewster, MA: Paraclete Press, 2009.

ISBN 978-1-55725-563-1

Galland, China. *The Bond Between Women: A Journey to Fierce Compassion*. New York: Penguin Putman, Inc., 1998.

ISBN 978-07567-5945-2

Kelly, Thomas R. *A Testament of Devotion*. Originally published in 1941. San Francisco, CA: HarperSanFrancisco, 1996.

ISBN 978-0-06-064361-4

- King, Jr., Martin Luther. *Strength to Love*. Minneapolis, MN: Augsburg Fortress Press, 1981. ISBN 978-0-8006-1441-6
- Kujawa-holbrook, Sheryl. *Injustice and the Care of Souls: Taking Oppression Seriously in Pastoral Care*. Minneapolis, MN: Fortress Press, 2009. ISBN 978-0-8006-6235-6
- Merton, Thomas. *Thoughts in Solitude*. New York: Farrar, Straus, and Giroux, 1956. ISBN 978-0-374-51325-2
- Paintner, Christine Valters and Betsey Beckman. Awakening the Creative Spirit: Bringing the Arts to Spiritual Direction. New York/Harrisburg/Denver: Morehouse Publishing, 2010. ISBN 978-0-8192-2371-5
- Phillips, Susan E. *Candlelight: Illuminating the Art of Spiritual Direction*. Harrisburg, PA: Morehouse Publishing, 2008.

ISBN 978-0-8192-2297-8

Reader: Articles and Chapters from Books

Bumpus, Mary Rose.	"Assessment Instrument."	Unpublished.	Reprinted with	permission of
author.				

"Paraphrase of Ignatian Rules for	Discernment." Unpublished.	Reprinted with
permission of author.		

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"Transference and Countertransference." Unpublished. Reprinted with permissio of author.	n
"The Presence and Absence of God." <i>Human Development</i> 30/4 (Winter 2009), 30-34.	
"The Hopeful Imagination: A Place God Comes to Meet Us." <i>Presence: An International Journal of Spiritual Direction</i> 16/1 (March 2010), 24-31.	

Lynch, William F. "Introduction," "On Hope," "On Hopelessness," Intro., Chs. 1 and 2 in *Images of Hope: Imagination as Healer of the Hopeless*. Notre Dame, IN: University of Notre Dame Press, 1965, 21-62.

Sheehan, Barbara. "The Art of Confrontation in Spiritual Direction." *Presence: An International Journal of Spiritual Direction* 4/3 (September 1998), 47-54.

O'Donohue, John. "Spirituality as the Art of Real Presence." *The Way Supplement* 92 (1998): 85-101. (to be distributed in class)

Reference Material

The following books with appendices are works I assume you have read. These are important resources to have at your disposal now and for the work you do in spiritual direction in the future. If you have not read these materials, please read them before the class begins.

Silver, Ann Winchell. Trustworthy Connections: Interpersonal Issues in Spiritual Direction.
Cambridge, MA: Cowley Publications, 2003 [including appendices: 1. "Guidelines for Ethical Conduct." Established and published by Spiritual Directors International.
2. Hedburg, Thomas and Betsy Caprio. A Code of Ethics for Spiritual Directors.
Rev. Ed. Pecos, NM: Dove Publications, 1992.]

Sheldrake, Philip. *Befriending Our Desires*. Toronto, Canada: Novalis Publishing, 2003. ISBN 2-89507-177-2

For further references on the art of spiritual direction, see extended bibliography in STMM 571 Art of Spiritual Direction Reader.