

**THEOLOGY OF SPIRITUAL DIRECTION**  
(SPGR 7870)

**FALL 2014**

Thursday, 5:00 p.m.—6:50 p.m.

**Credits: 3.0**

**Prerequisites: none**

**Shannon M. McAlister, Ph.D.**

**Assistant Professor of Spirituality**

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Office hours: Tuesday, 2:00-4:00; Thursday 2:00-4:00; or by appointment.

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**COURSE DESCRIPTION**

This course explores the experience of spiritual direction from the standpoint of both the director and the one directed. It situates the contemporary ministry of spiritual direction within the history of the Christian tradition, and draws upon interdisciplinary and interreligious perspectives in order to examine critically a diversity of past and present theologies, processes, and models of spiritual direction.

**COURSE OBJECTIVES**

Each student will:

1. demonstrate a well-rounded knowledge and critical appropriation of various approaches to spiritual direction in the Christian theological tradition.
2. demonstrate the relationship between these various approaches to spiritual direction and one's own practice or spiritual development.

**COURSE BIBLIOGRAPHY**

Books will be available on reserve at the Walsh Library at Rose Hill.

Bakke, Jeannette. *Holy Invitations: Exploring Spiritual Direction*. Grand Rapids: Baker, 2000.  
ISBN-10: 0801063272. ISBN-13: 978-0801063275.

- Edwards, Denis. *The Human Experience of God*. New York: Paulist, 1983. ISBN-10: 0809125595. ISBN-13: 978-0809125593.
- Fischer, Kathleen. *Women at the Well: Feminist Perspectives on Spiritual Direction*. Mahwah, New Jersey: Paulist, 1988. ISBN-10: 0809130181. ISBN-13: 978-0809130184.
- Gula, Richard. *Just Ministry: Professional Ethics for Pastoral Ministers*. New York: Paulist Press, 2010. ISBN-10: 0809146312. ISBN-13: 978-0809146314.
- Ignatius of Loyola: Spiritual Exercises and Selected Works*. Edited by George Ganss. New York: Paulist, 1991. ISBN: 0809132168.
- John of the Cross. *The Living Flame of Love: Versions A and B*. Translated with Introduction and Commentary Notes by Jane Ackerman. Medieval and Renaissance Texts and Studies 135. Binghamton, NY: Medieval & Renaissance Texts & Studies, 1995. ISBN: 0866981438.
- \_\_\_\_\_. *Selected Writings*. Edited by Kieran Kavanaugh. Classics of Western Spirituality. New York: Paulist, 1987. ISBN: 080912839X.
- May, Gerald G. *Care of Mind, Care of Spirit: A Psychiatrist Explores Spiritual Direction*. New York: Harper, 1992. ISBN-10: 0060655674. ISBN-13: 978-0060655679.
- Neufelder, Jerome and Mary Coelho, eds. *Writings on Spiritual Direction by Great Christian Masters*. New York: Seabury, 1982.
- Rakoczy, Susan, ed. *Common Journey, Different Paths: Spiritual Direction in Cross-Cultural Perspective*. Maryknoll, New York: Orbis, 1992. ISBN-10: 0883447894. ISBN-13: 978-0883447895.
- Ruffing, Janet. *To Tell the Sacred Tale: Spiritual Direction and Narrative*. New York: Paulist Press, 2011. ISBN-10: 0809147238. ISBN-13: 978-0809147236.
- \_\_\_\_\_. *Spiritual Direction: Beyond the Beginnings*. New York: Paulist Press, 2000. ISBN-10: 0809139588. ISBN-13: 978-0809139583.
- Teresa of Avila. *The Collected Works of St. Teresa of Avila, Vol. 2*. Translated by Kieran Kavanaugh and Otilio Rodriguez. Washington, DC: ICS Publications, 1980. ISBN: 0960087664.
- Silver, Anne Winchell. *Trustworthy Connections: Interpersonal Issues in Spiritual Direction*. Cambridge, Mass.: Cowley, 2003. ISBN-10: 1561012521. ISBN-13: 978-1561012527.
- Vest, Norvene, ed. *Still Listening: New Horizons in Spiritual Direction*. Harrisburg, Pennsylvania: Morehouse, 2000. ISBN-10: 0819218146. ISBN-13: 978-0819218148.

