

C. John Weborg Center for Spiritual Direction
 North park Theological Seminary
 Chicago, Illinois
 A seminary of the Evangelical Covenant Church

“Spiritual Directing: Listening to the Movement of God with Another”
 SPFM 7504-3 credits
 On-line Practicum #2 of the Certificate in Spiritual Direction
 August 25, 2014-May 8, 2015
 DRAFT

COURSE SYLLABUS

Instructor: Helen Cepero hcepero@northpark.edu 907-602-5915 skype: hhcepero@gmail.com
 Technical Assistance: Catherine Howorth: crhoworth@northpark.edu 773-244-5515
 Center Administrator: Deidre Robinson: drobinson1@northpark.edu 773-244-5240

Course Description

Practicum 2 is designed to develop experience and wisdom in spiritual directing through receiving spiritual direction, giving spiritual direction to others, receiving supervision for spiritual directing, reading and dialoging with supportive literature, discussing and studying specific relevant issues in spiritual direction.

Course Objectives

1. Recognize the movement of God in my life
2. Listen for the movement of God in the life of others
3. Understand specific ways my life can encourage or inhibit my listening to another
4. Dialogue around issues relevant to the ministry of spiritual direction
5. Focus on an area of study in the ministry of spiritual direction that is relevant the student's life and/or vocation and the ministry of spiritual direction in the church and the world.

Required Texts

Ashbrook, R. Thomas. *Mansions of the Heart: Exploring the Seven Stages of Spiritual Growth*. Joosey-Bass, 2009.

Hart, Thomas, N., *The Art of Christian Listening* New York: Paulist Press, 1980

Phillips, Susan, *Candlelight: Illuminating the Art of Spiritual Direction*. Harrisburg/NY: Morehouse Publishing, 2008 (to be read before the first spiritual direction session, if possible)

Silver, Anne Winchell, *Trustworthy Connections: Interpersonal Issues in Spiritual Direction*. Cowley Publications, 2003

Recommended Texts

Buckley, Suzanne M., ed., *Sacred is the Call: Formation and Transformation in Spiritual Direction Programs*. New York: Crossroad Publishing, 2005

Hagberg, Janet O., Robert A. Guelich, *The Critical Journey: Stages in the Life of Faith*. Salem, WI: Sheffield Publishing, 1989, reissued 1995.

Course Requirements

1. Will receive spiritual direction. A minimum of nine sessions during the year. Finding a spiritual director and the cost of spiritual direction (if any) is your responsibility.
2. Will give spiritual direction. Required to see two people for in-person spiritual direction in a one-on-one format for eight hour long sessions. Sessions with the first person should begin by October and by November it is expected that each student will be seeing two people for spiritual direction. Notes will be taken after each session. You are responsible for 'finding' the persons who will receive direction from you. Since this is an internship in spiritual direction, directees need to be informed that you are in a training program and will be using anonymous material from sessions. (Permission form posted on Moodle site.) Student directors will *not* ask directees for payment.
3. Will receive supervision in spiritual direction. Four individual sessions with a supervisor with a verbatim and at least three peer supervision group sessions with at least one verbatim. You are responsible for finding and making arrangements with a spiritual direction supervisor and peer supervision group. Any payment or honorarium is paid by you. But you can be reimbursed at the end of the course for up to \$50/session for individual supervision and up \$20 for each peer group session facilitated by a supervisor by the Center for Spiritual Direction. Supervision may be more than this amount and the student will need to pay any additional amount. Some proof of payment may be required. Both the supervisor and the student will be expected to submit an evaluation at the end of the year.
4. Will report on progress regarding spiritual direction, giving spiritual direction, receiving supervision and choosing a personal topic area of study. **Due December 5, 2014** Please submit a word document to the instructor outlining the following:
5. Will reflect on my experience as a spiritual director:
 - a. Will respond to a question posted by the instructor on Moodle forum on the first Monday of each month. Students will post their own response by the second Monday and respond to other students' postings (at least two) by the third Monday. Questions will be posted from September to March
 - b. Will submit a 5-8 page essay on a topic area related to vocational and/or personal interest. Suggested topics will be posted on Moodle. Essays to be posted on Moodle with students reading and responding to one another's essays. **Due March 27, 2015**

- c. Will write an essay regarding the ways you have grown in your understanding of yourself, God and the world around you; your frustrations and fruits of spiritual direction practice; an outline of the spiritual journey of one of your directees. (5 pages maximum) **Due May 8, 2015**
- d. Will post to instructor final confirmation of completion and forward self-evaluation to Center Director, Ellen Kogstad. **Due May 15, 2015**

If needed, a Skype or telephone appointment can be arranged either by the instructor or the students to discuss any questions or concerns at any time during the course.

Communication with Helen: The monthly question will be posted on this forum for response by students. The instructor will participate in this forum.

Directors' Connection: This will be on-going throughout the year to be used by the students for mutual support, especially in spiritual direction practice. The instructor will be available as requested by students on this forum.

Prayer Works: Post requests for prayer and personal updates.

All student communication will be on your NPU Vikings student email account—if you do not check this account, you will not receive communication from your instructor. Alternately, you may forward your NPU Vikings' mail to another e-mail address. If you need help with this, please contact Catherine R. Howorth at (773) 244-5515 or crhoworth@northpark.edu.

Additional materials available on Moodle site

1. Examples for supervision reflection and writing a contemplative reflection
2. Format for peer supervision
3. Permission form allowing student to use information from the directee in supervision
4. Reimbursement form
5. Contemplative Reflection form
6. Approved list of supervisors
7. Format for peer supervision
8. Reflection after a session is over