

MTW280.5 EXPLORING SPIRITUAL DIRECTION

Name of Unit 1 (Unit Code 1)

Exploring Spiritual Direction (MTW280.5)

SECTION 1 – GENERAL INFORMATION

Administrative details

Associated higher education awards	Duration	Level)	Unit Coordinator
Diploma	Two Semesters	Introductory	Bruce Hulme

Core or elective unit

Indicate if the unit is a

- core unit
 elective unit
 other (please specify below):

Unit weighting

Using the table below, indicate the credit point weighting of this unit and the credit point total for the course of study (for example, 10 credit points for the unit and 320 credit points for the course of study).

Unit credit points	Total course credit points
12 credit points	48 credit points

Student workload

Using the table below, indicate the expected student workload per week for this unit.

No. timetabled hours per week*	No. personal study hours per week**	Total workload hours per week***
3	6	9

For those students requiring additional English language support, how many additional hours per week is it expected that they will undertake?

Additional English language support: _____ hours per week

Pre-requisites and co-requisites

Are students required have undertaken a prerequisite or co-requisite unit for this unit?

- Yes No

If **YES**, provide details of the prerequisite or co-requisite requirements below.

Prerequisite: MTO140.5 Formation and Vocation

SECTION 2 – ACADEMIC DETAILS

Learning outcomes for unit:
1) Demonstrate an introductory knowledge of the ministry of spiritual direction, including theological foundations, anthropological and contextual themes (e.g. contemplative spirituality, the nature of spiritual experience, spiritual direction and storytelling, images of God, spiritual temperaments and prayer, faith and the development of the human person), historical expressions, and spiritual direction's uniqueness among people-helping ministries.
2) Demonstrate essential listening and communication skills within a spiritual direction context
3) Reflect upon their ongoing personal and vocational formation in terms of the ministry of spiritual direction

Assessment tasks			
Type	Learning Outcome/s assessed	When assessed – year, session and week	Weighting
Supervision group and 1-1	2	During and after each module	NGP
Semester 1			
3 x personal forum responses to 3 readings (theological, historical and anthropological) related to spiritual direction (3 x 500 words)	1, 3	3, 7 and 11	15%
Contemplative practice reflection paper (1000 words)	1	12	15%
1 x theological reflections on verbatim reports of giving spiritual direction (750 words)	1, 2	14	10%
1 x Formation and vocation reflection papers for discussion at end-of-semester interviews (750 words)	3	14	10%
Semester 2			
3 x personal forum responses to 3 readings (theological, historical and anthropological) related to spiritual direction (3 x 500 words)	1, 3	3, 7 and 11	15%
Issues in spiritual direction – research paper focussing on one topic (1000 words)	1	12	15%
1 x theological reflections on verbatim reports of giving spiritual direction (750 words)	1, 2	14	10%
1 x Formation and vocation reflection papers for discussion at end-of-semester interviews (750 words)	3	14	10%

2.1 Prescribed and recommended readings

Provide below, in formal reference format, a list of the prescribed and recommended readings for the unit.

- Asproulis, Nikolaos, and Stuart Devenish. *Christian Responses to Spiritual Incursions into the 21st Century Church and Society*. Newcastle-Upon-Tyne, UK: Cambridge Scholars, 2020.
- Australian Ecumenical Council for Spiritual Direction. *Anthology of Spiritual Direction. Volume 1*. Mandurah, W.A.: Equilibrium Books, 2012.
- Barry, William. *Spiritual Direction and the Encounter with God: A Theological Inquiry*. New York: Paulist Press, 2004.
- Barry, William A., and William J. Connolly. *The Practice of Spiritual Direction*. 2nd edition. New York: HarperOne, 2009.
- Benner, David G., and Larry Crabb. *Sacred Companions: The Gift of Spiritual Friendship & Direction*. Downers Grove, Illinois: InterVarsity Press, 2004.
- Benson, Peter L, Eugene C. Roehlkepartain, and Kathryn L Hong. *Spiritual Development*. Jossey-Bass/Wiley, 2008.
- Biedenham, Clare, and Jean Watson. *Heart to Heart: Spiritual Care through Deep Listening*. Page Beyond Press, 2020.
- Hulme, Bruce. "Talking the Walk: Six Contours of an Approach to Theological Reflection for Formation." PhD diss., Flinders University, 2021.
- Estep, James Riley, Jonathan H Kim, Timothy P Jones, and Michael Sanford Wilder. *Christian Formation: Integrating Theology & Human Development*. Nashville, TN: B & H Academic, 2010.
- Guenther, Margaret. *Holy Listening: The Art of Spiritual Direction*. Cambridge, Mass.: Cowley Publications, 1992.
- Hamon, Jane. *Discernment: The Essential Guide to Hearing the Voice of God*. Minneapolis, MN: Chosen, 2019.
- Jones, W. *The Art of Spiritual Direction: Giving and Receiving Spiritual Guidance*. Nashville, Tenn.: Upper Room Books, 2002.
- Martin, James. *Learning to Pray: A Guide for Everyone*. New York, NY: HarperOne, 2021.
- McHugh, Adam S. *The Listening Life: Embracing Attentiveness in a World of Distraction*. Downers Grove, Ill.: InterVarsity Press, 2015.
- Moon, Gary W, and David G Benner. *Spiritual Direction and the Care of Souls: a Guide to Christian Approaches and Practices*. Downers Grove, Ill.: InterVarsity Press, 2004.
- Nouwen, Henri. *Spiritual Direction: Wisdom for the Long Walk of Faith*. San Francisco: Harper San Francisco, 2006.
- Palmer, Parker. *Let Your Life Speak: Listening for the Voice of Vocation*. San Francisco: Jossey-Bass, 2000.
- Peterson, Eugene. *The Contemplative Pastor – Returning to the Art of Spiritual Direction*. Grand Rapids, Michigan: William B Eerdmans Publishing Company, 1989.
- Phillips, Susan. *Candlelight: Illuminating The Art of Spiritual Direction*. Harrisburg, PA: Morehouse Pub., 2008.
- Pickering, Sue. *Spiritual Direction: A Practical Introduction*. Norwich: Canterbury Press, 2008.
- Ruffing, Janet. *To Tell the Sacred Tale: Spiritual Direction and Narrative*. New York; Mahwah, NJ: Paulist Press, 2011.
- Scazzero, Peter. *Emotionally Healthy Spirituality: Unleash a Revolution in Your Life in Christ*. Nashville, Tenn.: Thomas Nelson, 2011.
- Smith, Gordon T. *Spiritual Direction: A Guide to Giving and Receiving Direction*. Downers Grove, IL: InterVarsity Press, 2014.
- Williams, J. P. *Seeking the God Beyond: A Beginner's Guide to Christian Apophatic Spirituality*. Eugene, OR: Cascade Books, 2019.