



## **COHORT 1 PROGRAM CURRICULUM (2024-2026)**

### **Online and Residency Modules, Practicums, and Presentations**

(Note: Unless otherwise specified, all online modules take place on CQ Asia SSD Moodle site)

#### **PRE-PROGRAM PREPARATION**

##### **Highly Recommended Basic Textbooks (HR):**

William A. Barry and William J. Connolly, *The Practice of Spiritual Direction*

Katherine Marie Dyckman and L. Patrick Carroll, *Inviting the Mystic, Supporting the Prophet*

Henri Nouwen, *Spiritual Direction: Wisdom for the Long Walk of Faith*

#### **PRE-REQUISITE ONLINE COURSES via Moodle SD Online Courses page site under CQ Asia-SSD site (TBD)**

**SC** – Soul Companionship: Introduction to Spiritual Direction

Note: This 4-week course is offered at various times prior to the official start of the program cycle.

**Core Instructors:** Wil Hernandez, Ph.D., Obl. O.S.B./Vanessa Caruso, M.A./Marie de Guzman (with different Co-Facilitators)

##### ***Course Description:***

The spiritual work of soul companionship within the Christian tradition has a rich and long history starting from the pre-biblical times down through the evolving history of the Church to our contemporary times. This introductory course provides a sweeping overview of the Christian "care of souls" (*cura animarum*) and its resultant expressions in the modern pastoral theology, counseling, and care movement. Attention is given to spiritual friendship, spiritual guidance, and spiritual mentoring, with a special focus on the distinct and time-honored ministry of spiritual direction.

##### **Required Texts:**

Wil Hernandez, *Henri Nouwen and Soul Care: A Ministry of Integration*

Thomas Green, *The Friend of the Bridegroom: Spiritual Direction and the Encounter with Christ*

Alice Fryling, *Seeking God Together: An Introduction to Group Spiritual Direction*

**HR:** Gordon Smith, *Spiritual Direction: A Guide to Giving & Receiving Direction*

**BIT** – Basic Intro Trilogy (Christian Spirituality, Spiritual Formation, Spiritual Disciplines)

Note: This 6-week course is offered at various times prior to the official start of the SSD and is specially designed for accepted applicants who do not have sufficient background in the above three areas.

**Core Instructors:** Wil Hernandez, Ph.D. / Nina Lau-Branson, M.B.A. with different Co-Facilitators (TBD)

**Course Description:**

It is expected that each cohort participant possesses some basic familiarity with the three major fields of Christian spirituality, spiritual formation, and spiritual disciplines. This introductory trilogy which serves as the foundations of our spiritual life combines these basic fields in two main segments: *contours* and *praxis* (outline principles and practices). This is a pre-requisite for all SSD accepted participants (rare exceptions are granted on a case-to-case basis).

**Required Texts:**

Glen G. Scorgie, *A Little Guide to Christian Spirituality*

M. Robert Mulholland, *Invitation to a Journey: A Road Map for Spiritual Formation*

Richard J. Foster, *Celebration of Discipline*

**HR:**

Ronald Rolheiser, *The Holy Longing: The Search for a Christian Spirituality*

Henri J. M. Nouwen (with Michael Christensen & Rebecca Laird), *Spiritual Formation*

Marjorie J. Thompson, *Soulfeast: An Invitation to the Christian Spiritual Life*

**Rec:**

Richard J. Foster, *Streams of Living Water: Celebrating the Great Traditions of Christian Faith*

Kenneth J. Collins, ed., *Exploring Christian Spirituality: An Ecumenical Reader*

Mel Lawrenz, *The Dynamics of Spiritual Formation*

**PRE-PROGRAM ORIENTATION via Moodle SSD Cohort Commons/Zoom (Nov. 2, 9, 16 – Three consecutive Saturday mornings [Manila time] for 2-3 hours)**

**OSP** - Orientation to the CQ Asia-SSD Program

**Presenters:** Wil Hernandez, Ph.D., Obl. O.S.B. / Nina Lau-Branson, M.B.A. / Mentoring Community (MC) Leadership Team

**Presentation Description:**

OSP is an advanced orientation series designed to prepare the participants to tackle the demands of the 16-month program. This three-day orientation series presents an overview of the CQ Asia-SSD program, highlights its training distinctives, and explains the rationale behind our chosen structure, its essential features, and non-negotiable commitments. The **purpose** of this presentation is to communicate the vision and desired outcomes for our participants-in-training and provide a compass and signposts for the journey we will share.