## ADDITIONAL SUGGESTED BIBLIOGRAPHICAL RESOURCES

<http://sdiworld.limedaley.com/resources/web-library>

[http://moses.creighton.edu/harmless/Bibliographies\\_for\\_Theology/Index.htm](http://moses.creighton.edu/harmless/Bibliographies_for_Theology/Index.htm)

<http://www.wabashcenter.wabash.edu/resources/guide-headings.aspx>

## COURSE SCHEDULE

Thursdays, 5:00 p.m.—6:50 p.m.

### **Excerpts from the School's Academic Calendar:**

Sept. 3 Wed.	Classes Begin
Nov. 26-30 Wed.-Sun.	Thanksgiving recess –University Closed
Dec. 15 Mon.	Last day of Evening Classes
Dec. 16- 22 Tues.-Mon.	Final Examinations

## READING ASSIGNMENTS

<u>DATE</u>	<u>REQUIRED READINGS</u>
Week 1	<p><b>Spiritual Direction: Helpful or Harmful? Necessary or Unnecessary?</b></p> <ul style="list-style-type: none"><li>• Selections from St. Teresa of Avila and St. John of the Cross on contemplative prayer and the dangers of spiritual direction: Chapter 31 of <i>The Way of Perfection</i> in <i>The Collected Works of St. Teresa of Avila</i>, vol. 2, 153-9; John of the Cross, <i>The Living Flame of Love: Versions A and B</i>, trans. Jane Ackerman, 73, 165-199 (odd pages only— i.e., Version B).</li><li>• Selections from various saints on the question of whether or not spiritual direction is needed for growth in the spiritual life: Neufelder, Jerome and Mary Coelho, eds., <i>Writings on Spiritual Direction by Great Christian Masters</i>, 1-15.</li></ul>

<p><b>Week 2</b></p>	<p><b>Contemporary Practices of Spiritual Direction: An Introduction</b></p> <ul style="list-style-type: none"> <li>• Janet Ruffing, <i>To Tell the Sacred Tale: Spiritual Direction and Narrative</i> (New York: Paulist Press, 2011): 23-43 (“Two Stories of Spiritual Direction”); 106-130 (beginning with “Effects of Narrative Activity”); 145-151 (beginning with “Telling Stories of the Experience of God”).</li> <li>• Jeannette Bakke, <i>Holy Invitations: Exploring Spiritual Direction</i> (Grand Rapids: Baker, 2000), 17-60 (Chapters 1-3: “What Is Spiritual Direction?”; “The Heart of Spiritual Direction”; and “Who Comes to Spiritual Direction?”).</li> </ul>
<p><b>Week 3</b></p>	<p><b>Experiences of God: Part I</b></p> <ul style="list-style-type: none"> <li>• Denis Edwards, <i>The Human Experience of God</i> (New York: Paulist, 1983), 1-38 (Chapters 1-3: “Why Speak of ‘Experience of God’?”; “The Mystery Dimension of Our Lives”; and “Experience of Grace”); 67-84 (Chapter 6: “The Social Structure of Experience of God”).</li> </ul>
<p><b>Week 4</b></p>	<p><b>Experiences of God: Part II</b></p> <ul style="list-style-type: none"> <li>• Denis Edwards, <i>The Human Experience of God</i>, 85-101; 118-127 (Chapters 7 and 9: “Mystical Experience of God” and “Visions, Voices and Tongues”).</li> <li>• <i>The Collected Works of St. Teresa of Avila</i>, vol. 2: 316-327, 335-341, 366-391, 405-417.</li> <li>• John of the Cross, Books I and II of <i>The Dark Night</i>, in <i>Selected Writings</i>, ed. Kieran Kavanaugh, 162-209.</li> </ul>
<p><b>Week 5</b></p>	<p><b>Experiences of God: Part III</b></p> <ul style="list-style-type: none"> <li>• Janet Ruffing, <i>Spiritual Direction: Beyond the Beginnings</i> (New York: Paulist Press, 2000), 95-154 (Chapters 4-5: “Searching for the Beloved: Love Mysticism in Spiritual Direction” and “Mutuality with God: ‘Where Beloved and Loved One Shall Wholly Flow through Each Other’”).</li> <li>• Janet Ruffing, “‘Flesh Is More than Flesh’: Sexuality and Spirituality in Spiritual Direction,” in Norvene Vest, <i>Still Listening: New Horizons in Spiritual Direction</i> (Harrisburg, Pennsylvania: Morehouse, 2000), 171-182.</li> </ul>

