Course Description

There is always a profound uneasiness currently felt with respect to direction and the ministry of direction among the best and most Apostolic of priests, religious and lay apostles. But at the same time, there is a secret longing, a deep yearning for direction. It is always clear that those that are as it were dissatisfied with it often are dissatisfied with it because of the kind of frustration they experienced with it. They had high expectations of direction when they were in formation but these expectations were not met and so they kick against direction.

As Pope Benedict XVI called for the year of faith, (that should last from October 11, 2012 till November 24, 2013) he invites the people of God to seek spiritual direction for even the most devout Catholics have questions or struggle with elements of the faith or desire more focus. Hence, the need for spiritual direction to be offered to the directee in order to be more fully himself/herself in Christ.

Recommended Texts:


Objectives and Aims

Our aim in this course is to equip the students with the technical skills and practice of spiritual direction. The acquisition of these skills and practice will enable the students go through personal discernment and help others in both personal and communitarian discernment for discovery of Personal Vocation and Decision Making. Though not aimed at solving problems, the ministry when freely embraced, may lead to the healing of some psycho-spiritual problems.

Attendance: Seminarians are to attend all classes. No cuts are allowed
**Expectations:** At the end of this course the student should be able to master the skills and practice of Spiritual Direction which will enable them to direct souls to God and be better disposed to be directed by another Spiritual Director.

**Topics To Be Covered Include:**

1) General Notion of Christian Spiritual Life  
2) General Definition of Spiritual Direction  
3) Christian Spiritual Direction  
4) Difference Between Spiritual Direction, Pastoral Counseling and Psychological Counseling  
5) Objective of Spiritual Direction  
6) Art, Skill and Practice of Spiritual Direction  
7) Technical and Moral qualities of a good Spiritual Director  
8) Qualities to be encouraged in a Directee  
9) Relationship Between the Spiritual Director, Directee and the Holy Spirit  
10) Stages in Any Authentic Spiritual Direction  
11) Self Awareness For the Director And The Directee  
12) Role of Psychology in Spiritual Direction  
13) Spiritual Discernment: Personal And Communitarian  
14) Personal Vocation  
15) Coping with Genuinely Difficult Directors or Directee.  
16) Crisis Management  
17) How to Handle Anger in Spiritual direction Sessions

**Mode Of Examinations:**

1) An hour mid-term written examination should be conducted based on the topics covered and the application of those topics to concrete life experiences.  
2) Each student will be expected to perform a Role Play as either a Spiritual Director or a Directee in the class while the rest of the students in the class will be spectators. This will be a ten minutes demonstration on the skills and practice of Spiritual Direction.  
3) A Ten page paper will be presented with reference to the lecture topics. Like any theological paper, it should reflect a vast knowledge of the Scripture, the tradition of the church, Magisterial documents, teachings of catholic theologians and a personal Evaluation.  
4) Two weeks to the date of the final examination, each student should turn in his paper and a one page summary of his paper.  
5) On the Final day of the examination, (oral) each student is invited to make a five minutes public presentation of his written paper and take questions from the facilitator and fellow students for another five minutes. It should be a Ten minutes oral examination.
Grading:

The Role Play-20%  
Midterm: 30%  
Written Paper: 30%  
Oral Presentation: 20%

Plagiarism: Plagiarism is using and passing off as one’s own the ideas or writings of another. St Mary’s Seminary frowns upon plagiarism and anyone who plagiarizes will suffer the consequences: these may be severe. The source of any work which is not your own must be acknowledged.

Disability Accommodations: Students in this course seeking accommodations to disabilities must first consult with the Disabilities Resource Center in the Registrar’s Office and follow the instructions of that office for obtaining accommodations.