**PRE-PROGRAM ONLINE REQUIREMENT via Moodle SSD Cohort Commons/Zoom (Nov. 18-20/23, 2024 – Asynchronous except Nov. 20, [1.5 hours] and Nov. 23 [2 hours] via Zoom - Optional)**

**OOL** - Orientation to Online Learning

**Core Instructor:** Scott Strand, M.Div., D.Min. (Cand.) / **Co-Facilitators:** Marie de Guzman and Zerah Goh

**Presentation Description:**

OOL focuses on preparing students for success as online learners. This three-day orientation includes a hands-on workshop aimed to familiarize students with the technology

used in our online courses – primarily Moodle, the elements and flow of an online course, and the skills and habits needed to effectively learn online modality.

### **PRE-RESIDENCY REQUIREMENT via Moodle SSD Cohort Commons (October, 2024)**

#### **Special Presentation**

**HSD** - History of Spiritual Direction

**Presenter:** Fr. Stephen Coffey, O.S.B. Cam., D.Min. (Cand.) – via Video

#### ***Presentation Description:***

Historically, spiritual direction has taken many different forms, exhibiting both change and continuity over its long history. Christian scholars have focused their study on spiritual direction as practiced by monastics and lay people associated with religious orders, especially by the fourth-century desert abbas and ammas, Benedictine monastics, late medieval non-monastics, 16<sup>th</sup>- century Jesuits devoted to the Spiritual Exercises, and 17<sup>th</sup>- to 19<sup>th</sup>- century ordained directors of conscience. Vatican II marked a theological and spiritual shift that heralded the recovery of the desire for spiritual direction and a renewal of its practice by and for laypersons. This recovery and renewal continue today in connection to developments within Christian spirituality and in response to our current context. The **purpose** of this presentation is to provide an appreciative introduction to the history of the Christian ministry of spiritual direction, introduce some of its most trusted spiritual guides, and invite exploration of how the roots of this ministry can positively continue to feed its growth and adaptation in contemporary forms of service.

**HR:** Kenneth Leech, *Soul Friend* by (rev. edition, 2001)

#### **Addendum Presentation**

**MSD** - Models of Spiritual Direction

**Presenter:** Lisa Myers, M.A.

#### ***Presentation Description:***

Looking at the history of Christian spiritual direction invites recognition of how the conditions of life and the state of the church, as well as contemporary concerns and issues of theology and spirituality, have combined to influence how direction was understood, and therefore, how and by whom and for whom it was made available. By surveying what we know about the conditions, focus, and distinctive elements of historical forms of direction it is possible to create a typology that allows us to easily compare and contrast the ways in which the dynamic elements of spiritual direction and the relationship between director and directee, guide and guided, have both varied and stayed the same over time. The **purpose** of this presentation is to build upon “The Art and Ministry of Spiritual Direction” presentation by introducing our typology to assess several historical models of spiritual direction and to compare them with the contemporary “contemplative-evocative” model of spiritual direction that is taught and practiced in the CQ SSD.

### **OPENING RESIDENCY – Retreat Center (Dec. 2-7, 2024)**

#### **Introductory Presentations**

**Presenters:** Wil Hernandez, Ph.D. / MC Leadership Team

## CQ Asia-SSD Learning Community Covenant of Shared Intention

### ***Presentation Description:***

At the very beginning of the Opening Residency, participants are introduced to the Learning Community Covenant of Shared Intention and are asked to commit to mutual responsibility for learning together in pursuit of desired outcomes for personal growth, discernment of gifts, and development of skills essential to the practice of excellence in the ministry of spiritual direction. The **purpose** of this presentation is to reinforce our non-negotiable commitments to one another in our varied roles to deepen our experience and enlarge our capacity for compassionate and transformative presence, prayerful listening, discernment, and integration of contemplation-and-action in who we are and how we practice spiritual direction.