<p><b>Week 6</b></p>	<p><b>Discernment</b></p> <ul style="list-style-type: none"> <li>• Janet Ruffing, <i>Spiritual Direction: Beyond the Beginnings</i>, 9-31 (Chapter 1: “Praying for What We Want: Sorting Out Our Desires”).</li> <li>• Denis Edwards, <i>The Human Experience of God</i>, 102-117 (Chapter 8: “Finding God’s Will”).</li> <li>• Kathleen Fischer, <i>Women at the Well: Feminist Perspectives on Spiritual Direction</i> (Mahwah, New Jersey: Paulist, 1988), 113-132 (Chapter 6: “Discernment”).</li> <li>• Selections from the “Rules” within the <i>Spiritual Exercises</i> of St. Ignatius of Loyola: <i>Ignatius of Loyola: Spiritual Exercises and Selected Works</i>, ed. George Ganss, 201-210.</li> </ul>
<p><b>Week 7</b></p>	<p><b>Spiritual Direction with Diverse Directees I</b></p> <ul style="list-style-type: none"> <li>• Norvene Vest, ed., <i>Still Listening: New Horizons in Spiritual Direction</i> (Harrisburg, Pennsylvania: Morehouse, 2000), 17-47 (Chapters 2-3: “Spiritual Direction with Traumatized Persons” and “Spiritual Direction with an Addicted Person”).</li> <li>• Kathleen Fischer, <i>Women at the Well: Feminist Perspectives on Spiritual Direction</i>, 1-74 (Introduction and Chapters 1-3: “Spiritual Direction in a Feminist Context”; “A New Vision of Christian Growth”; and “Women Experiencing and Naming God”).</li> </ul>
<p><b>Week 8</b></p>	<p><b>Spiritual Direction with Diverse Directees II</b></p> <ul style="list-style-type: none"> <li>• Norvene Vest, ed., <i>Still Listening: New Horizons in Spiritual Direction</i>, 49-92; 105-118 (Chapters 4-6, 8: “Wary Seekers: Spiritual Direction with Church Dropouts”; “Generations, Our Differences and Similarities: How Generational Studies Enlighten Spiritual Direction”; “Spiritual Direction with Lesbian, Gay, Bisexual, and Transgendered Persons”; and “Companions at the Threshold: Spiritual Direction with the Dying”).</li> <li>• Kathleen Fischer, <i>Women at the Well: Feminist Perspectives on Spiritual Direction</i>, 75-112 (Chapters 4-5: “Jesus and Women” and “Praying with Scripture”).</li> </ul>

<p><b>Week 9</b></p>	<p><b>Spiritual Direction with Diverse Directees III</b></p> <ul style="list-style-type: none"> <li>• Norvene Vest, ed., <i>Still Listening: New Horizons in Spiritual Direction</i> (Harrisburg, Pennsylvania: Morehouse, 2000), 93-104 (Chapter 7: “Can I Get a Witness?: Spiritual Direction with the Marginalized”).</li> <li>• Kathleen Fischer, <i>Women at the Well: Feminist Perspectives on Spiritual Direction</i>, 133-210 (Chapters 7-10: “Women and Power”; “Violence against Women: The Spiritual Dimension”; “The Problem of Anger”).</li> </ul>
<p><b>Week 10</b></p>	<p><b>Spiritual Direction in Cross-Cultural Contexts</b></p> <ul style="list-style-type: none"> <li>• Susan Rakoczy, ed., <i>Common Journey, Different Paths: Spiritual Direction in Cross-Cultural Perspective</i> (Maryknoll, New York: Orbis, 1992). Read Chapters 2, 8, 13, and 16; also read (a) a chapter about a specific culture that you are likely to encounter in your ministry, and (b) another chapter about a specific culture which is especially unknown to you—e.g., chapters chosen from among the following: “Listening and Spiritual Direction in Asia”; “Spiritual Direction in Japan”; “Spiritual Direction and Religious Experience in the Cultural Environment of Brazil”; “Spiritual Direction in Chile: Confronting the Experience of Oppression”; “Companion on Pilgrimage: The Hispanic Experience”; “Forming Spiritual Directors in Ghana.”</li> </ul>
<p><b>Week 11</b></p>	<p><b>Dynamics in the Director-Directee Relationship</b></p> <ul style="list-style-type: none"> <li>• Janet Ruffing, <i>Spiritual Direction: Beyond the Beginnings</i>, 33-55 (Chapter 2: “Endlessly Inventive Evasion: Resistance in Spiritual Direction”); 155-180 (Chapter 6: “The ‘As If’ Relationship: Transference and Countertransference in Spiritual Direction”).</li> <li>• Gerald G. May, <i>Care of Mind, Care of Spirit: A Psychiatrist Explores Spiritual Direction</i> (New York: Harper, 1992), 113-148 (Chapter 6: “Relationship: Interpersonal Dynamics in Spiritual Direction”).</li> <li>• Jeannette Bakke, <i>Holy Invitations: Exploring Spiritual Direction</i>, 249-261 (Chapter 15: “Common Areas of Difficulty”).</li> </ul>

