Hesychia School of Spiritual Direction
Description of Classes – 2021
Weeks I-IV

Week One

Welcome to Hesychia and Desert Spirituality
Our first class is designed to introduce you to the program and its leadership, your fellow participants, and what the Hesychia School of Spiritual Direction. Fr. Pat Grile, CSsR, Director of the Hesychia School, and Lee Morrison

Introduction to the Evocative Method
The practice of spiritual direction is the focus of all our practicum sessions. We begin the week of practicum with a basic introduction to listening skills; an explanation of the non-directive or “evocative” mode of spiritual direction which we teach and promote; and an outline of how we will handle our small group practicum sessions, which are the heart of our teaching about practical skills. Instructor: Lee Morrison

Contemplative Listening
Learning the art of listening deeply with the ears of the heart. Listening without asking questions but merely observing and reflecting back what we hear. Instructor: Lee Morrison

Counseling vis-à-vis Spiritual Direction
While counseling helps us work through or resolve problems in our lives and relationships, spiritual direction is about the spiritual life, our relationship with God and the movement of the Holy Spirit in our lives. This presentation will unravel the understanding or misunderstanding of the “two.” Instructor: Sr. Deborah Giles

Desert Spirituality
This class will be about the Sonoran Desert and the history of desert spirituality. We will explore the importance of our location and our indebtedness to the desert fathers and mothers and what the contemplative tradition of spiritual direction and hesychia are all about. Instructor: Rev. Rachel Srubas
Lectio Divina
An experiential class of learning about the ancient Benedictine practice of “sacred reading.” You will learn about lectio divina and practice it in at least 2 different ways.
Instructor: Rev. Rachel Srubas

Theology for Spiritual Direction
In a theology, we study the nature of the Divine and broadly speaking our religious belief. We study systematically the focus of our relationship with God. In spiritual direction, we specifically study our personal relationship with God. In this class we will explore how theology is linked to spiritual direction.
Instructor: Fr. Pat Grile

Openings and Blocks
Understanding the concepts and the terminology we use for the movements of the Spirit in spiritual direction. Openings as those moments where it appears the Spirit is breaking something open; Blocks as those moments when spiritual directors inadvertently get in the way of what the Spirit is doing or lead the session “off track.”
Instructor: Shirin McArthur

Non-Violent Communication in Spiritual Direction
Marshall Goldberg’s NVC concepts translate well to spiritual direction. We have a spiritual director who is conversant in NVC present how to use it with clients.
Instructor: Cheryl Lehman

Attending and Responding Skills
The practice of spiritual direction is the focus of all our practicum sessions. In the non-directive or evocative method of spiritual direction, which we teach and promote, we will outline how to handle attending and responding skills. This is the heart of our practical skills.
Instructor: Lee Morrison

Observing a Real Spiritual Direction Session
We bring in an experienced spiritual director and a person who has agreed to be the directee for you to observe a real session in action. Time for observations and reflection is included.
Instructors: Lee Morrison and Sr. Deborah Giles
The Way of the Spiritual Journey
This session looks at the many stages that humans frequently move through as they seek God along a spiritual path. It will provide you with a framework to help you assist a person regardless of where they may be on their journey.
Instructor: Sr. Deborah Giles

Week Two

Introduction to Interfaith Spirituality
What does it mean to do spiritual guidance work in a multi-faith world? This class helps you prepare for the presentations you will receive in the week-long exploration of spiritual guidance in many traditions.
Instructor: Fr. Pat Grile

Spiritual Direction with the Second Half of Life
Spirituality is an important part of people’s lives. It can become more significant as we grow older. As elders are advancing in age, they are at risk of becoming isolated. Opportunities for social connection are also decreasing. Many of them must cope with retirement, or the loss of a spouse, while others are grappling with their own illness and mortality. Staying connected socially can help. It’s also true that as our bodies diminish, our spiritual selves have the potential of greater strength and transformation. This class will explore spiritual direction to those who move to the second half of life.
Instructor: Cheryl Lehman

