



Professional Training in Spiritual Direction 2019-20

Dayspring Centre for Christian Spirituality and Counselling will commence its next training program in Spiritual Direction in February 2019.

In February, 2010, *Dayspring* Centre for Christian Spirituality was awarded a *Certificate of Recognition* from the Australian Ecumenical Council for Spiritual Direction in recognition of its excellence in fulfilling the requirements of the AECSD Formation Guidelines.

In October, 2017, *Dayspring* again completed a renewal of the Recognition process for AECSD, keeping this status current for the next five years.

The course is structured to meet the standards set by the AECSD Recognition process:

- 1) Course duration is 4 Semesters (2 years)
 - a. Semesters 1-3 : Tuition contact time, both content and supervision requirements.
 - b. Semester 4 : Major project completion and fulfilling supervision practicum requirements.

- 2) One residential week in each of Semesters 1–4
 - a. Residentials in Semesters 1-3 will focus on content and supervision
 - b. Residential in Semester 4 will focus on project outcomes.

- 3) Distance Mode – requirements:
 - a. Mandatory attendance at ALL RESIDENTIALS.
 - b. A video recording of Thursday presentations with reflection essay / written work in lieu of the monthly program attended by local students.
 - c. Local supervisor appointed if accessible – or supervision by internet with *Dayspring* staff. **It is the student’s responsibility to ensure reliable internet capability.**
 - d. Participation in group supervision via the internet when possible.
 - e. Participation in a local peer support or collegial network if available locally.
 - f. Regular contact with the Dean of Studies to monitor progress.
 - g. All assessment requirements remain as stated in the course outline.

The *Dayspring’s* training in spiritual direction prepares students to become a knowledgeable, competent and skilled contemplative spiritual director. At *Dayspring*, the heart of the program is contemplative, emphasizing the importance of spiritual study, discernment, and prayer. Its focus is on the experience of a person’s relationship with God, and on fostering this relationship as the foundation of one’s life. Spiritual direction is seen as a contemplative ministry through which spiritual directors

help others to notice and respond to God's movement in the personal and communal experiences of their everyday lives, and within all of creation. This approach to spiritual direction requires personal, interpersonal and spiritual maturity. It is understood as a significant, dynamic and potentially transformative process undertaken for the sake of the unfolding all of life.

The process includes competency in the theology relevant to the ministry of spiritual direction within the Christian tradition; an ecumenically based practicum with individual supervision; significant academic and experiential background in diverse approaches to prayer; and a holistic understanding of the human person and community with a breadth of exposure to real-life experiences and skills essential to the ministry of spiritual direction.

Each course takes carefully selected participants who feel called to deepen their understanding of spiritual guidance and to further their spiritual growth. We expect that applicants will have some experience in giving and receiving spiritual guidance, and will have the maturity and life experience necessary to this ministry. We assume graduates will practice in a variety of ministry contexts.

Objectives

By the completion of the training students will:

- have developed a personal contemplative stance with regard to their practice
- have developed competency in providing spiritual direction
- be competent in leading others to integrate spiritual experiences into their own contexts
- have a working theology of spiritual direction
- be familiar with significant psychological and sociological perspectives that impact the practice of spiritual direction
- be able to lead others in a variety of prayer in different contemplative traditions
- comply with national guidelines and code of practice for spiritual direction

Requirements

The program provides training in spiritual direction for Christian ministry.

Therefore, applicants will need:

- A commitment to personal and spiritual development in oneself and others.
- Introductory working knowledge of Christian theology. (Flexible bridging material is available to help you to meet these requirements.)
- Significant life experience
- Two professional recommendations.
- Some experience of spiritual accompaniment work.

Application

Applications forms are available from the *Dayspring* office.

Applicants need to:

- a) complete the Application Form with personal responses and return to the Dean of Studies at *Dayspring*, marked 'Confidential' by **NOVEMBER 23rd, 2018**.
- b) provide a CV
- c) give a copy of the Recommendation Form to TWO referees. Each referee is then required to return their completed form directly to the Dean of Studies at *Dayspring*, marked 'Confidential'. All referee responses will remain confidential and will not be disclosed to the applicant. These referees may be contacted by phone.

