

SPD 612 The Art of Spiritual Direction 3CR / 4CEU  
T Th 10.15am – 12.30pm

Instructor Name	Robert Brumet
Office Hours	M W 9.30-10.30am; M T Th 2.30-3.30pm; and by appointment.
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.
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.

**Tentative Assignments:**

1. Read assigned material.
2. Participate in classroom discussions and exercises.
3. Develop and maintain a spiritual journal. Write a reflection paper (approx 12- 15 pages; 3- 4k words) which summarizes the spiritual insights, personal transformation and growth that have resulted from the work done in this course. Address specifically what you have learned about yourself, about God, and about Spiritual Direction. Include ideas from all three of the texts studied. Due 6/02.
4. Write a modified verbatim for a spiritual direction session that you have recently had with someone- either within or outside of the classroom experience. Identify: a) the nature of your relationship with this person before the commencement of the session; b) the presenting issue which the directee shared with you; c) what arose in the conversation that was meaningful to you, d) challenged you, e) feels unfinished for you; f) what you learned about yourself g) what you learned about spiritual direction. How did you experience God at work in this session? Write: a) a summary of the session contents; b) a verbatim of a portion of the session c) a brief description of the outcome of the session. (Total length: 10- 15 pages.)

**Grading**

Assignment	Possible Points
Attendance & Class Participation	100
Reflection Paper	125
Verbatim	75