## Introduction to **Mentoring in Community (MinC)** and **Appreciative Inventory (AI)** Assessment-Discernment

### ***Presentation Description:***

The **Mentoring in Community** program is a core expression of the communal dimension of the SSD. Participation in a small group with other members of the cohort is a critical aspect of the spiritual experience and ministry training, the personal growth, and skills development of the SSD. Each group is led by a trained mentor who is a practicing spiritual director and is familiar with the SSD program. The **purpose** of this presentation is to acquaint program participants with the role of their mentor and their roles as members of a mentoring group.

The **Appreciative Inventory** provides a description of the gifts, skills, and personal capacities of the practitioner of contemplative-evocative spiritual guidance. It represents standards of personal character and behaviors to which we, as spiritual directors, aspire. As such, it is the statement of desired outcomes for the SSD and beyond. The **purpose** of this presentation is to introduce the AI and the Guide for Reflection which explains how each one is asked to engage the AI personally as a guide for appreciative self-assessment and vocational discernment and engage it with their mentoring group as a process of co-assessment and co-discernment in community. **Spiritual Practice** takes place in mentoring groups as members are introduced to the companioning process that they will be using with one another for the duration of the SSD program---beginning with each one sharing his/her spiritual autobiography and sharing reflection on select portions of the Appreciative Inventory during the Opening Residency.

### **Special Feature Series**

Henri Nouwen: CenterQuest Inspiration and Guide

**Presenter:** Wil Hernandez, Ph.D.

### ***Presentation Description:***

This three-part series highlights in an overview fashion the core conviction of Henri Nouwen, one of the greatest spiritual writers of the last century, on what constitutes the schematic trilogy of the spiritual life: communion, community, commission---foundational dynamics that form and inform the general orientation and perspectives of our CenterQuest program as a whole.

The **purpose** of this presentation is to underscore the invaluable influence of Henri Nouwen's spiritual writings in CQ's distinctive practice of spiritual guidance through his key constructs of spiritual identity, solitude, silence, presence, contemplation, hospitality, etc. that continue to inspire and guide us at CenterQuest. **Spiritual Practice** includes sharing reflections on the presentation in mentoring groups and practicing presence in community as a cohort (via Companions in Community).

**Required Text:**

Wil Hernandez, *Mere Spirituality: The Spiritual Life According to Henri Nouwen*

**HR:** Henri Nouwen, *Reaching Out: The Three Movements of the Spiritual Life*

**Rec:**

Ronald Rolheiser, *The Shattered Lantern: Rediscovering a Felt Presence of God*

Gerald G. May, *The Awakened Heart: Opening Yourself to the Love You Need*

David G. Benner, *Presence and Encounter*

**Companions in Community (CinC) Group Experience**

**Facilitator:** Nina Lau-Branson, M.B.A. with MC Leadership Team

**Description:**

This group spiritual guidance experience with Lectio Divina as starting point provides the participants an opportunity to engage more fully in the basics of companioning dynamics via their mentoring groups.

The **purpose** of this small group experience is to practice presence in the context of community based upon what the participants have already been learning through their shared reflection together with their respective mentoring groups and also serves as practical application of the third presentation on the Nouwen series which highlights the dynamics of presence.

**FIRST QUARTER (January 6 - March 15, 2025)**

**Online Course # 1** (Jan. 6-Feb. 1)

**CP I** - Contemplative Prayer I (A Way of Seeing)

**Core Instructor:** Wil Hernandez, Ph.D. with Co-Facilitators **A:** Gerard Booy, D.D. / Francisco Machado, M.Div., S.T.L. and **O:** Fr. Venus Suarez, Ph.L. / Amy Seidlitz

**Course Description:**

CP I addresses the importance of cultivating a contemplatively grounded life that will inform and sustain an effective spiritual direction practice. Emphasis is on understanding and experiencing contemplative prayer as a way of *seeing*. Participants learn about, practice, and discuss ways to cultivate awareness of themselves, others, God, and the world of God's creation. In addition to the practice of noticing and gazing, participants explore how a contemplative way of seeing invites and opens persons to insights into the More that God longs for them to see. The purpose of this course is to provide the first of a two-part introduction to the concepts, language, and experience of Christian contemplation and the transformative part that it plays in prayer, life, and ministry of the contemplative-evocative spiritual director.