<b>Week 12</b>	<b>Psychiatric Conditions and Referrals to Specialists</b> <ul style="list-style-type: none"> <li>• Gerald G. May, <i>Care of Mind, Care of Spirit: A Psychiatrist Explores Spiritual Direction</i>, 149-198 (Chapters 7-8: “Disorder: Psychiatric Syndromes” and “Colleagueship: Referral, Consultation, and Collaboration”).</li> </ul>
<b>Week 13</b>	<b>Professional Ethics for Spiritual Directors</b> <ul style="list-style-type: none"> <li>• Richard Gula. <i>Just Ministry: Professional Ethics for Pastoral Ministers</i> (New York: Paulist Press, 2010), 117-217 (Chapters 5-7: “The Dynamics of Power”; “Sexuality”; and “Confidentiality”).</li> <li>• “Guidelines for Ethical Conduct” proposed by Spiritual Directors International: <a href="http://www.sdiworld.org/ethical_guidelines2.html">http://www.sdiworld.org/ethical_guidelines2.html</a></li> </ul>
<b>Week 14</b>	<b>“Trustworthy Connections” in Spiritual Direction</b> <ul style="list-style-type: none"> <li>• Anne Winchell Silver. <i>Trustworthy Connections: Interpersonal Issues in Spiritual Direction</i>.</li> </ul>

### **COURSE REQUIREMENTS**

#### **Grading Rubric for the Course as a Whole:**

**50%-- Class Preparation & Participation**

**50%-- Research Paper / Final Review Exam**

Alternatively, in order to tailor this course to your personal learning style, you (the student) may determine *by the date of our fourth class* whether the instructor is to give greater weight to one of these two course requirements. The instructor will then hold you strictly accountable to your own stated goal. *Each course requirement must compose at least 40% of your grade for the course.* By the date of our fourth class, please e-mail the instructor (at [smcalister@fordham.edu](mailto:smcalister@fordham.edu)) with your percentage preferences for each of the two components. *Your percentages cannot be altered after this date.*

**Class absences and plagiarism can also affect course grade; see policies listed below.**

**1)**

**Quality Class Preparation & Participation**

**(Demonstrating Completion of Course Objectives #1 & 2):**

Quality class preparation and participation includes:

- 1) Offering comments and questions that draw upon a careful and thorough study of the day's assigned reading;
- 2) When asked to do so: providing answers to the discussion questions (distributed by the professor in advance of each class) which draw upon a careful and thorough study of the day's assigned reading;
- 3) Listening attentively to the instructor and your classmates, speaking respectfully to your classmates and professor, and allowing everyone equal time to speak during discussions.

If you feel that you express yourself best in writing, please consult with the professor about the possibility of submitting a special weekly written assignment in lieu of requirement #1 above; requirements #2 and #3 are still mandatory for everyone.

**Grading Rubric for Class Preparation & Participation:**

- A** = consistently completing all **three** of the above criteria
- B** = consistently completing **two** of the above criteria
- C** = consistently completing **one** of the above criteria
- F** = consistently completing **none** of the above criteria

**2)**

**Final Review Exam or Research Paper**

**(Relating to Course Objective #1):**

**You may choose to write *either* a Final Review Exam *or* a Research Paper. Each is due via e-mail on the Thursday of Final Examination Week (see the School's Academic Calendar).**

Format:

10 pages, double-spaced, in twelve-point Times New Roman font, with one-inch margins.

