

## **STMA 554 Art of Spiritual Direction Practicum II**

### **Syllabus**

#### Course Information

Course Number: STMA 554	Instructor:	Mary Rose Bumpus, RSM, Ph.D.
Units : 3	Office:	Hunthausen Hall #217
Prerequisite: STMA 553	Office Hours:	By Appointment (see below)
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#### Time and Place

Day:	Thursday
Time:	9:00 a.m. – 11:50 a.m.
Place:	Hunthausen Hall #160
First Day of Class:	January 8, 2009
Last day of Class:	March 12, 2009

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, and discuss pertinent readings. 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, gratitude, solitude, solidarity and suffering, and others. Prerequisite: STMA 553.

#### Objectives

- To grow in the ability to recognize signs of the presence of God in direction
- To practice interpersonal skills in both spiritual direction and supervision
- To make continuing use of interior movements to respond appropriately to persons in direction situations and to other members of the supervision group
- To formulate a growing understanding of the relational nature of spiritual direction
- To grow in confidence and ability in the process of facilitating the faith life of others
- To determine the appropriate use of the imagination as a vehicle for transformation
- To broaden horizons and appreciate difference in spiritual direction
- To learn the art of presence in solidarity with those who suffer

#### STM Competencies

The Art of Spiritual Direction Practicum I and II are 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. This course is designed

to assist students in meeting the following STM theological and ministerial competencies prescribed for the MATS and M.Div. degrees:

*I. Theological Competencies*

*B. Theology*

1. Understanding of the interaction of religious/spiritual experience and culture in their ecumenical, interfaith, and multicultural dimensions.
2. Knowledge of the methods of Christian spirituality, especially as they relate to the practice of spiritual direction.

*II. Pastoral and Ministerial Skills Competencies*

*A. Understanding of self as human, minister, leader*

1. Ability to name one's ministerial gifts, limitations, and opportunities for growth.
2. Ability to identify one's own cultural and co-cultural perspectives.

*B. Understanding of the other and the dynamics of interaction with another*

1. Ability to listen for understanding, respond with empathy, facilitate intra- and inter-personal conflict and make appropriate referrals when relating one-to-one in a pastoral context.
2. Ability to be an effective participant in different kinds of groups, maintaining one's personal authority and collaborating openly in the group process toward mutually sought outcomes.

*D. Understanding of ministerial identity*

1. Ability to articulate and perform out of a ministerial identity.
2. Ability to integrate theological reflection with practical/pastoral experience.
3. Capacity for intimacy with others balanced with understanding of and capacity to set appropriate boundaries.
4. Knowledge of appropriate boundaries and ability to exercise good judgment and ethical behavior in relation to a variety of issues (i.e., sexual boundaries, dual relationships, etc.)

*III. Spiritual Growth and Development Competencies*

*A. Awareness, development and expression of one's personal spirituality*

1. Ability to reflect leading to self-awareness and self-knowledge.
2. Ability to articulate one's relationship with God, self, others, and creation.
3. Ability to engage in communal forms of prayer.

*B. Context and Content*

1. Knowledge of the plurality of contemporary Christian traditions and diverse forms of prayer.
2. Knowledge of one's denominational piety and spirituality.

*C. Ability to live everyday spirituality grounded in justice*

1. Knowledge that sustained action flows from a spirituality based on justice.
2. Ability to facilitate small groups in spiritual expression; i.e., faith sharing, theological reflection, prayer, etc.

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](mailto:bumpusm@seattleu.edu). I will be in the office on Wednesday and Thursday.

### **Scheduled Classes and Assigned Readings**

Jan. 8                    Spirituality of the Spiritual Director

Dialogue & CRF One  
Dialogue & CRF Two  
Discussion of Readings

Assigned Reading:

Mary Rose Bumpus and Rebecca Bradburn Langer, "Supporting Beginning Directors: Participating in the Dance," Ch. 4 in *Supervision of Spiritual Directors: Engaging in Holy Mystery*, pp. 49-64.  
Gerald M. Fagan, "The Spirituality of the Spiritual Director" (Reader).  
Thomas Merton, *Thoughts in Solitude*, pp. 77-130.

Jan. 15                   Simplicity and the Inner Light

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

Assigned Reading:

Thomas R. Kelly, *A Testament of Devotion*, pages vii-22, 65-127.  
Elaine M. Prevallet, "Reflections on Simplicity," Pendle Hill Pamphlet #244.