**Spiritual practices include** the examen, journaling, visual meditation, and contemplative walk.

**Required Texts:**

Martin Laird, *Into the Silent Land: A Guide to the Christian Practice of Contemplation*  
Richard Rohr, *Everything Belongs: The Gift of Contemplative Prayer* (rev. and updated, 2003)  
**HR:** Thomas Merton. *New Seeds of Contemplation*  
**Rec:** Daniel London, *The Cloud of Unknowing: Distilled*

**Online Course # 2** (Feb. 17-Mar. 15)

**CP II** - Contemplative Prayer II (A Way of Listening)

**Core Instructor:** Wil Hernandez, Ph.D. with Co-Facilitators **A:** Gerard Booy, D.D. / Grace Kim, M.A. and **O:** Fr. Venus Suarez, Ph.L. / xxx

**Course Description:**

This course emphasizes contemplative prayer as a way of *listening*—cultivating our awareness and ability to attend, wait, attune, rest, and be in the presence of God, self, others, and the world. Our focus is on presence, stillness, and openness as paths to centered listening, which is a holy practice at the core of spiritual direction. Listening prayer is a foundational practice of being in the world that allows for the transformative work of the Divine in and through us. The course helps facilitate the cultivation and development of the interior awareness and skills necessary to be a listening presence in the world, without which a spiritual direction practice falters. The **purpose** of this course sequel is to provide the second of a two-part introduction to the concepts, language, and experience of Christian contemplation and the transformative part that it plays in the prayer, life, and ministry of the contemplative-evocative spiritual director. **Spiritual practices** include contemplative listening prayer, contemplative walk, and individual and group lectio divina.

**Required Texts:**

David Benner, *Opening to God: Lectio Divina and Life as Prayer*

Alice Fryling, *The Art of Spiritual Listening: Responding to God's Voice Amidst the Noise of Life*

Kay Lindahl, *Practicing the Sacred Art of Listening: A Guide to Enrich Your Relationships and Kindle Your Spiritual Life*

**HR:** Margaret Guenther, *Holy Listening: The Art of Spiritual Direction*

**Rec:** Thomas Hart, *The Art of Christian Listening*

Adam S. McHugh, *The Listening Life*

**SECOND QUARTER (April 7-June 21, 2025)**

**Online Course # 3** (Apr. 7-May 10)

**PD I** - Prayerful Discernment I

**Facilitators:** **A:** Fr. Venus Suarez, Ph.L. / Nina Lau-Branson, M.B.A. and **O:** Fr. Venus Suarez, Ph.L. / Grace Kim, M.A.

**Course Description:**

PD I provides a general survey on the topic of Christian discernment. It gives the student a sense of the types of discernment that arise in the Christian life and a review of the various ways that discernment has been understood and practiced. The class also offers a conceptual/theological framework that assists in pursuing wise principles of discerning. PD I focuses on discernment as a way of noticing or recognizing what is from God, emphasizing the

important relationship between prayer and discernment as well as between discernment and spiritual direction.

**Required Texts:**

Elizabeth Liebert, *The Way of Discernment: Spiritual Practices for Decision Making* (Part I)

Wilkie Au and Noreen Cannon, *The Discerning Heart: Exploring the Christian Path*

**HR:**

Gordon Smith, *The Voice of Jesus*

David Benner, *Desiring God's Will: Aligning Our Hearts with the Heart of God*

Dallas Willard, *Hearing God: Developing a Conversational Relationship with God*

**HR:** Classic - Jonathan Edwards, *Religious Affections*

**HR:** Contemporary - One of the other books not used under Option

Henri Nouwen, *Discernment: Reading the Signs of Daily Life*

**Rec:** Stephen Macchia, *The Discerning Life: An Invitation to Notice God in Everything*

Voon Choon Khing, *Discerning God in Our Life: The Dance of Two Wills*

**Online Course # 4** (May 26-June 21)

**PD II** - Prayerful Discernment II

**Core Instructor:** Eva Galvey with Co-Facilitators **A:** Francisco Machado, M.Div., S.T.L./Eda Castillo, M.A. and **O:** Francisco Machado, M.Div., S.T.L. / Daisy Santos, M.A.

**Course Description:**

PD II equips participants to translate the principles of discernment taught during PD I for use within the context of a spiritual direction session. Particular attention is given to the Rules of Discernment found in the Spiritual Exercises of Saint Ignatius. Additionally, participants explore personal practices of discernment to help them expand their self-awareness, develop their ability to discern the movements of the Spirit, and practice discernment as an ongoing and holistic way of life, rather than as an episodic event.

