

SPIRITUAL DIRECTION PRACTICUM
Ginger Andrews, RSM & Harry Byrne, OP

MIN-D512/MIN-D513
3 Credits (1.5 credits each semester)

Description: The spiritual direction practicum is a two-semester opportunity for students in the certificate program to engage in spiritual direction under supervision, having as its ultimate goal the discernment of whether each participant has a genuine call to be a spiritual director. Class participants are considered “intern directors” who practice spiritual direction with two or three directees on a regular and frequent basis and meet monthly with their supervisor. There are also monthly class sessions in which specific topics are explored from the perspective of the practical aspects of a spiritual direction, one-to-one, conference with a directee.

Objectives:

- To provide the reality base of meeting with and guiding directees needed for discerning one’s call to be a spiritual director.
- To provide practice in spiritual direction with the reflection and supervision necessary for the student to grow as a spiritual director and to develop skills in this ministry.
- To assist the intern directors to integrate theoretical knowledge with experiential insights into an operative approach to offering the ministry.

Procedure: There are assigned readings for each class, with topics that complement the ministry of spiritual direction and related subjects with an emphasis on practice. The group is divided into small groups, which form literary clubs to discuss the assigned readings prior to class. These same groups practice spiritual direction during part of the class time. On a regular basis Outside of class each intern keeps a log of all spiritual direction conferences and writes a verbatim once a month. These become the tools for supervision. Before the end of the course the students enter into a formal period of evaluation and discernment of their call to be spiritual directors. There will be two written assignments that will allow students to express their personal understanding and approach to the ministry of spiritual direction.

Evaluation: Grading is done on a Pass/Fail basis. Besides participation in all class sessions and group work, all required work, including written assignments, must be completed satisfactorily to pass the course.

Required Text: Monthly readings will be available through E-Reserve (St. Louis University Library).

Recommended Text: Looking into the Well: Supervision of Spiritual Directors. Maureen Conroy. Loyola University Press, 1995. (Several Chapters from this text will be required reading. They will be on reserve in the Aquinas library.)