Jan. 22                   The Transforming Imagination

Dialogue & CRF One  
Guidelines for Working with the Imagination in Spiritual Direction  
Video-tape on work with Images/Psychotherapist Eric Greenleaf  
Work with the Imagination in Dyads

Jan. 29                   Hope and the Transforming Imagination

Dialogue & CRF One  
Dialogue & CRF Two  
Discussion of Imagination and Hope

Assigned Reading:

William Lynch, "Introduction," Ch. 1 "On Hope," Ch. 2 "On Hopelessness," in *Images of Hope: Imagination as Healer of the Hopeless*. (Reader)

Feb. 5            Ethics, Human Sexuality, and God's Eros

Dialogue & CRF One  
Dialogue & CRF Two  
Reflections on Ethics and Human Sexuality in Spiritual Direction

Assigned Reading:

Samuel Hamilton-Poore, "The Given and the Gift: Sexuality and God's Eros in Spiritual Direction and Supervision," Ch. 6 in *Supervision of Spiritual Directors: Engaging in Holy Mystery*, 83-103.

Joseph D. Driskill, "Preventing Common Quagmires with Ethical Forethought," Ch. 7 in *Supervision of Spiritual Directors: Engaging in Holy Mystery*, 105-122.

**Additional Dialogue and CRF Due Today**

Feb. 12           Gratitude and Ending Direction

Dialogue & CRF One  
On Ending Direction Relationships  
Reflection on Gratitude

Assigned Reading:

David Steindl-Rast. *Gratefulness, the Heart of Prayer*, pages 1-38, 84-162.

Feb. 19           Difference and Disability

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

Assigned Reading:

Susan Phillips, "Regarding the Spiritual Direction of Disabled Persons," Ch. 10 in *Supervision of Spiritual Directors*, 165-183.

Feb. 26           Compassion and Solidarity in Suffering: Part I

Dialogue & CRF One  
Dialogue & CRF Two  
Discussion of Compassion and Solidarity in Suffering

Assigned Reading:

China Galland, *The Bond Between Women: A Journey to Fierce Compassion*,  
1-92.

March 5

Compassion and Solidarity in Suffering: Part II

Dialogue & CRF One

Discussion of Compassion and Solidarity in Suffering

Assigned Reading:

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

March 12

Compassion and Solidarity III/Reflections on Grace

Discussion of Compassion and Solidarity

Closing Ritual

Closing Prayer

China Galland, *The Bond Between Women: A Journey to Fierce Compassion*,  
220-261, 283-294.

## Required Reading

### Books

Bumpus, Mary Rose and Rebecca Bradbury Langer, eds. *Supervision of Spiritual Directors: Engaging in Holy Mystery*. Harrisburg, PA: Morehouse Publishing, 2005, 3-122, 165-179.  
ISBN 0-8192-1994-0

Galland, China. *The Bond Between Women: A Journey to Fierce Compassion*. New York: Penguin Putman, Inc., 1998, 1-92, 173-261, 283-294.  
ISBN 978-07567-5945-2

Kelly, Thomas R. *A Testament of Devotion*. Originally published in 1941. San Francisco, CA: HarperSanFrancisco, 1996, vii-22, 65-127.  
ISBN 0-06-064361-7

King, Jr., Martin Luther. *Strength to Love*. Minneapolis, MN: Augsburg Fortress Press, 1981.  
ISBN 978-0-8006-1441-6

Merton, Thomas. *Thoughts in Solitude*. New York: Farrar, Straus, and Giroux, 1956, 77-130.  
ISBN 978-0-374-51325-2

Phillips, Susan E. *Candlelight: Illuminating the Art of Spiritual Direction*. Harrisburg, PA: Morehouse Publishing, 2008.  
ISBN 978-0-8192-2297-8

Prevallet, Elaine M. "Reflections on Simplicity." Pendle Hill Pamphlet #244. Wallingford, PA: Pendle Hill Publications, 1982.  
ISBN 0-87574-244-0

Steindl-Rast, David. *Gratefulness, the Heart of Prayer: An Approach to Life in Fullness*. Mahwah, NJ: Paulist Press, 1984, 1-38, 84-162.  
ISBN 0-8091-2628-1

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### Reference Material

The following books with appendices are works I assume you have read or are currently reading for another course in the spiritual direction specialization. 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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Reader: Articles and Chapters from Books

Assessment Instrument. Unpublished. Reprinted with permission of instructor.

Fagin, Gerald M. "The Spirituality of the Spiritual Director." *Presence: The Journal of Spiritual Directors International* Vol. 8, No. 3 (October 2002), 7-18.

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.

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

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

"Transference and Countertransference." Unpublished. Reprinted with permission of instructor.

Additional Article

Hart, Thomas. "Pastoral Counseling or Spiritual Direction: What's the Difference?" *Presence:  
An International Journal of Spiritual Direction*, vol. 11:2 (June 2005), 7-13.