**Required Texts:**

Thomas Green, *Weeds Among the Wheat: Discernment, Where Prayer and Action Meet*

Elizabeth Liebert, *The Way of Discernment: Spiritual Practices for Decision Making* (Part II)

Larry Warner, *Discernment, God's Will & Living Jesus*

**HR:** Timothy Gallagher, OMV, *The Discernment of Spirits: An Ignatian Guide for Everyday Living*

**Rec:** David Fleming, *Draw Me into Your Friendship: The Spiritual Exercises*

Maureen Conroy, *The Discerning Heart: Discovering a Personal God*

**PRE-FORMAL PRACTICUM PERIOD: (July 14-Aug. 23, 2025)**

**Online Course # 5** (July 14-19)

**ISD** – Individual Spiritual Direction

**Co-Presenters: A & O:** Wil Hernandez, Ph.D. / Fr. Bob Buenconsejo, SJ with supervision participation of CQ SSD Mentors

This is a two-part module on individual spiritual direction focused on the contemplative-evocative stance and approach. Preparation consists of an introduction to the content and dynamics of contemplative-evocative individual spiritual direction and a summary review of

prior reading, instruction, and experience (OR, CP I, CP II, PD I, PD II, and mentoring group companionship) that can be concretely translated into practice with a directee. Preparation involves participants in online instruction, forum interaction, and discussion via Zoom.

Part One is one week of concentrated preparation with “role-play” practices.

Part Two is four weeks of “real-play” mentored/supervised practicum.

**Online Course # 6** (July 28-Aug. 23)

**RPD** – [Supervised] Real Play Dyads

**Supervisors:** Selected Supervisors (TBD) /CQ SSD Mentors

Pre-Practicum consists of an orientation and four weeks of doing spiritual direction with fellow cohort members with an observing supervisor/mentor who can assist the process when needed, answer questions, and give feedback. During this practicum period, participants will engage in four rounds of “real-play” (one-on-one SD sessions) in both dyads and mentoring groups (via web connect). The **purpose** of this course is to ready participants to begin the six-month formal practicum phase (directing two people and engaging in supervision). Refer to the Practicum document for more detailed information and explanation.

**Required Text:**

Teresa Blythe, *Spiritual Direction 101*

**HR:** Susan Phillips, *Candlelight: Illuminating the Art of Spiritual Direction*

**Rec:** Christopher Basil Brown, *Guiding Gideon: Awakening to Life and Faith*

**THIRD QUARTER (September 1-November 8, 2025)**

**Online Course # 7** (Sept. 1-27)

**SDS** – Spiritual Direction Supervision

**Core Instructor:** Vanessa Caruso, M.A. with Co-Facilitators **A:** Maria Chan, D.Min. / Eda Castillo, M.A. **O:** Maria Chan, D.Min. / Sr. Lalie Banawis, RVM

**Course Description:**

The Guidelines for Ethical Conduct by Spiritual Directors International (SDI) calls for practicing spiritual directors to receive one-on-one and/or peer-group supervision on a regular basis. Supervision provides spiritual directors with an opportunity to contemplate their experience of themselves as spiritual directors with a more experienced spiritual director or a group of spiritual directors. In supervision, spiritual directors focus on their own personal growth and development as a director in service to the directee’s wellbeing. In this course, participants will review the theological, philosophical, and ethical foundations of supervision for spiritual directors, receive an overview of the theories and methods of supervision, and discuss the rationale for their faithful engagement in it. In addition, participants will explore some means of self-care and engage in contemplative self-supervision, both as an ongoing personal/professional practice and in preparation for ongoing meetings with a supervisor.

**Required Texts:**

Rose Mary Bumpus and Rebecca Bradburn Langer, *Supervision of Spiritual Directors: Engaging in Holy Mystery*



Spiritual Directors International, 2000. *Guidelines for Ethical Conduct*. (SDI brochure).

**HR:** Maureen Conroy. *Looking into the Well: Supervision of Spiritual Directors*

**Online Course # 8** (Oct. 13-Nov. 8)

**TR** – [Contemplative] Theological Reflection

**Core Instructor:** Wil Hernandez, PhD with Co-Facilitators **A:** Gerard Booy, D.D. / Jerry Lee, M.A. and **O:** Fr. Bob Buenconsejo, SJ / Mark Beazley, M.A.

