STMA 554 Art of Spiritual Direction Practicum II

Syllabus

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

Course Information

Course Number: STMA 554	Instructor:	Mary Rose Bumpus, RSM, Ph.D.
Units : 3	Office:	Hunthausen Hall #129
Prerequisite: STMA 553	Office Hours:	By Appointment (see below)
	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:	January 6, 2010
Last day of Class:	March 10, 2010

Course Description: This course completes a two quarter practicum in the art of spiritual direction (STMA 553 and 554). In this course, participants continue to see at least two people for spiritual direction, present dialogues within a specific supervisory process, discuss pertinent readings, and offer verbal peer assessment. Course content focuses on particular aspects of the work of direction, common issues, and dynamics of the spiritual life: transformation through imagination, cultural differences, presence to disabled persons, solitude, solidarity and suffering, ethical dilemmas, and others. Prerequisite: STMA 553.

STM Competencies

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.

- Ability to reflect theologically on the central themes of the Christian Tradition
  - Students reflect theologically upon themes that arise in spiritual direction dialogues.
  - Students reflect theologically upon chosen themes in classic spiritual texts.
- Knowledge of the interaction of religious/spiritual experience and culture in their ecumenical and multicultural dimensions
  - Students have opportunities to accompany others of various faith traditions and cultures.
  - Students read spiritual texts written by men and women of different faith traditions.

- Students read texts discussing pastoral care and spiritual direction 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.
- 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) Continued offering of spiritual direction for a ***minimum*** of two people
4) Four written dialogues and Contemplative Reflection Forms, three of which will be presented in class
5) Critical and engaged reflection of readings (see below)

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 will be in the office on Monday afternoons, Wednesdays, and some Thursday afternoons.

Grades

The final grade for this course is based on the improvement of the student 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: Dialogue/CRF I – 10%; Dialogue/CRF II – 20%; Dialogue/CRF III – 25%; Dialogue/CRF IV – 25%; Class participation – 20%.

Academic Honesty
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

Jan. 6 ***Solitude and Silence***

Dialogue & CRF One
Dialogue & CRF Two
Discussion: Beginning Directors
Discussion: Solitude and Silence

Assigned Reading:

1. Thomas Merton, *Thoughts in Solitude*, pp. 77-130.
2. Mary Rose Bumpus and Rebecca Bradburn Langer, "Supporting Beginning Directors: Participating in the Dance," in *Supervision of Spiritual Directors*, 49-64.

Jan. 13 ***Exploring Spiritual Direction Dialogues***

Dialogue & CRF One
Dialogue & CRF Two
Dialogue & CRF Three

Jan. 20 ***The Transforming Imagination***

Dialogue & CRF One
Video-tape on work with Images/Psychotherapist Eric Greenleaf
Discussion: Guidelines for Working with the Imagination

Assigned Reading:

1. Mary Rose Bumpus, "The Hopeful Imagination: A Place God Comes to Meet Us." *Presence: An International Journal of Spiritual Direction.* (Reader)
2. William Lynch, "Introduction," Ch. 1 "On Hope," Ch. 2 "On Hopelessness," in *Images of Hope: Imagination as Healer of the Hopeless*. (Reader)

Jan. 27 ***Lamentation, Power, and Powerlessness***

Dialogue & CRF One
Dialogue & CRF Two
Discussion: Lamentation, Power, and Powerlessness

Assigned Reading:

1. William Blaine-Wallace, "The Politics of Tears: Lamentation as Justice Making," in *Injustice and the Care of Souls*, in 183-199.
2. Kenneth Leech, "The Time of No Room: Changing Patterns in Responses to Homelessness in Britain," in *Injustice and the Care of Souls*, 263-274.

3. Joel Glenn Wixson, "Addiction, Power, and the Question of Powerlessness," in *Injustice and the Care of Souls*, 153-172.

Feb. 3 ***Difference and Disability***

Dialogue & CRF One
Dialogue & CRF Two
Discussion of Difference and Disability

Assigned Reading:

3. Carolyn Thompson, "Ableism: The Face of Opposition as Experienced by People with Disabilities," in *Injustice and the Care of Souls*, 211-226.
5. Susan S. Phillips, "Regarding the Spiritual Direction of Disabled Persons," in *Supervision of Spiritual Directors*, 165-183.
6. Susan S. Phillips, *Candlelight: Illuminating the Art of Spiritual Direction*, Melissa's Story – 59-62, 153-157, 230-239.

Additional Dialogue and CRF Due Today

Feb. 10 ***Spiritual Direction and the Arts***

Dialogue & CRF One
Dialogue & CRF Two
Discussion: *On Ending Direction Relationships*
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.

Feb. 17 ***Simplicity and the Inner Light***

Dialogue & CRF One
Dialogue & CRF Two
Discussion: Simplicity and the Inner Light

Assigned Reading:

Thomas R. Kelly, *A Testament of Devotion*, pages vii-22, 65-127.

Feb. 24 ***Fierce Compassion***

Dialogue & CRF One
Dialogue & CRF Two
Discussion: Fierce Compassion

Assigned Reading:

China Galland, *The Bond Between Women: A Journey to Fierce Compassion*, 9-53, 173-219, 269-282.

March 3 ***Suffering***

Dialogue & CRF One
Dialogue & CRF Two
Discussion: Suffering

Assigned Reading:

Scott Cairns, *The End of Suffering: Finding Purpose in Pain*, vii-85.

March 10 ***The Presence and Absence of God and Reflections on Grace***

Course Evaluations
Discussion: Suffering and the Presence and Absence of God
Reflections on Grace – Class Closure

Assigned Reading:

Scott Cairns, *The End of Suffering: Finding Purpose in Pain*, 87-115.
Mary Rose Bumpus, "The Presence and Absence of God." (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

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

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

_____. "Transference and Countertransference." Unpublished. Reprinted with permission of author.

_____. "The Presence and Absence of God." *Human Development* 30/4 (Winter 2009), 30-34.

_____. "The Hopeful Imagination: A Place God Comes to Meet Us." *Presence: An International Journal of Spiritual Direction* 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.

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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

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