

Diocese of Tyler
Spiritual Direction Training (in the Ignatian tradition)
Curriculum Guidelines

Introduction to spiritual direction

What is spiritual direction?

History of the program

director/guide/companion

History of Ignatian spirituality

Ignatius of Loyola

Spiritual Exercises

The Principal and Foundation

Ethical Considerations

Boundaries

Potential difficulties

Confidentiality

Spirituality of the Director

Dossier/spiritual autobiography

Image of God

Qualities of a spiritual companion

Interior life

Relationships in Spiritual Direction

Motivations

Relationship with God - director and directee

SDs as parent/authority figures

transference, counter-transference

Peer groups

Communication Skills

Listening Techniques

“listen-for”

being talkative, authoritative, judgmental

Spiritual Conversation

What is spiritual conversation?

Development of Faith, Morals, Self-Understanding

Spiritual Growth vs Pious Practices

Ongoing Conversions - intellectual, moral, religious, social/political/affective

Evaluating Religious Experience

Understanding the Human person

styles of spirituality

self-absorption and individualism

“little gods”

Natural Law

Distractions

Biases and prejudices, gifts, weaknesses

Prayer Traditions and Practices

Examen

Praying with Fantasy

Prayer of Consideration

Meditation and Contemplation

Lectio divina

Prayer commitment

Devotions

Integrating Sacraments, Scripture, prayer, God

Discernment of Spirits and decision making

Consolation, Desolation

Consolation without previous cause

False Consolation

Spiritual vs Non-Spiritual Desolation

Process of Discernment

Theological Themes

Theology of Desiring

Worldviews - Classicist, Historicist

“Noble Humanism”

Spirits of the Flesh, Spirits of the Dark

Detachment

Active Indifference

Helpful resources for spiritual direction

Where to find Catholic teachings in Sacred Scripture

Website

Contacts List

Additional Requirements:

Meet monthly with personal Spiritual Director

Spiritual Exercises of Ignatius Loyola in everyday life

Supervised spiritual direction practice

Keep journal of experiences and learning

Write two reflection papers

Prepare six verbatims

Other homework as assigned

Team Members

Trevor Wells

Susan Wells

Fr. Dan Dower

Dennis Gravatt

Mother Susan Catherine

Ralph Guidroz