



Ministry of Spiritual Direction Course

The course lasts two years and begins with a 48 hour residential in September each year, these are followed by monthly sessions from October to June.

COURSE CONTENT

Over the duration of the course, we shall aim to cover:

The theory of spiritual direction

- What it is/isn't
- History
- How to begin and end a spiritual direction relationship
- The place and importance of supervision
- Safeguarding
- Implications of GDPR on notes and keeping information
- How it differs from other one-to-one relationships
- Sexuality, gender, LGBTQIA+

Spiritualities and how they relate to the ministry of spiritual direction

Such as:

- The Desert tradition
- Celtic
- The Monastic tradition
- Ignatian
- Benedictine
- Franciscan
- Reformed
- Contemporary

Faith Development

Covering the development of our own journey and how it may influence others in spiritual direction, including using the Examination of Conscience

How different life stages might look within spiritual direction

Prayer

Exploring various forms of prayer, meditation, Dark Night of the Soul, and its influence in spiritual direction

Practicals

Working in triads and groups to develop and gain experience of using skills such as reflecting, mirroring, silence, challenge etc.

AND MUCH MORE