



**SPD 612: The Art of Spiritual Direction 3Cr / 4ceu
Spring 2012**

Instructor Name	Robert Brumet
Office Hours	
Telephone	Office: 816-524-3550 ext. 2440 Cell Phone: 816 853 5721
E-Mail	BrumetRJ@unityworldhq.org
Required Texts	James Fowler. <i>Stages of Faith: The Psychology of Human Development and the Quest for Meaning</i> . San Francisco: Harper and Row, 1981 Gerald May, M.D., <i>Care of Mind / Care of Spirit: A Psychiatrist Explores Spiritual Direction</i> . New York: Harper Collins, 1992. Henri Nouwen, <i>Spiritual Direction: Wisdom for the Long Walk of Faith</i> . New York: Harper Collins, 2006.
Other Required Reading (To be handed out in class)	Hart, Thomas. Pastoral Counseling or Spiritual Direction: What's the Difference? <i>Presence</i> . Volume 11 No. 2, Jun 2005. Stukes, Pierrette. Healing the Postmodern Soul. <i>Presence</i> , Volume 17 No. 4 Dec 2011.
Recommended Reading (On Library Reserve)	Gerald May, M.D. <i>The Dark Night of the Soul: A Psychiatrist Explores the Connection Between Darkness and Spiritual Growth</i> . New York: Harper Collins, 2006 Evelyn Underhill. <i>Mysticism: A Study in the Nature and Development of Man's Spiritual Consciousness</i> . Mineola New York: Dover, 2002.

Course Description

This course explores the nature of spiritual direction and introduces students to the skills needed to become a spiritual director. The spiritual journey will be explored within the framework of the relationships one has with self, with God, and with others. Prerequisite: SPD 501 Prayer and Meditation.

Learning Objectives

Upon completion of the course students will be able to:

- Explain the art of spiritual direction in a Unity context.
- Assist classmates in their spiritual journey using methods studied in class.
- Recognize obstacles to spiritual growth and their remedies.
- Explain the use of the various tools available for spiritual direction



The above objectives partially fulfill the following outcomes for the Master of Divinity and Certificate programs:

1. Provide spiritual counsel, establish rapport, and communicate empathy.
2. Perform pastoral care functions.