**Course Description:**

This course is designed to help participants grasp the importance of doing theological reflection as an essential component of spiritual direction ministry. It encourages them to cultivate the art and discipline of contemplative theological reflection as an aid to discernment and a reflection tool for supervision. The course experience culminates in the presentation of an actual spiritual direction “case study” involving the three exercises in the method/process of theological reflection: attending, assertion, and decision-making within the context of small group companionship.

**Required Text:**

Patricia O’Connell-Killen and John de Beer, *The Art of Theological Reflection*

**HR:**

Kathleen McAlpin, *Ministry That Transforms: A Contemplative Process of Theological Reflection*

Janet Ruffing, *To Tell the Sacred Tale: Spiritual Direction and Narrative*

**Rec:** Elaine Graham, Heather Walton, and Frances Ward, *Theological Reflection: Methods*

#### **FOURTH QUARTER (December 1, 2025 to February 28, 2026)**

**Online Course # 9** (Dec. 1-13, 2025-Jan. 5-17, 2026)

**GSG** - Group Spiritual Guidance

**Core Instructor:** Lisa Myers, M.A.

**Co-Facilitators:** Nina Lau-Branson, M.B.A. with MC Leadership Team (TBD)

**Course Description:**

This course is an opportunity to further explore the experience of contemplative community and group spiritual guidance as it was introduced and facilitated in each mentoring group at the Opening Residency, engaged each quarter as part of the appreciative assessment-discernment process, and correlated with Visio and Lectio Divina in CP II.

“An Open Circle” describes the nature of the group and its process as it is designed to enable an experience of welcome and receptivity with God and others in community. “Deep to Deep” describes the model of group direction developed by the instructor as a way to foster a distinctively deep intimate experience of shared presence in the practice of group guidance. Two formats for structured group companionship and one format for structured group direction are based on this specific definition and detailed model. The Companions in Community (CinC) format is first introduced at the Opening Residency. The format identified as CompanionsTogether (CT) and used in the SSD mentoring groups is the focus of teaching and praxis in this module. The **purpose** of this module is to use the readings, videos, praxis, and reflections to enable participants to join intention, understanding, and experience in the roles

of participant and facilitator as they engage a basic format for structured group spiritual companionship that can be built upon and adjusted to meet a variety of needs. At the close of the module and during the Closing Residency, cohort members will also have the opportunity to participate with their mentoring groups in the third format for structured group spiritual direction based on the “Open Circle” definition and “Deep to Deep” model called JourneyShare Direction Group (JSDG). **Spiritual practices** for this module include participation and facilitation of communal contemplative prayer and sharing silence, practicing spiritual companionship as both participant and facilitator, and engaging guided practices of individual and shared reflection.

**Required Texts:**

Rose Mary Dougherty, *Group Spiritual Direction*

Lisa Myers, “An Open Circle: PDF Reader for Group Spiritual Direction”

**HR:**

Henri Nouwen, *Reaching Out: The Three Movements of the Spiritual Life*

Daniel Schrock and Marlene Kropf, eds. *An Open Place: The Ministry of Group Spiritual Direction*

**Online Course # 10** (Feb. 9-Mar. 7)

**CLS** - Critical Life Stages

**Core Instructor:** Wil Hernandez, Ph.D. with Co-Facilitators **A:** Leo Armas, Ed.D. / Val Dodge Reyna, M.A. **O:** Amy Seidlitz / Cynch Baga, M.A.

**Course Description:**

CLS highlights the intriguing nature and reality of our faith journey: its shape and its texture, as well as its developmental and transformational patterns. Special focus is on the expansive adaptation of “The Critical Journey” paradigm popularized by Janet Hagberg and Robert Guelich. Through a combination of forum and small group interactions via Zoom, participants grapple with the evident correlation between journey stages and the process of spiritual transformation. The **purpose** of this course is to learn how to maximize the employment of certain spiritual direction dynamics (such as listening focus, validation points, gentle probing, evocative questions) to cater to directee’s varying life-stages. **Practices** include incorporating participants’ spiritual autobiography as written and shared in the OR in assessing one’s current home stage, and culminates with a Grand Examen exercise (focusing on the participants SSD journey).