**The Final Review Exam** will be a take-home, cumulative, open-book examination.

**The Research Paper** will be on a topic of your own choice, relating to the practice or experience of spiritual direction; **your topic must be determined in consultation with the instructor, no later than the date of our ninth class.** The goal of this paper is to use library resources to investigate some aspect of spiritual direction in the Christian tradition which particularly interests you. The professor is available to discuss questions that arise for you as you carry out library research into your chosen topic.

**Rubrics for the Research Paper and Final Review Exam will be distributed in advance.**

## Grading System:

A 4.0: Excellent. Honors-level work  
A- 3.7: Still excellent  
B+ 3.3: Very good. High level of performance  
B 3.0: Good, solid and above average performance  
B- 2.7: Good. Still above average  
C+ 2.3: Average level of performance  
C 2.0: Satisfactory, acceptable performance  
C- 1.7: Minimally acceptable  
F 0.0: Failure. Inferior performance

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## Class Attendance Policy:

**Classes meet only once a week, and therefore attendance is required at every class.** 10 points (out of 100) will be deducted from the course grade for an unexcused absence (e.g., An “A” will become a “B”; a “B” will become a “C.”) **Three unexcused absences will result in automatic failure for the course.** Absences will be excused only at the discretion of the instructor, and only if they result from serious emergencies such as a debilitating illness. *If you are experiencing a serious emergency of this sort that prevents you from attending a class, you must notify the instructor as soon as possible to explain your absence and to request that it be excused.* Extra “make-up” work will be required.

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## Plagiarism:

The following quotation is taken from GSRRE’s *Academic Policies & Procedures Guidebook Masters Degree and Certificate Programs*<sup>1</sup>:

The following guidelines apply to all written work:

- 1) Using the ideas, thoughts, words, and statements of another, including those quoted from the Internet, without crediting the source constitutes plagiarism.
- 2) If exact words of another are used, they must be put in quotation marks or indented, and acknowledged through footnotes, endnotes, and/or bibliography.

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[http://www.fordham.edu/images/academics/graduate\\_schools/gsrre/ma%20handbook%202013.pdf](http://www.fordham.edu/images/academics/graduate_schools/gsrre/ma%20handbook%202013.pdf) (August 30, 2012)

- 3) If the thoughts or ideas, rather than the exact words of another are used, they must be acknowledged through footnotes, endnotes, and/or bibliography.
- 4) If source material is paraphrased or rephrased, it must be acknowledged through a footnote or endnote. If the paraphrased material includes exact words, phrases, and sentences, they must be put in quotation marks.
- 5) The underlying criterion for determining plagiarism is claiming as one's own original work the ideas, thoughts, words, and statements of another without crediting the source.

**The normal result of plagiarism is failure for the course, and it can also result in expulsion from the school.**

**Information on how to properly format your citations in accordance with the APA Style, the MLA Style, or the Chicago Manual of Style:**

<http://owl.english.purdue.edu/owl/section/2/>

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#### **Writing Center Resources:**

Good graduate work requires excellent writing skills. Make use of the Writing Center! See [http://www.fordham.edu/student\\_affairs/Student\\_Services/Writing\\_Center/](http://www.fordham.edu/student_affairs/Student_Services/Writing_Center/) for more information, or call the Writing Center at 718-817-4032.

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#### **Counseling Center Resources:**

Everyone has ups and downs and things to process. Counseling can be a helpful component in spiritual, personal, and interpersonal growth. View the Counseling Center website at [http://www.fordham.edu/campus\\_resources/student\\_services/counseling\\_and\\_psych/](http://www.fordham.edu/campus_resources/student_services/counseling_and_psych/) to learn more about their free and confidential services, available to all students.

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#### **Disability Support Services:**

Under the Americans with Disabilities Act and Section 504 of the Vocational Rehabilitation Act of 1973, all students, with or without disabilities, are entitled to equal access to the programs and activities of Fordham University. If you believe that you have a disabling condition that may interfere with your ability to participate in the activities, coursework, or assessment of the object of this course, you may be entitled to accommodations. Please schedule an appointment to speak with someone at the Office of Disability Services (Rose Hill - O'Hare Hall, Lower Level, x0655 or Lincoln Center – Room 207, x6282).