

Phoenix Center for Spiritual Direction Apprentice Training

Syllabus updated Nov 2023

Session Descriptions		class duration
Session 1: Intro to Spiritual Direction - A basic introduction to the evocative method of spiritual direction.		1.5
Session 2: The Primary Practice of Listening - How to listen deeply using Contemplative Listening skills		1.5
Session 3: Listening Part 2 + Theology - More attending and responding skills as well as intro to theologies useful for spiritual direction		1.5
Session 4: Openings and Blocks in Spiritual Direction - What directors can do to follow openings in the sessions and how to avoid common director blocks		1.5
Session 5: Spiritual Practices Useful for SD - Many ways to pray and how to accompany a directee learning to pray in new ways		1.5
Session 6: Varieties of Spiritual Paths		1.5
Session 7: Working with Images in SD - Exploring many ways to work with an image in SD		1.5
Session 8: Discernment - Spiritual discernment principles drawn from Ignatian and Quaker discernment concepts		1.5
Session 9: Grief and Trauma -Exploring how SDs can hold space for clients in grief or experiencing stress from trauma		1.5
Session 10: Special session on Supervision - THREE sessions discussed: one video, one short self supervision sheet write up and one complete write up to share with your trainer		1.5
Session 11: Psychology- What spiritual directors need to know - when to refer; how to notice transference; how to be patient with clients who have mental health challenges		1.5
Session 12: Group Spiritual Direction - the art of using the evocative method with groups		1.5
Session 13: Setting up a SD practice + Marketing - The nuts and bolts of the business of SD		1.5
Session 14: LGBTQIA+ themes in spiritual direction -Understanding the spiritual aspect of gender and sexuality		1.5
Session 15: Justice concerns for the SD + Supervision of 2 video sessions - Explore how the spiritual director does justice by promoting contemplation. And supervision.		1.5
Session 16: Self Care +Supervision of 2 write ups from 2 different sessions. Discussion around self care.		1.5
Session 17: Supervision of 2 write ups.		1.5
Session 18: Supervision of 2 write ups.		1.5
Session 19: Ethics for the Spiritual Director		1.5
Session 20: Supervision of 1 write up + review of 2 books chosen by student + GRADUATION		1.5