**Required Text:**

Janet Hagberg and Robert Guelich. *The Critical Journey: Stages in the Life of Faith* (2<sup>nd</sup> edition)

**HR:** David Benner, *Spirituality and the Awakening Self: The Sacred Journey of Transformation*

**Rec:** Harry R. Moody and David Carroll, *The Five Stages of the Soul: Charting the Spiritual Passages that Shape Our Lives*

Roberto Assagioli, MD, *Transpersonal Development: The Dimension Beyond Psychosynthesis*

**CLOSING RESIDENCY – Retreat Center (April 10-17, 2026)**

**Practicum # 1**

## Group Spiritual Guidance

**Facilitators:** Nina Lau-Branson, M.B.A. and the CQ SSD Mentors

**Practicum Description:**

The GSG practicum facilitated by trained mentors focuses on engaging participants in the experience of two *Open Circle* formats of contemplative-evocative spiritual guidance within a “live” communal setting at the **CR: Companions in Community (CinC)** and *JourneyShare Direction Group (JSDG)*. The first format is designed for congregations and faith communities as a formational process of contemplative listening and discernment. The second is designed to assist a presence-oriented contemplative stance focused on the reflection the participant has done as part of his/her SSD mentor-assisted self-assessment and discernment process. Each of the two 3 -hour sessions incorporate group reflection and evaluation and reflective debriefing in a plenary forum to share with others the highlights of their personal and group experience.

## Practicum # 2 (Group Supervision)

**FGS - Facilitated Group Supervision**

**Facilitators:** TBD

**Practicum Description:**

In keeping with our commitment to theory and praxis, this final practicum in the SSD cycle offers participants the opportunity to experience firsthand the dynamic process, structure, and benefits of facilitated as well as peer group supervision.

## Transformation Module (Two or Three-Part Series)\*

**IDT – Inner Dynamics of Transformation**

\* From time to time, this module will feature certain **Special Topics** within the field of spiritual direction to be facilitated by a chosen speaker from our Guest Residency Speakers pool.

**Presenter:** TBD

### Required Text:

- To be determined by the series presenter (TBD)

**HR:** Sue Monk Kidd, *When the Heart Waits*

**Rec:** Len Sperry, *Transforming Self and Community*

## Closing Presentation

Final Integration

**Presenters:** Wil Hernandez, Ph.D., Obl. O.S.B.

**Presentation Description:**

This final session represents an integrative attempt to pull together each of the key constructs covered during the entire program and to debrief on their impact to the ongoing practice of spiritual direction. As a practical way of concluding the program, this closing presentation also covers the 'nuts and bolts' of an effective spiritual direction practice.

### Required Text:

Janet Ruffing, *Spiritual Direction: Beyond the Beginnings*

**HR:** Tilden Edwards, *Spiritual Director, Spiritual Companion: Guide to Tending the Soul*

**Rec:** Norvene Vest, *Still Listening: New Horizons in Spiritual Direction*  
Teresa Blythe, *Spiritual Direction 101*

**POST-REQUISITE ONLINE COURSE via Moodle SD Online Courses page site (TBD)** - This 4-week course is offered after the SSD program cycle and is open to non-SSD graduates who are trained spiritual directors.

**ST** – Spiritual Direction and Social Transformation

**Facilitator:** Joe Colletti, Ph.D.

**Course Description:**

This course is an introduction to the ways in which contemplative-evocative spiritual direction may assist directees to recognize how their social location and history shape their image of God and understanding of God's purpose in the world, hear and embrace their own specific calls to seek social transformation, and access the spiritual resources they need to sustain their calls in work and prayer. After a brief survey of the biblical, theological, spiritual and psychological foundations for social involvement as a practice of compassion that seeks justice for all people, participants will be invited to consider a variety of ways in which just compassion may be expressed in enlarging circles of community and how they can be equipped to encourage practices of social concern in the lives of their directees. The **purpose** of this course is to demonstrate the fundamental connection between personal and social transformation and motivate and equip spiritual directors to fully integrate both dimensions of the Christian spiritual life in their practice of spiritual direction.

**Required Texts:**

TBD

**HR:** TBD

\* This document is still being updated and therefore subject to change. Please note that the line-up of course instructors/facilitators (especially in **RED**) are still tentative and have yet to be confirmed. Rev. 06/23/24