

## MTW281.5 DEEPENING SPIRITUAL DIRECTION

### Name of Unit 1 (Unit Code 1)

Deepening Spiritual Direction (MTW281.5)

### SECTION 1 – GENERAL INFORMATION

#### Administrative details

Associated higher education awards	Duration	Level	Unit Coordinator
Diploma	Two semesters	Advanced	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: MTW280.5 Exploring Spiritual Direction

## SECTION 2 – ACADEMIC DETAILS

Learning outcomes for unit:
1) Demonstrate an advanced knowledge of the ministry of spiritual direction, including relevant theological, anthropological and contextual themes (e.g. Scripture in spiritual direction, contemplative prayer, listening and discernment, vocation, practicalities, spiritual direction and mental health, psychological issues, faith and doubt, ethics and referrals), and historical expressions.
2) Demonstrate well-developed reflective listening and communication skills, and self-awareness within a spiritual direction context
3) Evaluate their personal and vocational formation in terms of the ministry of spiritual direction and their future involvement in it

Assessment tasks			
Type	Learning Outcome/s assessed	When assessed – year, session and week	Weighting
2 x personal responses to 4 readings (theological, historical and anthropological) related to spiritual direction (2 x 500 words)	1, 3	3 and 7 (sem 1)	10%
3 x reflections on experiences of giving spiritual direction (3 x 500 words)	1, 2	8 and 14 (sem 1 and 2)	15%
2xSupervisor listening and communication skills assessment reports	2	14 (sem 1 and 2)	10%
Formation and vocation reflection paper for discussion at end-of-semester 1 interview (1,000)	3	14 (sem 1)	15%
Research and application paper (1,000)	1, 3	6 (sem 1)	10%
Spiritual direction brochure (500 words)	1, 3	12 (sem 2)	5%
Reflection on ethics and spiritual direction (1,000 words)	1	12 (sem 2)	15%
Final major integrative formation and vocation paper for discussion at end-of-semester 2 interview (2,000)	3	14 (sem 2)	20%

## 2.1 Prescribed and recommended readings

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

- Australian Ecumenical Council for Spiritual Direction. *Anthology of spiritual direction. Volume 1*. Mandurah, W.A.: Equilibrium Books, 2012.
- Bingaman, Brock. *A Luminous Life: A Journey Into Classic Christian Spirituality*. Eugene, OR: Cascade Books, 2020.
- Blythe, Teresa. *50 Ways to Pray: Practices from Many Traditions and Times*. Nashville: Abingdon Press, 2006.
- Blythe, Teresa. *Spiritual Direction 101: The Basics of Spiritual Guidance*. Berkeley, CA: Apocryphile, 2018.
- Demarest, Bruce. *Seasons of the Soul: Stages of Spiritual Development*. Downers Grove Ill.: IVP Books, 2009.
- Borgo, Lacy Finn. *Spiritual Conversations with Children*. Downers Grove, IL: IVP, 2020.
- Boyer, Mark G. *Christ Our Passover Has Been Sacrificed: A Guide through Paschal Mystery Spirituality: Mystical Theology in The Roman Missal*. Eugene, OR: Wipf & Stock, 2018.
- Fendall, Lon. *Practicing Discernment Together: Finding God's Way Forward in Decision Making*. Newberg Ore.: Barclay Press, 2007.
- Fryling, Alice. *Seeking God Together: An Introduction to Group Spiritual Direction*, 2009.
- Harborne, Lynette. *Psychotherapy and Spiritual Direction: Two Languages, One Voice?*. London: Karnac Books, 2012.
- Hiser, Bethany Dearborn. *From Burned Out to Beloved: Soul Care for Wounded Healers*. Downers Grove, IL: IVP, 2020.
- Horsfall, Tony. *Attentive to God: Being Aware of God's Presence in Daily Life*. Singapore: Graceworks, 2019.
- Hulme, Bruce. "Talking the Walk: Six Contours of an Approach to Theological Reflection for Formation." PhD diss., Flinders University, 2021.
- McAlpin, Kathleen. *Ministry That Transforms: A Contemplative Process of Theological Reflection*. Collegeville Minn.: Liturgical Press, 2009.
- McLaren, Brian D. *Finding Our Way Again: The Return of the Ancient Practices*. Nashville, Tenn.: Thomas Nelson, 2010.
- Nouwen, Henri J. M. *Spiritual Formation: Following the Movements of the Spirit*. New York: HarperOne, 2010.
- Stafford, Gil W. *When Leadership and Spiritual Direction Meet: Stories and Reflections for Congregational Life*. Herndon, VA: Rowman & Littlefield Publishers, 2014.