The Art of Spiritual Companionship
In our lifetime, we may come upon people who are longing for more than a life of unfulfilling work, accumulating material possession, or numbing our senses with alcohol, or other addictions. Perhaps, we have seen those who are unsatisfied with the illusions around them, and longing for inner transformation that leads to the inner peace and meaningfulness of life. This session will explore how to ask right open-ended questions of those whose spirit are restless and unfulfilled.
Instructor: Rev. Amanda Petersen, director of Pathways of Grace spiritual life center in Phoenix.

Spiritual Direction in the Jewish Tradition
The practice of spiritual direction in the contemplative tradition is becoming more common in the Jewish tradition. This class will give a brief overview of Jewish spirituality and will give you insights into how spiritual direction may differ in the Jewish tradition.
Instructor: Rabbi Helen Cohn
Spiritual Guidance in the Hindu and Buddhist Traditions
You will receive a basic introduction to Hinduism and the spirituality of the Hindu people. The history of this ancient faith will also be discussed. Our instructor will illustrate how spiritual guidance (under a guru) is perceived and will talk about the popular spiritual practice of Yoga. In Buddhism, the philosophy of Vipassana or “mindfulness” meditation will be introduced with history, philosophy and practiced outlined.
Instructor: Michael Pellegrino

Spiritual Guidance in the Islamic Tradition
This class is a presentation on the history, beliefs and practice of orthodox Muslims. The instructor will explain the many practices that make up the spirituality of Islam (word meaning submission to Allah).
Instructor: Dr. Aneesah Nadir, community educator and retired ASU Social Work instructor

Spiritual Direction for the “Spiritual but not Religious”
Many people coming to spiritual direction may have little to no background in traditional faith but are seeking a deep and meaningful relationship with God. Working with them may feel a bit different than working with persons who come from one tradition. Our instructor will help us with language and skills that can free us to work with these sincere seekers.
Instructor: Rev. Amanda Petersen, director of Pathways of Grace spiritual life center in Phoenix.

Spiritual Guidance in the Apophatic and Mystical Traditions
For some people, the spiritual path is more about emptying than about belief. This class will help you understand how to work with a directee who may be non-theistic or from a mystical tradition.
Instructor: Rev. Amanda Petersen.

Spiritual Direction in the Christian Tradition
In this session we will explore the practice of spiritual direction in the Christian Church. This class will give an overview of Christian spirituality and will give you insights into how spiritual direction may differ from other traditions.
Instructor: Rev. Rachel Srubas
**Spiritual Direction in the Catholic Tradition**
This session will explore the difference of a Catholic tradition of the Sacrament of Reconciliation and spiritual direction.
Instructor:

**12-Step Spirituality**
The Oxford Group’s highly successful Alcoholic Anonymous program (and its many offshoot organizations) has had an enormous impact on spirituality in the United States. Many people coming for spiritual direction will refer to “12-step spirituality” as their faith tradition. This class outlines the 12 steps and discusses how spiritual direction can benefit from understanding them.
Instructor: Rev. Elizabeth Lyman, Presbyterian minister, Hesychia graduate and addiction recovery coach

**Putting it all together**
This class, at the end of week 2, allows a lot of time for discussion and integration of what you have seen, heard and learned together.
Instructor: Fr. Pat Grile

**Week Three**

**Working with Images in Spiritual Direction**
Dream images, art work, images from film or television, traditional spiritual images—all of these come up in spiritual direction. This class will offer you some tools for working with images in spiritual direction.
Instructor: Amanda Petersen

**Supervision of the Spiritual Director**
Everyone who does spiritual direction needs a supervisor. To drive this point home, we hold an actual supervision session in front of the class so you see how valuable and supportive this process is. We will explain what supervision is, how it is done, and how to find a supervisor.
Instructor: Amanda Petersen