Once all documents have been processed, an Admission Interview will be scheduled for early December.

Applicants will be notified of acceptance into the program by mid-December 2018.

Course Components

The *Dayspring* training in spiritual direction is a two-year course consisting of a range of integrated experiences, including residential retreats, spiritual guidance, community prayer life, reflective readings and tuition in theology and psychology relevant to spiritual direction.

The course is comprised of six units of competency:

1. **Foster Faith Development in Individuals**
2. **Apply Christian Theology to the Practice of Spiritual Direction**
3. **Apply Psychological Concepts to the Practice of Spiritual Direction**
4. **Apply Sociological Perspectives to the Practice of Spiritual Direction**
5. **Practicing Faith Validation of Individual Spiritual Experience**
6. **Design, plan and implement independent practice**

Program Structure:

Up to 340 Hours tuition and supervision consisting of four semesters over 2 years:

		HOURS	TOTAL HOURS
Residential	1 Week in each of Semesters 1-4 February 3-8 th , 2019 August 11-16 th , 2019 February 2-7 th , 2020 November 22-27 th , 2020	4 x 40	160
Day Sessions (Thursday)	1 session per month - 1st Thursday each month (Mar-June 2019; Sep-Dec 2019; Mar-Jun 2020; Aug-Oct, 2020)	15 x 7	105
Individual Supervision	Total 30 sessions - 24 Internal (Included in course fees) - 6 External (Additional fees required for external supervision)	24 x 1 6 x 1	24 6
Practicum	Ongoing practice with own directees		
Project	Interaction as a spiritual director in a specific context		50
Peer Group Supervision	Post-course peer group participation (bi-monthly for 6 months)	3 x 2	6

Semester 1

Five day residential – February 3-8th, 2019

Full day tuition on the first Thursday of each month. (March, April, May, June)

Acceptance into the program is for Semester 1 ONLY, and is NOT a guarantee of continued participation in the program. An appeal process will be available to review the decision. The decision of the review committee will be final.

Semester 2

Five day residential – August 11-16th, 2019

Full day tuition on the first Thursday of each month (September, October, November, December)

Semester 3

Five day residential – February 2-7th, 2020

Full day tuition on the first Thursday of each month. (March, April, May, June)

Semester 4

Five day residential – November 22-27th, 2020

Supervision sessions on the first Thursday of each month. (August, September, October)

Fees

Tuition for the full course - \$7,250

Fees include all tuition and residential costs and need to be paid prior to the commencement of the semester. (Fees do not include textbooks or prescribed reading texts). Withdrawal after commencement will forfeit all fees for that semester.

Payment as follows:	Semester 1	\$2,000 due February 1 st , 2019.
	Semester 2	\$3,000 due August 1 st , 2019.
	Semester 3-4	\$2,250 due February 1 st , 2020

At the conclusion of Semester 1, an Integrative Review of the participant's progress will ascertain their acceptance into Semesters 2 to 4. **Acceptance into the program is for Semester 1 ONLY, and is NOT a guarantee of continued participation in the program.**

Assessment

- At this level, most assessment will be practical, relying largely on oral participation, practicum reports and observation of the practice of spiritual direction in various contexts during supervision sessions.
- Written assignments and journals will be required at the conclusion of each residential in Semesters 1 - 3 (maximum 2000 words each) and will be a reflection on the material covered during the residential.
- Major Project: A written report of 10,000 words on the outcomes of implementing a practice in spiritual direction. An oral presentation of results of learning to be presented at the fourth residential in November, 2020.

Recognition of Prior Learning

RPL is available for the full program. All units are co-requisite and need to be taken concurrently.

Note

1. **Minimum class size for viability of the course is six.** Should applications be below this figure the course will be postponed for a semester.
2. A short Theological Reflection Paper may be required from those who have no formal theological training. This is to help consolidate the applicant's personal theological stance.
3. *Dayspring* will not accept spouses or partners in the same course at the same time.

Application Forms are now available from the *Dayspring* Office.

Closing date for applications – November 23th, 2018.

For further information please contact Dr. Beth Robertson, Dean of Studies, at *Dayspring* –

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or by email : bethr@iinet.net.au