

Spiritual Direction notes
February 10/11, 2017

Friday: Spiritual Check-Ins

Saturday:

Opening Song - Take, Lord, Receive

Case Study: Cecilia

- hwk discussion
- Are we being more solution-oriented or relationship-oriented (when we direct)?

It is important that the director:

- be in direction himself
- be engaged in strong prayer life

Case Study/Role Play: Maria/Juanita

BREAK

Case Study continued

Moral

Spiritual

Pastoral

birth control (Maria)
going through purse (Juanita)
sex outside marriage (Maria)
receiving Communion? (Maria)

Maria/Juanita is a case for pastoral care, maybe Spiritual Direction later.

Useful to distinguish between opinion and speaking for the Church.

Image of God - comes from parents, especially dad.

St. Ambrose to Monica - "If God is the perfect parent, how could he have us?"

The Holy Spirit is the Spiritual Director; we must pray that we don't get in the way.

Role Play - Maria

LUNCH

Case Study: Maria (discussion)

Case Study: Olivia

Barry & Connolly

There are pitfalls and disturbances in any relationship, some of them unique to Spiritual Direction. (Transference)

p172 - "Directees come to directors for help with their prayer and not for friendship."

Supervision and Peer Groups are intended to help spiritual directors to identify their own prejudices and biases.

Spiritual Directors can be seen as "parent figures" or "authority figures". How do we respond?

- see Barry & Connolly p176 (all) and p177 (first paragraph).

BREAK

A Spiritual Director, unlike counselors, psychologists, etc, is there as a companion on the journey. There is a personal element to this. They say "A spiritual director does not remain ambiguous or incognito".

Bring in own experiences only if helpful.

Companions typically meet more often than director/directee.

Guiding someone through the exercises requires more frequent meetings.

What does **transference** look like?

- anger
- spending time on relationship with director instead of God
- makes the directee feel good to be with you



Where is the "middle ground"?
see p176 through 184 (Barry & Connolly)

Countertransference

Barry & Connolly p181-183

- after a session, the director should reflect on own feelings
- p183 "What can directors do to protect their directees from countertransference reactions? It is very helpful to reflect on one's reactions after each session of spiritual direction and especially to take careful note of unusual affective reactions, such as strong anger or warmth or no affective response at all. One might also note whether the relationship with God was the focus of the session. Such reflection can provide the material for a supervisory discussion about one's work. Occasionally, too, directors might look over the list of their directees to see whether they are avoiding supervisory discussion of the relationship with any of them. Such avoidance can be a sign that there is a difficulty in the relationship. They might also monitor their own dreams or daydreams occasionally to see whether one directee stands out there. The purpose of such self-examination is not to unnerve oneself but to be open to possible blind spots or resistance."

Directors need to do whatever is necessary to maintain their contemplative attitude if they notice that they are in danger of losing it.

Barry & Connolly chapter 11

Peer groups help a director with discussion of a situation with which he needs help.

****HWK: Read Tetlow handout.****