

## Hesychia School of Spiritual Direction

Description of Classes – 2022

Weeks I-IV

### Week One

#### *Welcome to Hesychia*

Our first class is designed to introduce you to the program and its leadership, your fellow participants, and the Hesychia School of Spiritual Direction.

Instructors: Pat Grile and Lee Morrison

#### *Introduction to Contemplative Spiritual Direction*

A contemplative approach to spiritual direction is, at its core, learning to be present with – and for – another from our contemplative center. The director offers an open undefended presence and values the art of deep listening with the ears of the heart. We will explore the hallmarks of contemplative spiritual direction as the directee is companioned to open to the mystery of God, experience the sacredness of the present moment, nurture the inner silence and spaciousness where the true self is in communion with God, and invites living in union with God/Holy Love/the Divine and all that exists.

Instructor: Cheryl Lehman

#### *Reading Triads*

A discussion on assigned readings – *Spiritual Direction 101: The Basics of Spiritual Guidance* by Teresa Blythe; *The Practice of Spiritual Direction*: by William Barry and William J. Connelly; *Holy Listening: The Art of Spiritual Direction*: by Margaret Guenther; *Discernment: The Art of Choosing Well*: by Pierre Wolf; and *A Code of Ethics for Spiritual Directors*: by Thomas Hedberg, S.D.B. and Betsy Caprio.

Instructors: Pat Grile, Lee Morrison and Cheryl Lehman

#### *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: Pat Grile

#### *Distinguishing Spiritual Direction from Other Helping Relationships*

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 various helping disciplines.  
Instructor: 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: David Denny

### *Openings and Blocks*

This class focuses on the concepts and the terminology we use for the movements of the Spirit in spiritual direction. Openings are those moments where it appears the Spirit is breaking something open; Blocks are 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

### *Spiritual Direction Session I*

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: Faculty Members

### *Attending and Responding Skills*

In the non-directive or evocative method of spiritual direction, which we teach and promote at HSSD, attending and responding skills form the core of a spiritual director’s toolkit. Through instruction and example, we will explore these essential practical skills.

Instructor: Shirin McArthur

### *Non-Violent Communication in Spiritual Direction*

Marshall Goldberg’s NVC (Non-Violent Communication) concepts translate well to spiritual direction. We will briefly explore the four components of non-violent communication and what it takes to practice NVC in spiritual direction. This class will invite the director to become aware of communication styles that block contemplative presence and listening.

Instructor: Cheryl Lehman

### *Practicum Small Groups (PSG)*

Students will have the opportunity to practice spiritual direction, alternating as a director; or a directee, while other students participate as observers. The primary objective of the PSG is to have the student director experiencing Openings and Blocks with helpful comments from observers, all facilitated by experienced spiritual directors.

### *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: Deborah Giles

### ***Desert Day of Prayer (schedule attached)***

### *Lectio Divina*

An experiential learning about the ancient Benedictine practice of “sacred reading.” You will learn about *lectio divina* and practice it in at least two different ways.

Instructor: Shirin McArthur

## **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: Mary E. Wildner-Bassett

### *Spiritual Direction with BIPOC (Black, Indigenous, and People of Color)*

The Christian Church historically has a part in a legacy that has perpetuated and been complicit in racism. There is an urgent mandate to promote the dignity of all people regardless of their color. How do spiritual directors use the art of listening deeply with the ears of the heart to our brothers and sisters who experience the suffering and pain of racism, injustice and inequality?

Instructor: Maurice Nutt

### *Spiritual Direction for the “Spiritual but not Religious”*

Persons coming for spiritual direction might give voice to deep spiritual longings and existential questions without identifying with a particular religious tradition

or framework. This class will provide important awareness, vocabulary, the “why” and “how” of inclusive spiritual direction/ companioning for sincere seekers.

Instructor: Cheryl Lehman

### *Panel Discussion on Spiritual Direction in Interreligious Context*

This panel discussion aims to help students learn how to support people of various religious traditions on their spiritual journey. Three speakers from the Buddhist, Islam and Jewish traditions will briefly share the essential tenets of their particular religious tradition. They will address questions that pertain to spiritual direction and take questions from students.

