

## TM8353 Introduction to Spiritual Direction

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

Introduction to Spiritual Direction (TM8353)

### SECTION 1 – GENERAL INFORMATION

#### Administrative details

Associated higher education awards	Duration	Level	Unit Coordinator
Masters	One semester	Introductory	Dr 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
6 credit points	144 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: 0 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: TM8352 Christian Spirituality

**SECTION 2 – ACADEMIC DETAILS**

Learning outcomes for unit:
1) Demonstrate an introductory and fundamental knowledge of the ministry of spiritual direction, including theological foundations, ethical expectations, historical expressions, the nature of spiritual experience, and spiritual direction's uniqueness among people-helping ministries
2) Demonstrate active listening and appropriate communication skills within a spiritual direction context
3) Reflect upon their personal formation, ministerial development, and vocation in terms of the ministry of spiritual direction

Assessment tasks			
Type	Learning Outcome/s assessed	When assessed – year, session and week	Weighting (% of total marks for unit)
Research paper addressing 'What is spiritual direction?' (1,000 words)	1	4	20%
3 x personal responses to 3 readings (theological, historical and anthropological) related to spiritual direction (3 x 700 words)	1	8	40%
Student listening and communication skills self-assessment report (500 words)	2	12	10%
Supervisor listening and communication skills assessment report	2	13	15%
Formation and vocation reflection paper for discussion at end-of-semester interview (1,000 words)	3	14	15%

**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.

Benner, David G., and Larry Crabb. *Sacred companions: The gift of spiritual friendship & direction*. InterVarsity Press, 2004.

Copan, Victor. *Saint Paul as spiritual director: an analysis of the imitation of Paul with implications and applications to the practice of spiritual direction*. Milton Keynes U.K.;Colorado Springs Colo.: Paternoster, 2007.

Demarest, Bruce. *Seasons of the soul: stages of spiritual development*. Downers Grove Ill.: IVP Books, 2009.

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.

Fendall, Lon. *Practicing discernment together: finding God's way forward in decision making*. Newberg Ore.: Barclay Press, 2007.

Jones, W. *The art of spiritual direction: giving and receiving spiritual guidance*. Nashville Tenn.: Upper Room Books, 2002.

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*. 1st ed. [San Francisco]: Harper San Francisco, 2006.

Phillips, Susan. *Candlelight: illuminating the art of spiritual direction*. Harrisburg, PA: Morehouse Pub., 2008.