

## Phoenix Center for Spiritual Direction Apprenticeship Training

### Syllabus

Module Descriptions	class duration
Module 1: Intro to Spiritual Direction - A basic introduction to the evocative method of spiritual direction.	1.5
Module 2: The Primary Practice of Listening - How to listen deeply using Contemplative Listening skills	1.5
Module 3: Listening Part 2 + Theology - More attending and responding skills as well as intro to theologies useful for spiritual direction	1.5
Module 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
Module 5: Spiritual Practices Useful for SD - Many ways to pray and how to accompany a directee learning to pray in new ways	1.5
Module 6: Varieties of Spiritual Paths	1.5
Module 7: Working with Images in SD - Exploring many ways to work with an image in SD	1.5
Module 8: Discernment - Spiritual discernment principles drawn from Ignatian and Quaker discernment concepts	1.5
Module 9: Grief and Trauma -Exploring how SDs can hold space for clients in grief or experiencing stress from trauma	1.5
Module 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
Module 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
Module 12: Group Spiritual Direction - the art of using the evocative method with groups	1.5
Module 13: Setting up a SD practice + Marketing - The nuts and bolts of the business of SD	1.5
Module 14: LGBTQIA+ themes in spiritual direction -Understanding the spiritual aspect of gender and sexuality	1.5
Module 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
Module 16: Self Care +Supervision of 2 write ups from 2 different sessions. Discussion around self care.	1.5
Module 17: Supervision of 2 write ups.	1.5
Module 18: Supervision of 2 write ups.	1.5
Module 19: Ethics for the Spiritual Director	1.5
Module 20: Supervision of 1 write up + review of 2 books chosen by student + GRADUATION	1.5