

Internship Overview

The Spiritual Direction Internship is a unique two year Practicum in which participants learn and discern how they might use the gifts and skills of spiritual direction in their lives and ministries.

The Practicum, which is highly experiential, includes didactic sessions, receiving and providing spiritual direction, participation in one-on-one and group supervision, and a yearly overnight retreat. We provide a website of printed and video resources. Those who fulfill all the requirements of the program receive a Certificate of Practice in Spiritual Direction.

Internship participants come from varied cultural backgrounds and diverse faith traditions. They include therapists of all types, volunteers, youth ministers, educators, clergy, chaplains and anyone who wants to explore a call to the ministry of spiritual direction. Participants report that the Internship experience also enhances all dimensions of their lives: spiritual, interpersonal, decision-making, community involvement, etc.

Program Requirements

- Weekly three-hour Wednesday evening sessions from September to May.
- Weekly readings
- Reflection assignments
- Monthly meetings with spiritual director
- Monthly meeting with supervisor
- Attendance at an annual overnight retreat

Criteria for Admission

The Practicum in Spiritual Direction is open to all men and women who are discerning a call to the ministry of spiritual direction. We welcome applicants who are grounded in a spiritual tradition, whose experience includes:

- Ongoing personal prayer/practice and monthly spiritual direction
- Evidence of personal and spiritual maturity
- Openness to participating in a community of diverse faith traditions and spiritual practices.
- Experience in working with individuals and/or groups in a professional or volunteer setting

Getting Started

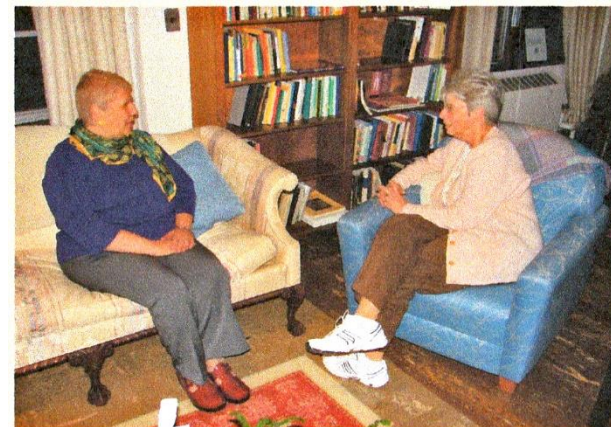
To download and submit an application visit:

www.spiritlifectr.org/program-overview

All application materials along with a non-refundable \$65 fee should be submitted no later than April 1, 2016. Since admission is granted on a rolling basis, interviews will be scheduled as applications are received. Early application is encouraged. The cost of the Internship is \$1250 per semester. This fee covers all activities of the program.

"Participating in this program helped me to listen to my body and soul and to listen to others. I have found a new and different spiritual community here "

...Hospice Caregiver



"The training I received in this Internship was excellent, the community deeply nurturing and the whole experience was life transforming."

Social Worker

"Being part of the internship community has enhanced my awareness of God's presence and action within me and within those I companion. I find that I can listen much more deeply to those I serve."

Clergyperson

Internship Curriculum

Semester 1

Basics of Spiritual Direction

- Contemplation
- Foundations in Spiritual Direction
- History/Nature of Spiritual Direction
- Listening Skills
- Ethics and Boundaries
- Art of Asking Questions
- Individual and Group Supervision

Semester 2

Spiritual Foundations

- Spiritual Roots and Practices
- Images of the Divine
- Sacred Texts

Theology of Spiritual Direction

Human Dynamics

Semester 3

Spiritual Traditions and Practices, such as:

- Belief and Faith
- Mindfulness and Compassion
- Variety of Christian Spiritualities
- Judaic, Islamic, Buddhist Spirituality
- Earth Based Spirituality

Discernment

Experience Cycle Process

Semester 4

Special Topics in Spiritual Direction, for example:

- Dreams
- Grief and Loss
- Sexual Abuse
- LGBT
- BioSpiritual Focusing
- Mental Health

In semesters 2-4 participants will also:

- Provide spiritual direction
- Receive individual supervision
- Participate in peer supervision

For more than 30 years, the Spiritual Life Center has been a community that offers spiritual direction and provides training and support for the ministry of spiritual direction. We invite you to consider joining us in our ministry.

If you wish to speak with someone about the Internship, please call:

860-243-2374



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Spiritual Direction
Internship
A Practicum In Spiritual Direction

SPIRITUAL LIFE
CENTER