Facilitator: Shirin McArthur, Panel Instructors: Michael Pellegrino, Dr. Aneesah Nadir, Rabbi Helen Cohn

### *Spiritual Direction Session II*

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: Faculty Members

### *Living in Transition – the Transition Journey, Forgiveness*

Transition is the process of moving from one known state to an unknown state with an interval of uncertainty between. It is our personal response to a shift in the situations of our lives, physical, mental, emotional, environmental, social and spiritual. Transition is a journey or “pilgrimage” from ending (beginning), in between and new beginning. Each one of us traverse transitions differently, but the process can be a journey of healing and transformation. Forgiveness is one of the issues facing a person on the transition journey. It is one of the most difficult issues in our lives. As spiritual directors, we will often be companions as people confront issues surrounding forgiveness.

Instructor: Frank Williams

### *Spiritual Direction with the Second Half of Life*

This class will explore common themes for persons in the second half of life and important considerations for the spiritual director. With the use of several vignettes, the spiritual director will sharpen their capacity to be fully present and be able to recognize their own “hooks,” challenges, and invitations as they offer spiritual direction/companioning.

Instructor: Cheryl Lehman

### *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

### *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:

### *Putting it All Together and Invitation to Personal Questions, Reflections*

This class, at the end of week II, allows a lot of time for discussion and integration of what you have seen, heard and learned together.

Instructors: Pat Grile, Lee Morrison

## **Week Three**

### *Working with Images in Spiritual Direction*

Art, nature, dreams, symbols, sculptures, poetry, etc. suggest a myriad ways to connect to God. The spiritual director will expand their capacity to trust Spirit’s invitations in visual, auditory, and kinesthetic images.

Instructor: Cheryl Lehman

### *Supervision of the Spiritual Director*

Students will observe an actual supervision session (not role play) and will become familiar with the preparation for a supervision session and the importance of maintaining ongoing supervision with a supervisor or peer group. There will be an explanation of what supervision is, how it is done, and options for finding a supervisor.

Instructor: Cheryl Lehman

### *Spiritual Direction with victims of Trauma*

A person with trauma in their history may especially benefit from the gentle and accepting nature of 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

### *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: Shirin McArthur

### *Some Common Themes in Spiritual Direction*

While we teach that anything in life can be brought up in spiritual direction sessions, after years of practice we will begin to notice common issues brought to spiritual direction. Some of these common themes are divorce, life changes, illness, death, aging, marital problems, prayer, and vocation. In this session, the instructor will discuss the common experience of “outgrowing the container” (Richard Rohr), or the deconstruction of theological certainties, or experiencing the “dark night.”

Instructor: Deborah Giles

### *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: Deborah Giles

### *Psychological Dimensions of Spiritual Direction, Boundaries, Transference*

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 who will lead you through a way of understanding the human person that will help you determine the difference between the two kinds of relationships. She will address knowing where you end and the other person begins while working in spiritual direction, and understanding the dynamics of transference and counter-transference.

Instructor: Deborah Giles

### *Grief Work in Spiritual Direction*

Tips for working with clients who are deeply in grief.

Instructor: Lee Morrison

### *Clearness Committee*

One type of group spiritual direction is the Clearness Committee, a Quaker practice of communal discernment. The class will form a clearness committee to help a designated focus person with a discernment question. Time for debriefing and questions will conclude the session.

Instructor: Shirin McArthur

### ***Desert Day of Prayer (schedule attached)***

#### *Centering Prayer*

In the 1970s, Trappist monks – Thomas Keating, William Meninger and Basil Pennington -- set out to modernize contemplative prayer practices from the Christian tradition that had been used in monasteries to the broader public. They develop this simple method of contemplative prayer where we sit quietly in the presence of God. Unfortunately, there is more to it than sitting quietly!

Instructor: Cheryl Lehman

## **Week Four**

### *The Spiritual Director's Code of Ethics*

This class offers a comprehensive engagement with the Spiritual Directors International small booklet “A Code of Ethics for Spiritual Directors.” Topics such as dual relationships, beginning and ending spiritual direction relationships, and confidentiality will be addressed. Each student will be invited to self-reflection regarding the invitations they receive for a profound understanding and commitment of ethical guidelines as they practice the art of spiritual direction/companionship.

Instructor: Cheryl Lehman

### *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

### *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: Natasha Korshak

### *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

### *Gender Fluidity and Spiritual Direction*

Gender can be a fluid concept for some of our directees, 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

### *Group Spiritual Direction*

Several models of group spiritual direction are presented along with the benefits and challenges of each one. Practical guidelines are included.

Instructor: Shirin McArthur

### *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: Greg Wiest

### *Roundtable*

Open Forum

Staff

### *Graduation Ceremony*

All

Note to Students: 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.