**Principles of Spiritual Discernment**
Discernment is one spiritual practice that brings many people to spiritual direction. It means “faithful choices,” and there are many ways to help a person discern around their life choices. Principles from the Quaker and Ignatian traditions will be presented.
Instructor: Teresa Blythe
Group Spiritual Direction
Several models of group spiritual direction are presented along with the benefits and challenges of each one.
Instructor: Teresa Blythe

Psychological Dimensions of Spiritual Direction
Therapy and Spiritual Direction are quite different yet there are psychological dimensions of spiritual direction that you need to be aware of. Our instructor is a therapist and a spiritual director and will lead you through a way of understanding the human person that will help you determine the difference between the two kinds of relationships.
Instructor: Nick de los Reyes, counselor and spiritual director

Spiritual Direction with victims of Trauma
A person with trauma in their history may especially benefit from the gentle and accepting nature off the non-directive spiritual direction. Find out what trauma is, what the person with trauma needs, and get tips on how to handle those times when you may need to help the person get additional care.
Instructor: Carson Hawks, M.Div. and trauma-trained spiritual director

Grief Work in Spiritual Direction
Tips for working with clients who are deeply in grief.
Instructor: Lee Morrison

Clearness Committee
Group spiritual direction to be highlighted is Clearness Committee. Special attention is paid to the Quaker practice of communal discernment known as “clearness committee. The class will form a clearness committee to help a designated focus person with a discernment question.
Instructors: Shirin McArthur, spiritual director

Writing as Spiritual Practice
Whether or not you see yourself as a writer, the written word has an important place in the spiritual journey. We will explore our relationship to words and our instructor will evoke from you some writings about your spiritual life.
Instructor: Rev. Rachel Srubas
Week Four

*The Spiritual Director’s Code of Ethics*
This class digs deeply into the small booklet “A Code of Ethics for Spiritual Directors,” and the Spiritual Directors International guide on ethical behavior to discuss topics such as dual relationships, beginning and ending spiritual direction relationships, and confidentiality.
Instructor: Teresa Cowan Jones

*Boundary Awareness and Transference in Spiritual Direction*
Knowing where you end and the other person begins while working in spiritual direction. Understanding the dynamics of transference and counter-transference.
Instructor: Nick de los Reyes

*Gender Fluidity and Spiritual Direction*
Gender can be a fluid concept for some of our clients, and it is important for spiritual directors to be aware of this fluidity. This class is designed for all who want to share their experiences of how their gender identity and spirituality intersects.
Instructor: Davin Franklin-Hicks, advocate for transgender persons

*Setting up a Spiritual Direction Practice*
This is our “nuts and bolts” class about how to let the world know you are accepting directees and what to do once you get them. Covers issues of where to offer direction, how to market yourself, how to ask for and receive compensation, and ways to network in the community.
Instructor: Laura Lies

*Self-Care for the Spiritual Director*
A class designed to highlight the importance of extreme self-care for the person who works as a spiritual guide for others.
Instructor: Lee Morrison

*Working with Resistance in Spiritual Direction*
What to do when you or the directee seem “stuck.” What resistance is and how to work through it.
Instructor: Nick de los Reyes
The Mind-Body-Spirit Connection
In the quest for wholeness, we must pay attention to all of who we are—mind, body and spirit. This class will help us learn to relax our body and listen to our body so that our mind, body and spirit may come into alignment.
Instructor: Rev. Natasha Korshak, yoga and mindfulness instructor formerly of Miraval Life in Balance resort

Spiritual Direction with LGBTQ persons
An exploration of spirituality for the lesbian, gay, bisexual, transgender, queer person and some issues that may come up when working with people in this community.
Instructor: Rev. Delle McCormick

Note to reader: Some of these classes or instructors are subject to change at the last minute due to teacher availability. However, we do our best to keep our classes consistent from program to program.